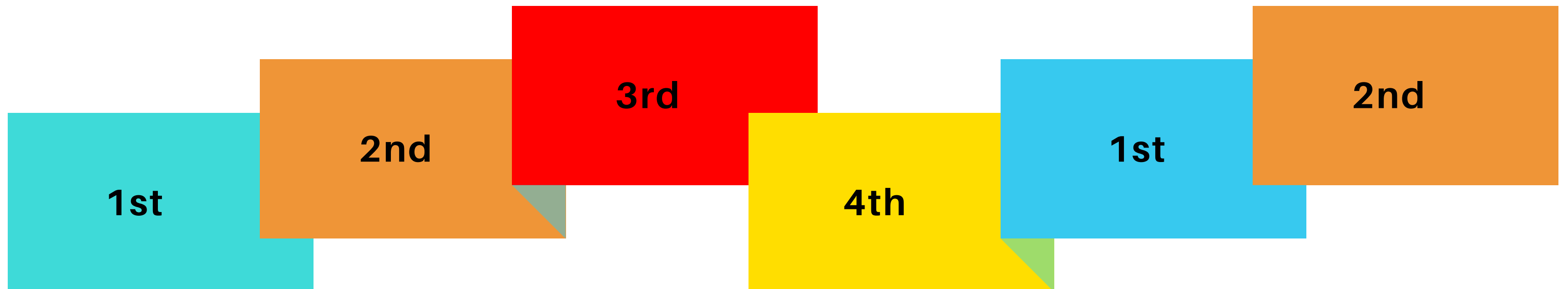




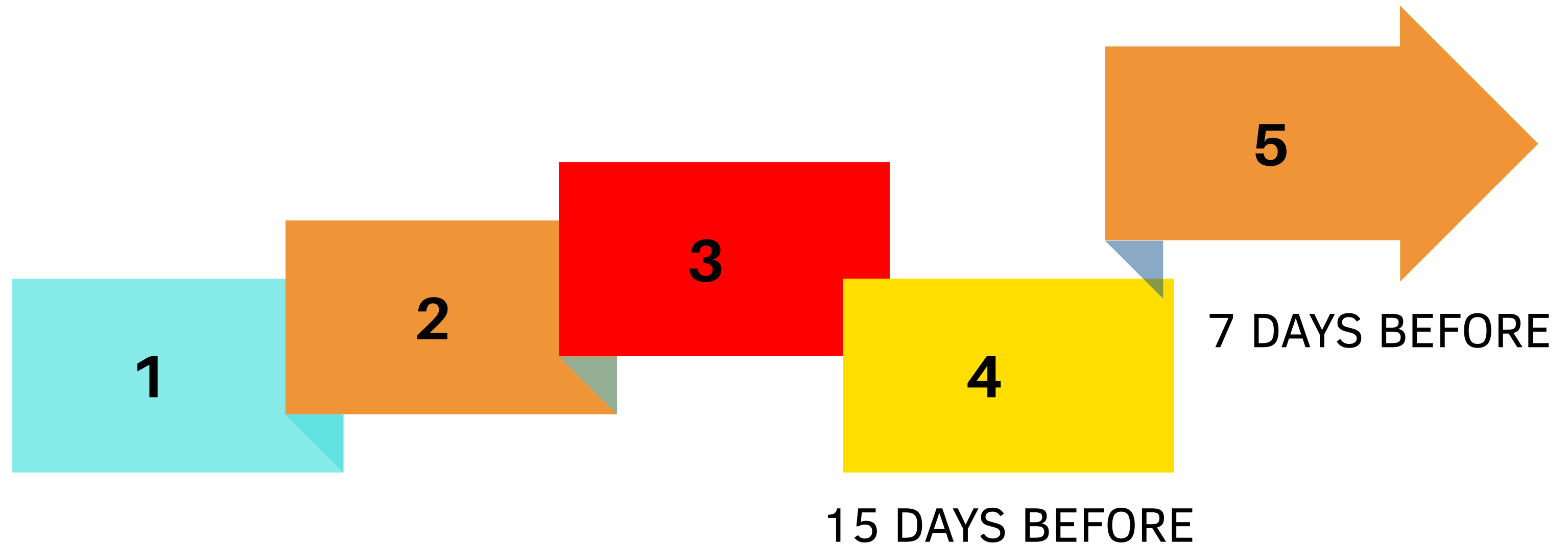
**WHAT TO TRAIN AND DO DURING
COMPETITION WEEK**

GROWING TRAINING SYSTEM

3 WEEKS OF INCREASE - FOR 1 RECOVERY

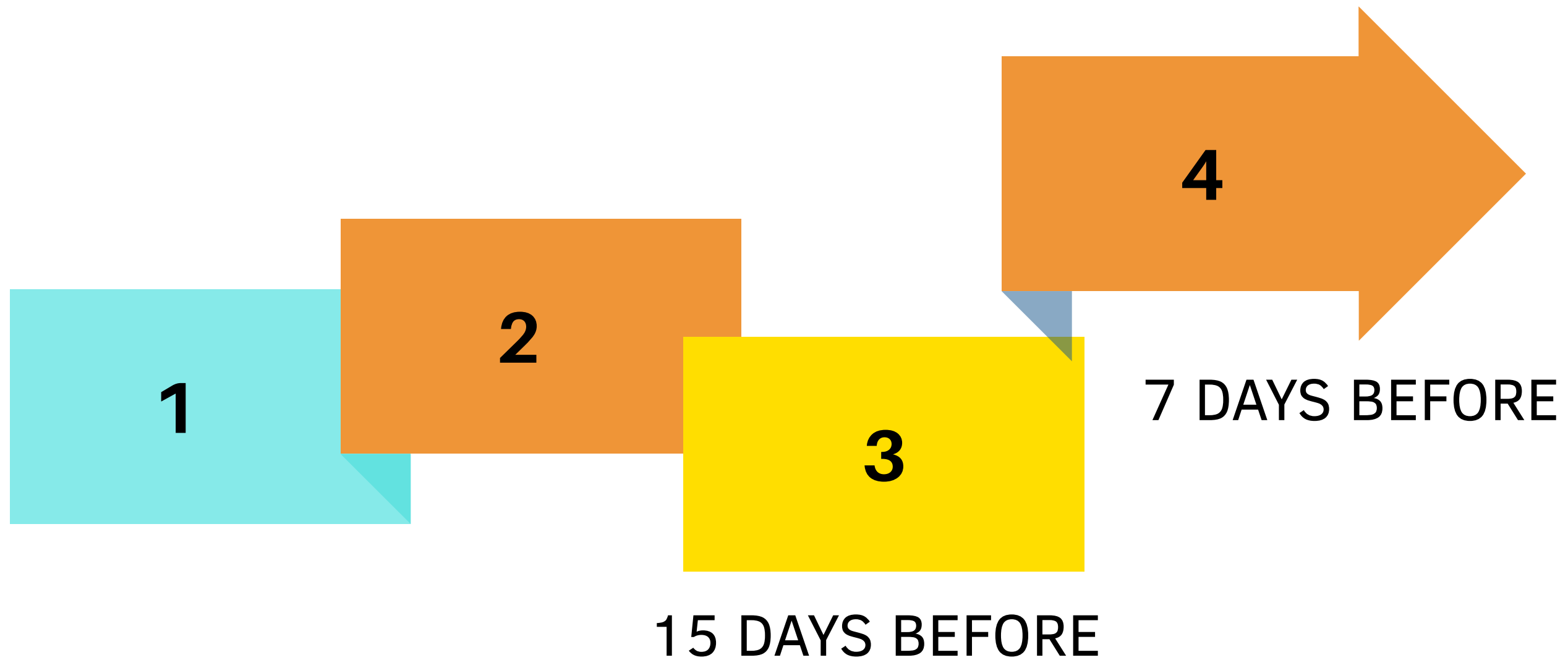


WEEKS OF POLISHING



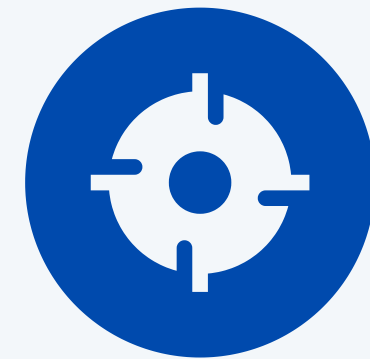
EXAMPLE - 1

WEEKS OF POLISHING



EXAMPLE - 2

The worst mistakes before the competition



Classic mistakes in the 15 days before the exam

1 - Keeping the training volume too high

➡ The cyclist thinks he'll lose his rhythm if he slows down, but his body needs to recover and overcompensate. The result? He arrives at the race tired.

