



## Diary of the Bike Like Me — 7 Week Online Training Programme



**Rider:** Lynda Harran  
**Age:** 43  
**Province:** Leinster  
**Club:** Orwell Wheelers  
**Discipline:** Leisure

We all know having a young child can bring a physical shock to the system, and no more so than in your 40s! Going from carefree weekends of long leisurely cycles to long nights with little sleep, leaves little time or energy for cycling, or even the desire to cycle. Lynda had always rallied against the turbo, as she thought that turbo-training simply wasn't for her. However, when the email from Cycling Ireland came and at the same time Lynda was offered a loan of a Turbo.....she thought she might as well give it a go, especially with little other options for exercise in this new COVID 19 era.

**WEEK 1...**I had to set up the turbo. 1 hour and 4 YouTube tutorials & filthy hands, with my front wheel resting on a DIY book (not recommended) and we're off.

Despite having no cadence sensor, or heart rate monitor, (no idea where it is) I was ready! Although, I was unable to participate in the live event, it really didn't take away from the experience and having access to knowledge from a skilled rider really helped. In addition, having a guided hour of training felt so much like a one-to-one and I felt compelled to do my best.

So by the end of the session, the floor was covered in a bucket of sweat and I was gasping for breath but **soo** exhilarated. I am kicking myself for not trying this sooner. I would honestly now recommend it to any new mother who really enjoyed spinning or cycling prior to having a child. It fits in so easily with your life, as you can do it anytime and very quickly.

Thanks So much Imogen & Cycling Ireland. Can't wait for next weeks session.

### Motto

'Take each day as it comes'

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**WEEK 2** This would have been much harder without the lovely Orla pushing me all the way. There's something exhilarating about doing these sessions this way. I can choose the time, 7 pm would never work and if I did it any later I would never sleep! As a mother with a toddler, it means the workout can be done, in your own time, which really helps. It also allows you to do something for yourself, at a time when that is really hard to achieve. I have also noticed that it is making me more aware of what I eat and is giving me more energy (as the expression goes "energy begets energy"). Sure enough, it can still take a lot of effort to get up on the turbo, depending on how the day is going. But like all habits, after a while this habit will start to become the norm. Also, due to time constraints I'm more organised and focused with my own time and I really want to do this.

Phew survived it! Gotta love those endorphins....cycling is definitely my drug of choice!

**WEEK 3** Very tough session, but a fantastic session. Eve was so motivating and fun, a great leader with so many tips to

pass the time. Was the turbo always this loud? Do I always make these noises when I'm exerted? I wish I had closed the blinds more. My poor neighbours....(I better get some background music for the next session to drown myself out).

I really love having someone pushing me all the way, the time flies and I just know I would never push myself this much. All the information they provide during the session is also really helpful for group rides and endurance.

Thank so much. I have also started the Training peaks and although I may not be able to complete the workout due to time constraints it is really benefitting me in terms of routine and structure. I have found it extremely important to do some ROM exercises after the session to aim to prevent injuries, since it has been a while since I have done so much. Loving it !! Can't wait for the next session.

**Week 4** What a great session. Pumped... well actually wrecked but delighted I completed it. I was so tired at the thoughts of it & had no energy. Laura's advice was fantastic especially around sleep, water intake and food. I can honestly say that she is right, it makes all the difference. I also found focussing on my core more, really made my pedalling easier. Thanks so much. Looking forward to dinner now!!!! Can't wait to try my new (old) legs out on the roads now.

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**Week 5** Dreading it again but I found this one was easier than last week , even if I'm sweating more. I'm always trying to kill myself, so this was great. As I get older I realize you can gain in a clever way .

I can't wait to see the gains ... I hope!! And great for Eileen to do it with us. Also, I really need that person spurring me on. Thanks!

**Week 6** I really didn't want to do this ... toddler really weepy today so exhausted. We both had a bad night so tired too but I know from experience if I don't do it I feel worse so I told myself I would do half.

I hadn't looked as that's better for me so the 3 minutes were so difficult. Eve and Katie are fabulous and so helpful absolutely loved it. Toughest yet.

What I would say to all new mothers now, is if you love the bike, set up a turbo and leave it handy if you can or make it as easy as possible. Start off with small amounts - 5 minutes, ten minutes and it will make all the difference. I wish I had.

### Tips

'The foam roller tip from last week really avoided me stiffening up so thanks. And drink , drink, drink water! Loving it!'

### Week 7

I can't believe it's week 7. I feel so motivated and have been cycling lots, even thinking of racing! This programme has done so much for me. I have my mojo back! I just finished Imogen's class and loved it. I've learnt so much about how to build strength and I've been cycling years but I never trained like that. I loved it too!

### Comments

A big thank you to all the ladies who led the sessions.

We have been given so many tips for training including the importance of eating, drinking fluids, sleep and recovery. Imogen talked about using other activities like walking to recover which I like the idea of.

Most of all though for me it's about reforming the habit, in a way that fits into life with a child. It's about mental health and doing something for yourself amidst the madness of day to day life or even giving your head a break from Covid-19 focus.

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