

Cycling for  
health

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**WHEN IN DOUBT,**



**IT OUT.**

# Session flow

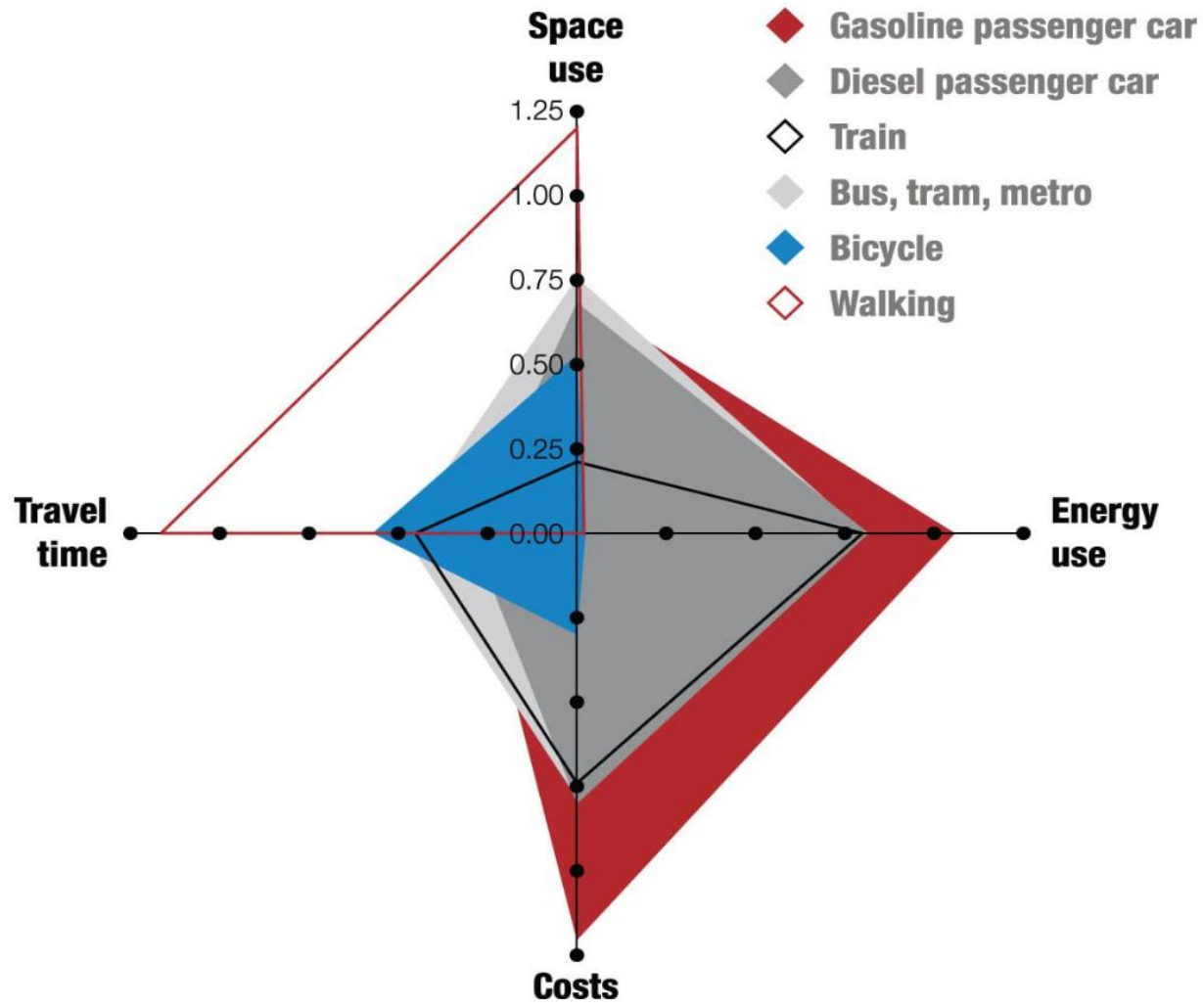
- Why?
- What?
- How?
- Where?

