

Is There a Training Plan for the Empower Cycle Challenge?

Yes! We want to make sure you feel prepared and confident to take on the Empower Challenge and as a participant, you will have access to a structured training plan and the ability to join informational sessions or connect one on one with our Certified Coach, **Griffin Nemitz**. While we have our 'Training Calendars at A Glance' on our website, as a benefit of joining us as a Participant you will have access to a personalized Training Plan at no cost, which you can access through the [TrainingPeaks](#) website or mobile app by adding Griffin (Griffinnemitz@gmail.com) as your coach. For information on how to create an account or add a coach, [click here](#).

What Gear Do I Need?

To ensure a smooth and safe ride, we recommend the following:

- Fitted bike
- Helmet
- Water bottles
- Comfortable clothing

What Cycling Apparel Is Recommended?

- **Cycling Shorts/Bibs:** Invest in one or two pairs of cycling shorts or Bibs. Cycling shorts are subjective based on preferred comfort and cost. Keep in mind that Bibs with overalls are far more comfortable than cycling shorts. Below are some Brands we recommend:
 - Voler
 - Eliel
 - PAS Normal Studio
- **Cycling Jersey:** While it is not necessary, Cycling Jerseys are typically made from moisture-wicking materials and have pockets that make it much easier to enjoy your ride.

Why Do I Need to Use a Properly Fitted Bike?

The difference between simply having a bike and having a bike that is properly fitted lies in how well the bike is adjusted to your body and riding style, which largely influences comfort and confidence in steering. With a proper fit, you'll be able to ride longer, faster, and with less fatigue or risk of injury. Below is a generic sizing guide:

Size	Height	Inseam
47	152.0 - 158.0 cm 4'11.8" - 5'2.2"	70.0 - 75.0 cm 28.0" - 29.5"
50	158.0 - 163.0 cm 5'2.2" - 5'4.2"	74.0 - 77.0 cm 29.1" - 30.3"
52	163.0 - 168.0 cm 5'4.2" - 5'6.1"	76.0 - 79.0 cm 29.9" - 31.1"
54	168.0 - 174.0 cm 5'6.1" - 5'8.5"	78.0 - 82.0 cm 30.7" - 32.3"
56	174.0 - 180.0 cm 5'8.5" - 5'10.9"	81.0 - 85.0 cm 31.9" - 33.5"
58	180.0 - 185.0 cm 5'10.9" - 6'0.8"	84.0 - 87.0 cm 33.1" - 34.3"
60	185.0 - 190.0 cm 6'0.8" - 6'2.8"	86.0 - 90.0 cm 33.9" - 35.4"
62	190.0 - 195.0 cm 6'2.8" - 6'4.8"	89.0 - 92.0 cm 35.0" - 36.2"

What Gear Do I Need if the Weather is Going to Be Cold?

If you are expecting colder weather, having additional gear is essential to maintain body warmth and protect you against wind and moisture. Below are some suggestions:

- Gloves
- Knee warmers
- Arm warmers
- Full-leg or calf-length leg warmers

As a general rule of thumb, if it will be below 50 degrees during your ride, cover your knees to protect the long-term health of your joints and keeps your legs from getting too cold which will affect your strength.

Should I Bring Any Snacks for My Ride?

If your ride is over 30 minutes, bring a light snack like Clif bar (Z bars are easier for digestion), Clif Blokz, GU gels, etc. You burn roughly 40-80g of Carbs/Hour depending on the level of effort you are putting out so it's important to fuel your body.

During your Training, practice drinking and eating while you are pedaling/moving forward. Start easy at first so pick a straight flat road and practice taking out your water bottle, having a few sips, and putting it back.

What Changes Should I Make to My Diet While I am Training?

Increase your protein intake - given you are exercising more, and doing a repetitive motion, protein will help your body rebuild your muscles and make you stronger long term.

What Cycling Basics Do I Need to Know to Be Prepared?

- 1. Be Sure to Stretch:** Cycling is a very linear movement and extremely repetitive so taking time to stretch before you ride is incredibly important to prevent injury. Areas to focus on include hamstrings, quads, and lower-mid back.
- 2. Know How to Fix a Flat:** Flat tires can happen and it's important to know how to fix one so you can get back on your bike quickly and safely. For more information on how to fix a flat tire, [click here](#).
- 3. Be Intentional About Where You Are Riding While Training:** If you have a workout with 5-minute intervals, you need to find a route that has 10 minutes of uninterrupted roadway. The hardest thing about following a structured training plan is finding the right places to ride where you can consistently pedal on. If you are constantly stopping for streetlights or stop signs, you won't get nearly as much out of the Training Plan. Don't be afraid to do repeats on the same road if you can for consistent effort.

Who Can I Contact for Specific Questions Related to Gear and Training?

If you need any assistance with your training, have questions about gear or best practices, please contact Coach [Griffin Nemitz](#).