2 - Doing intense training too close to the race

➡ Intense intervals, long sprints... all of this just a few days before the competition leads to fatigue, not progress. The body doesn't have time to absorb it.

3 - Try something new at the last minute

➡ Supplements, a new bike, shoes, saddle... any new addition can cause discomfort or even injury on race day.

4 - Do not adjust your diet in the days before

➡ Eating as if you were going to train hard, or worse: cutting back on food to “stay light.”

5- Breaks down energy and the immune system.

Sleeping poorly or changing your sleep routine

➡ Sleeping in, taking stimulants, or changing your sleep schedule in the last few days can disrupt your hormonal balance and impair your concentration on the exam.

6 - Focus only on the physical and forget about the mental

➡ Going into training feeling stressed, anxious, or doubting your own readiness will ruin all the effort you put into your training.

7 - Do not train in racing clothing and equipment

➡ This increases the risk of discomfort and technical issues during the day. It's best to simulate everything in advance.

8 - Forgetting to check and adjust the bike in advance

➡ Leaving things to the last minute is a recipe for headaches: stuck brakes, flat tires, out-of-tune gears...

9 - Training every day without adequate rest

➡ The lack of off-duty days or light pedaling in the final days prevents the body from recovering and “filling up” for the race.

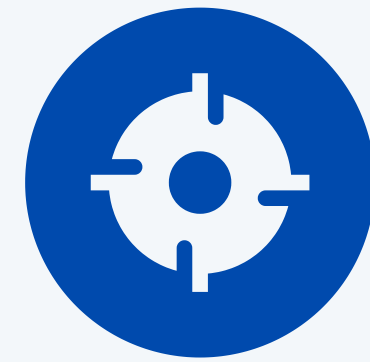
10 - Not making a strategic plan for the test

➡ Following your instinct, without knowing where to attack, pace, or save, is the fastest way to break down or fall short of your potential.

How to Adjust?

Sleep, Hydration and Nutrition

Before the Competition





- Start 7 days in advance: Set fixed sleep and wake-up times to regulate your biological clock.
- Avoid nighttime distractions: no cell phones before bed and no binge-watching TV shows.
- Get a good night's sleep two nights before the exam: The night before an exam can be hectic, so it's important to be well-rested the days before.
- Dark and quiet environment: Keep your bedroom ideal for deep, restful sleep.
- Avoid training late at night: to avoid increasing adrenaline levels close to bedtime.

Hydration:

- Increase your water intake gradually 3 days before the race.
- Use electrolyte (mineral) drinks the day before and on the day of the exam to maintain sodium levels and prevent cramps.
- Avoid overdoing it: You don't need to drink too much water, but keeping your urine clear is a great indicator of hydration.
- Avoid alcoholic beverages in the days leading up to the exam: they dehydrate you and disrupt your sleep.



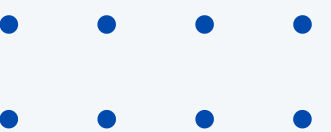
Food:

- Increase your water intake gradually 3 days before the race.
- Use electrolyte (mineral) drinks the day before and on the day of the exam to maintain sodium levels and prevent cramps.
- Avoid overdoing it: You don't need to drink too much water, but keeping your urine clear is a great indicator of hydration.
- Avoid alcoholic beverages in the days leading up to the exam: they dehydrate you and disrupt your sleep.



Ideal routine for the day before and the day of the competition

Many cyclists prepare for weeks, but make mistakes in the most crucial 48 hours: the day before and on race day. Having a structured routine during these days is what distinguishes average performance from high-level performance.





Competition day:

1. Wake up early:

- Allow enough time to wake up calmly and without rushing. Ideally, 2 hours and 30 minutes before departure.

2. Pre-race meal:

- It should happen between 2 and 1h30 before the start.
- Rich in easily digestible carbohydrates: bread with honey, fruit, oatmeal, juice, banana with honey.
- Avoid foods high in fiber or fat.

3. Hydration and supplements:

- 500ml of water with electrolytes upon waking.
- Caffeine is used, take it at the ideal time (30 to 45 minutes before the start).

4. Warm-up:

- At least 15 to 25 minutes of light warm-up, with 2 to 3 more intense stimuli of 20-30 seconds.
- Finish warming up 5 to 10 minutes before the start.

5. Prepared mind:

- Visualize the route, remember your strategy, and focus on the best.
- Use positive mental affirmations to maintain confidence.