# Trivia1 and Amsterdam Video

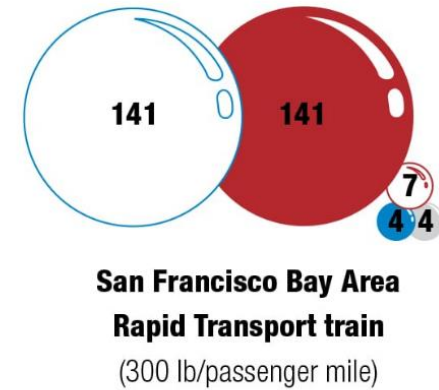
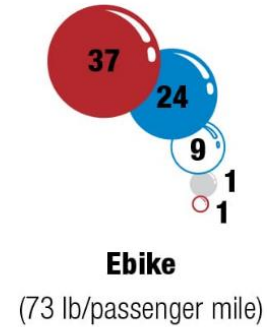
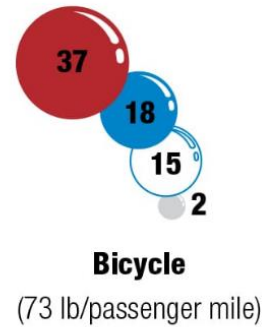
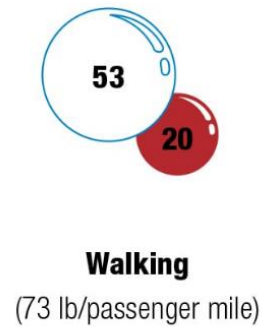
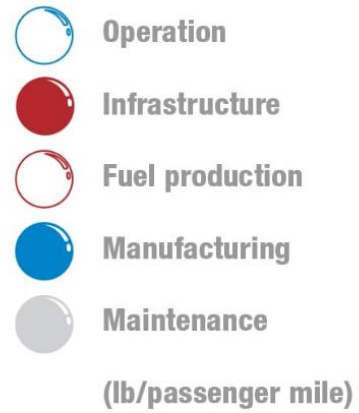
You can fit around \_\_\_\_\_ bicycles in the same space that one car occupies

- a. 10
- b. 15
- c. 20
- d. 25

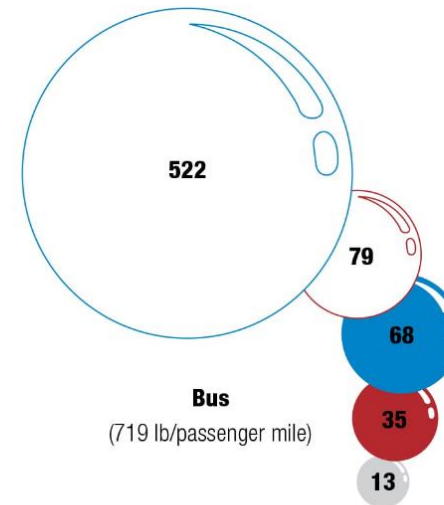
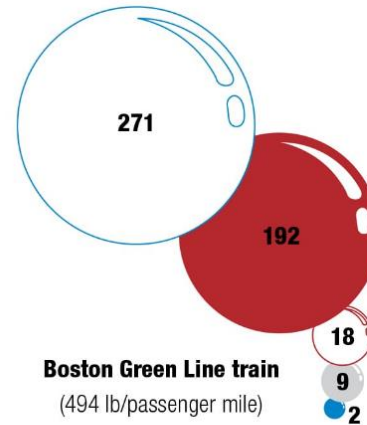
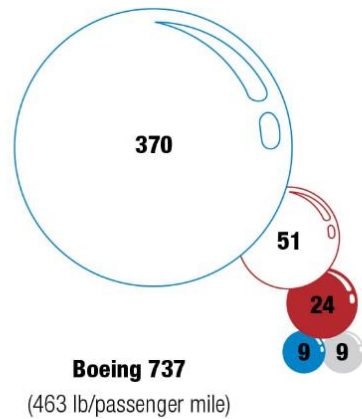
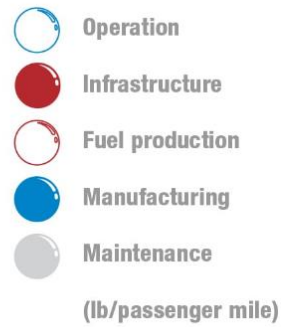
# Why1 - Environment



