

Fit to Ride!!!

Riding dirt bikes is so much fun we all wish we could do it longer and more often. I don't need to tell anyone that rides that this awesome sport takes a lot of strength, balance, and fitness to do it well.

The best part of my background when getting into motor sports was that I was very fit. I needed the balance, skills and dexterity of riding a bike and also the mind set of knowing what a dirt bike could and could not do. In the fitness department I was more than ready.

It seems to me that most in the dirt bike world from the elite racers to the weekend enthusiast could use some help in this area. After all the biggest thing that Ricky Carmichael has brought into the sport is the finessed based training that he is famous for and has put him on top of the podium more than any other rider.

Now before you realize this article is on fitness and print it off and use it for fire starter, I would like to say that getting a good fitness base is actually pretty easy and it can be a great time to rest your moto muscles so that you are fresher when you head back to the trails and or the track. It is important to note that when you are riding and racing dirt bikes that you are in an anaerobic zone. It is much like weight lifting. There is no way around it, even if you go easy you are using your anaerobic stores which means it is hard on your system and you are burning sugar. Since you can go longer and harder on burning fat it is important that you add some easy workouts to your training regime. This means sports like hiking, riding a bike, running, or just about any other endurance sport is a great way to get fit as long as you do it easy.

Yes you have heard me right. The old saying, "no pain no gain", is old school and training easy with a low heart rate is a much better way at getting a great fitness base for dirt biking. The biggest mistake people make when starting any training program is that they go too hard all the time and end up frying themselves. Since dirt biking is so hard and is probably your main sport then all your other stuff should be done at an easy heart rate.

Train easy get fit? How the hell does that work?

Well here is how! By training easy your body starts to learn to become more efficient..this is a good thing. Don't measure your success by times you do but rather the duration you do it at and the heart rate while doing it. That is why it is so great if you have a heart rate monitor. You do not need a fancy monitor, a simple \$80.00 unit that beeps when you go out of your target heart rate is all you need.

Imagine now you head off for an easy hike where you could whistle the whole time if you have to. This is an easy pace. On successive hikes, keep your heart rate the same and watch as your endurance improves and your times also get faster. This means you are getting fitter but not tiring yourself out as it should feel easier every time. Imagine yourself only getting tired from the duration of your workout, not the intensity.

All this means is that you are teaching your body to manage stress or exercise in this case and it will translate into better fitness, endurance, strength and balance when you head out on your dirt bike.

Remember easy training off your dirt bike which is aerobic and the anaerobic training you do on your dirt bike will give you a better all around fitness level and you will last longer on those epic rides and ride with more confidence during the races.

A cool way to get fit!

DAVE NORONA

Summer time is the time to get out on the water. Check out www.covewatersports.com and learn to Wakeboard, waterski, or wake surf. Joel and his crew will set you up with all the wicked gear, dial you in on the proper technique and provide you and your friends with an awesome time out on the water. Mention that you heard of them through this site and receive the good guy discount.

Good Luck!

Dave Norona

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