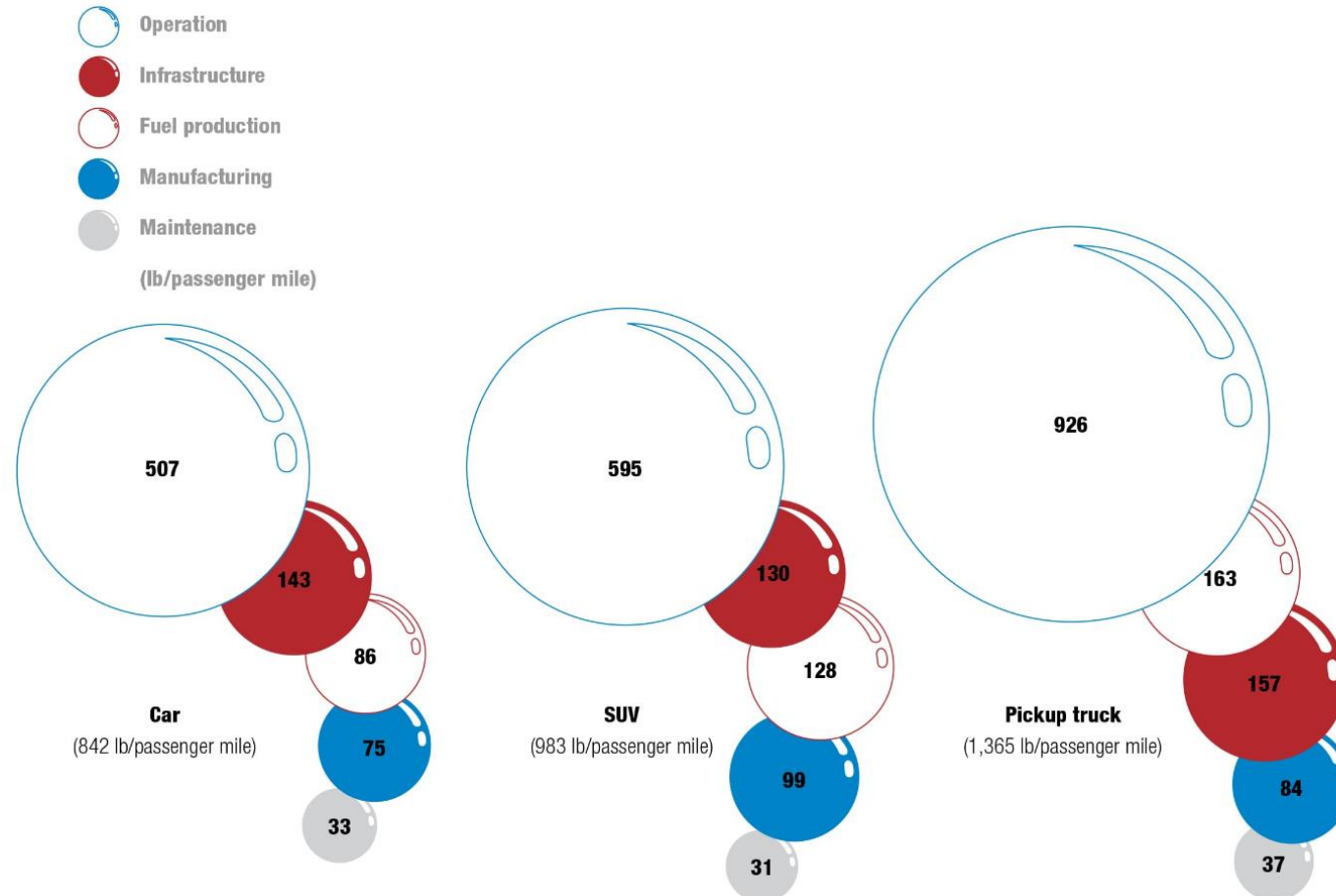
# Greenhouse Emission-1



# Greenhouse Emission-2



# Greenhouse Emission-3



# Why2- What's in it for me

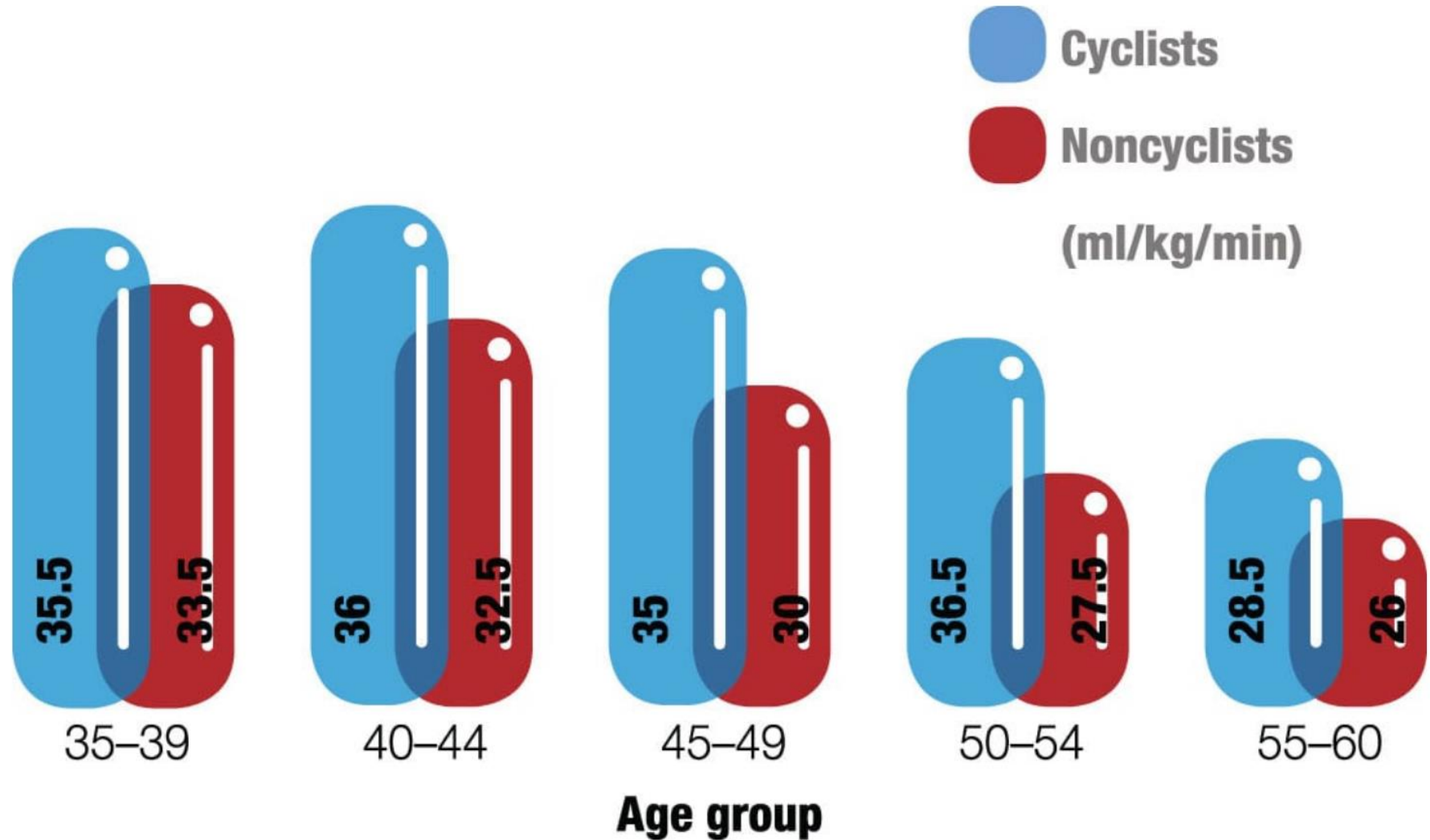
- Mortality : Harvard (2y ,17000, 16y) and Denmark(39%, 30000, 14y)
- Calories – 542/h



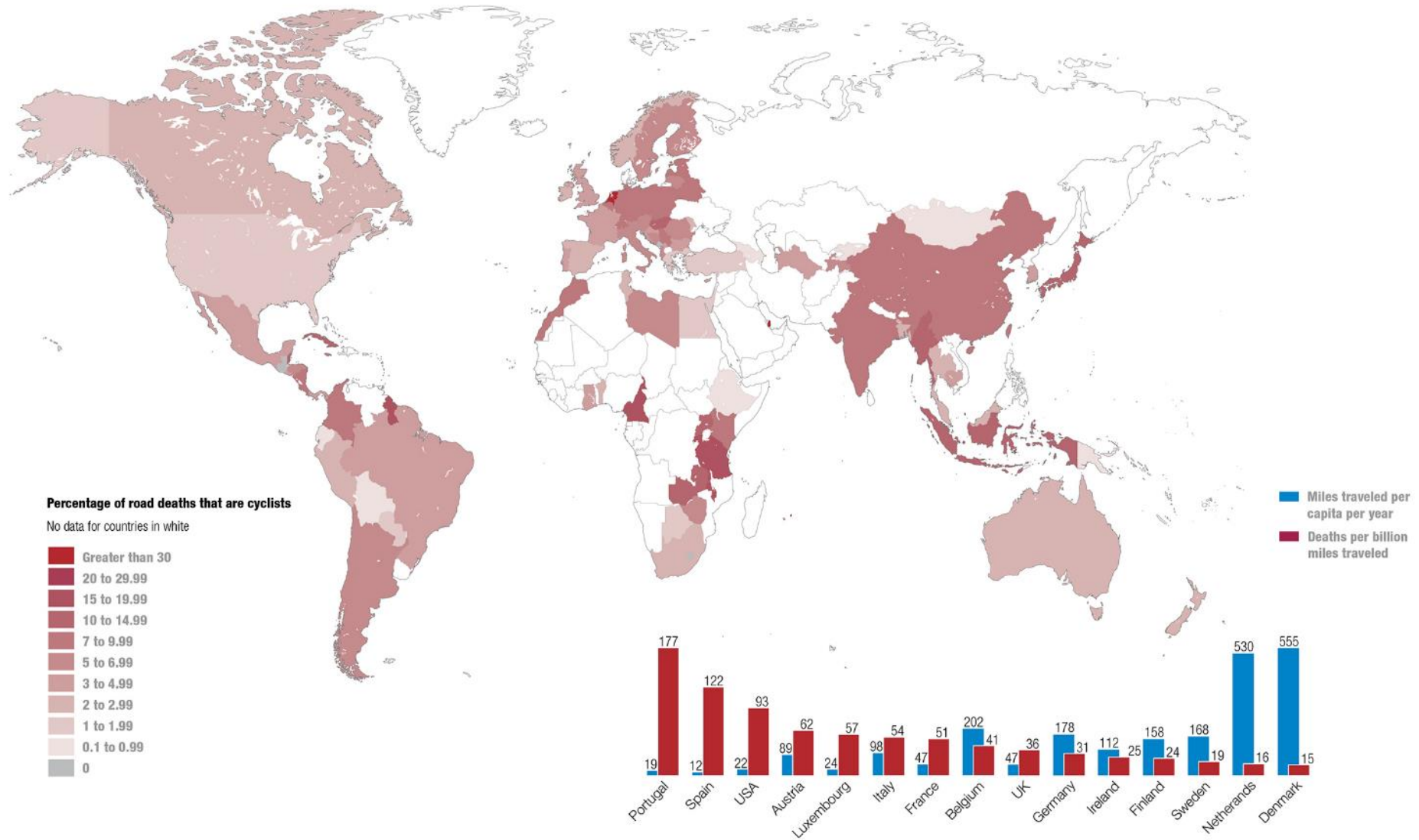
# Why2- What's in it for me

- Mortality : Harvard (2y ,17000, 16y) and Denmark(39%, 30000, 14y)
- Calories – 542/h

# Why2- What's in it for me.....Our Heart



# Why 3...How Safe is cycling ??



# Trivia 2 and Bike types video

What were first bicycle models called?

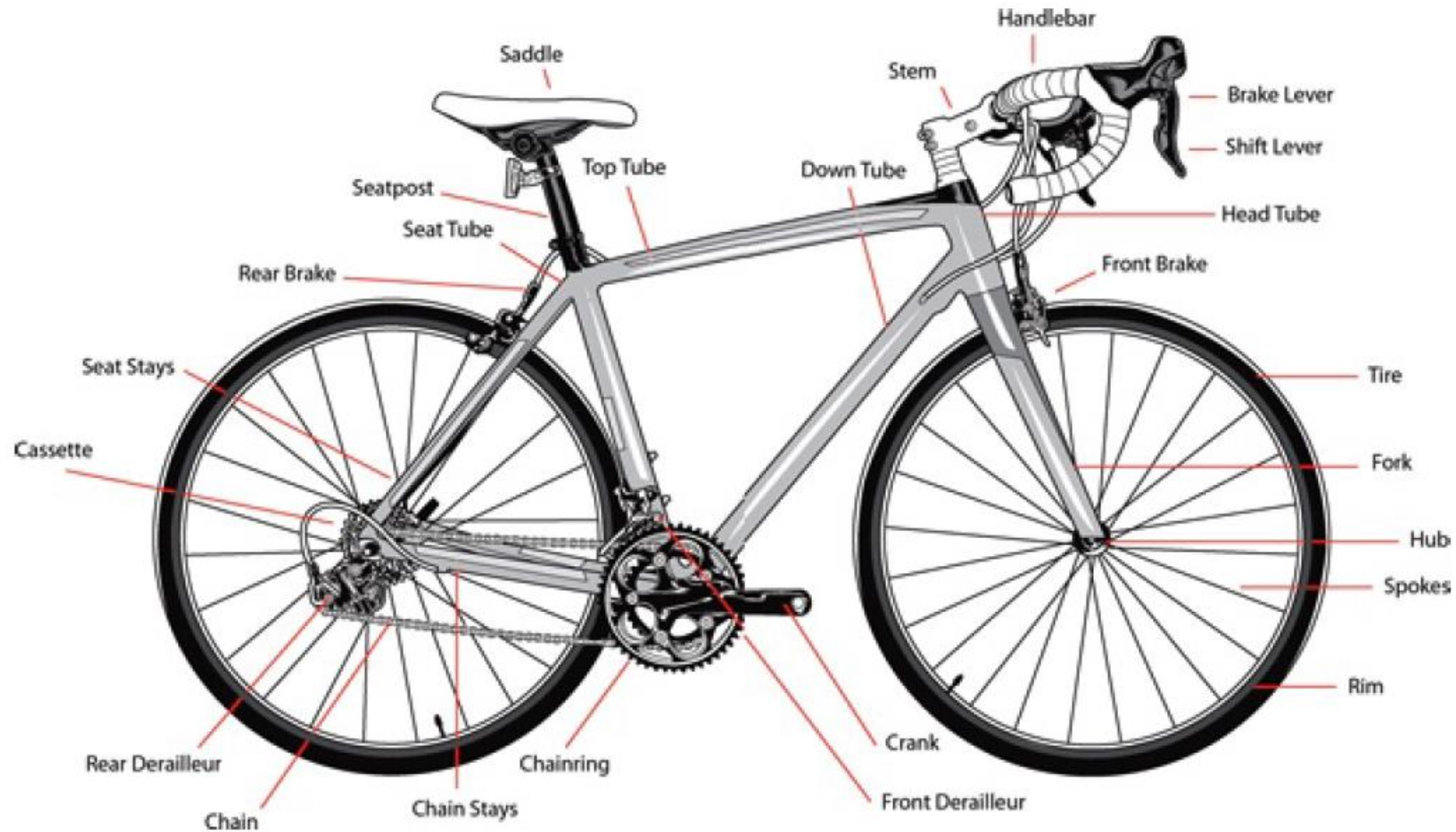
a. Velocipeds

b. Bikes

a. Motorons

b. Mechanos

# What 1... Lingo



# What2... types & looks



**Mountain**

**VS**



**Road**



**Hybrid**

# What2... Types & Features

Segments	Road Bikes	Mountain Bikes	Hybrid Bikes
Tires	Smooth and skinny for speed	Wide and thick for stability	Thicker than a road bike for stability, thinner and lighter
Handlebars	Dropped	Flat with a wide range of gears	Flat
Posture	Forward and downturned	Upright	Upright for comfort
Terrain	Best for touring, commuting, and road racing	Gravel or dirt bike paths and off-road or unpaved terrain	Appropriate for paved roads and gravel or dirt bike paths

# What2... Types and Buying..... Budget, Material, Components, Brand, Fit

	<b>Mountain Bike</b>	<b>Hybrid Bike</b>	<b>Road Bike</b>
<b>Commuting</b>	It can be done but is not recommended unless your commute has trails in it.	Works great, especially if the commute isn't only flat roads.	Best option, especially in the city.
<b>Trail Riding</b>	Best option hands down.	Is good for occasional use but not anything to intensive.	Not recommended whatsoever.
<b>Comfort</b>	Highest level of force absorption.	Medium level of force absorption.	Lowest level of force absorption. However, easiest to ride on the road.
<b>Speed</b>	Lowest top speed.	Slight advantage from lower weight.	Fastest option.
<b>Durability</b>	Most durable construction and design.	Middle of the road.	Most Fragile.
<b>Cost</b>	Can be very high or relatively low.	Should be somewhat less than both.	Can also be either very high or relatively low.



# What3... Components... Frame, Fork, Group-sets



When you think of a bike "brand" you don't always realize that this is all they make—all the other parts are added on from different companies.



There are a lot of little parts in a group set that make your bike complete.

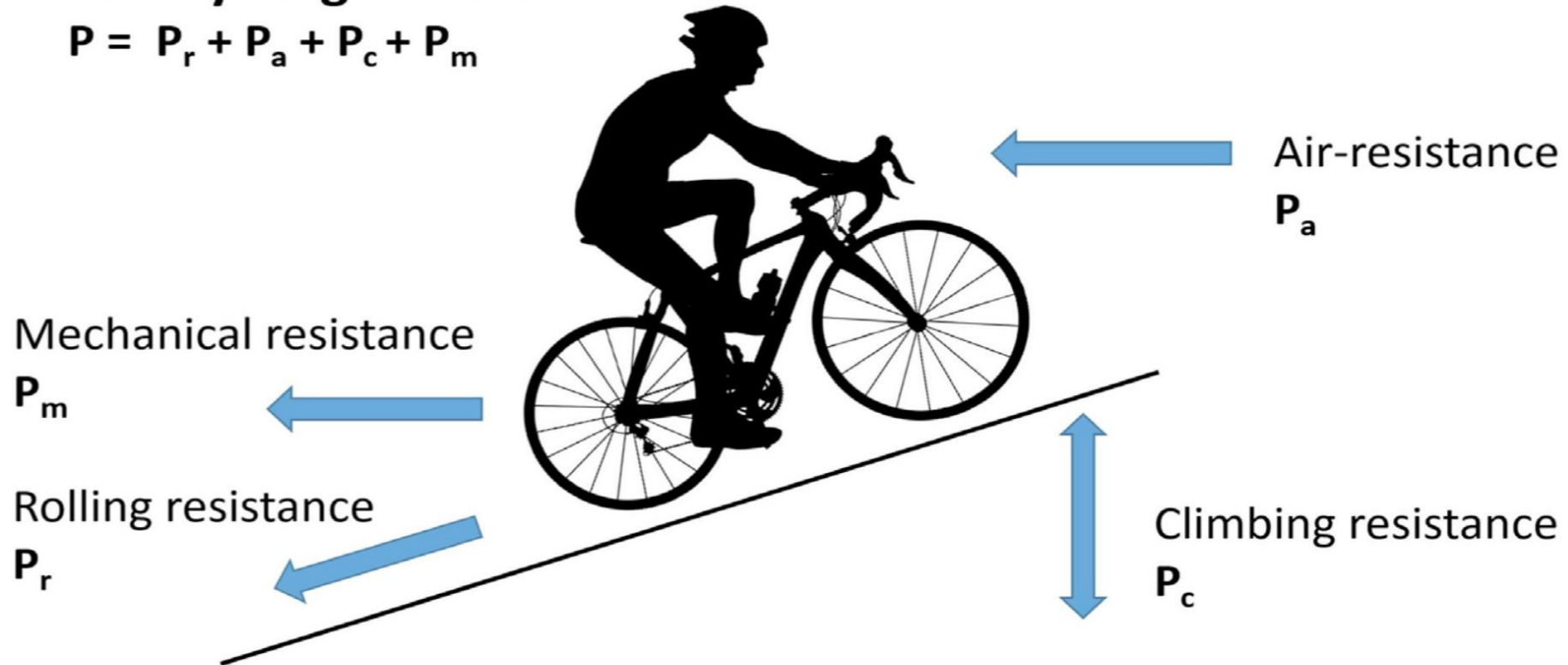
# What4... Accessories + Pedals+ Shoes+ Jersey + Power-meter +Glasses+ Trainers



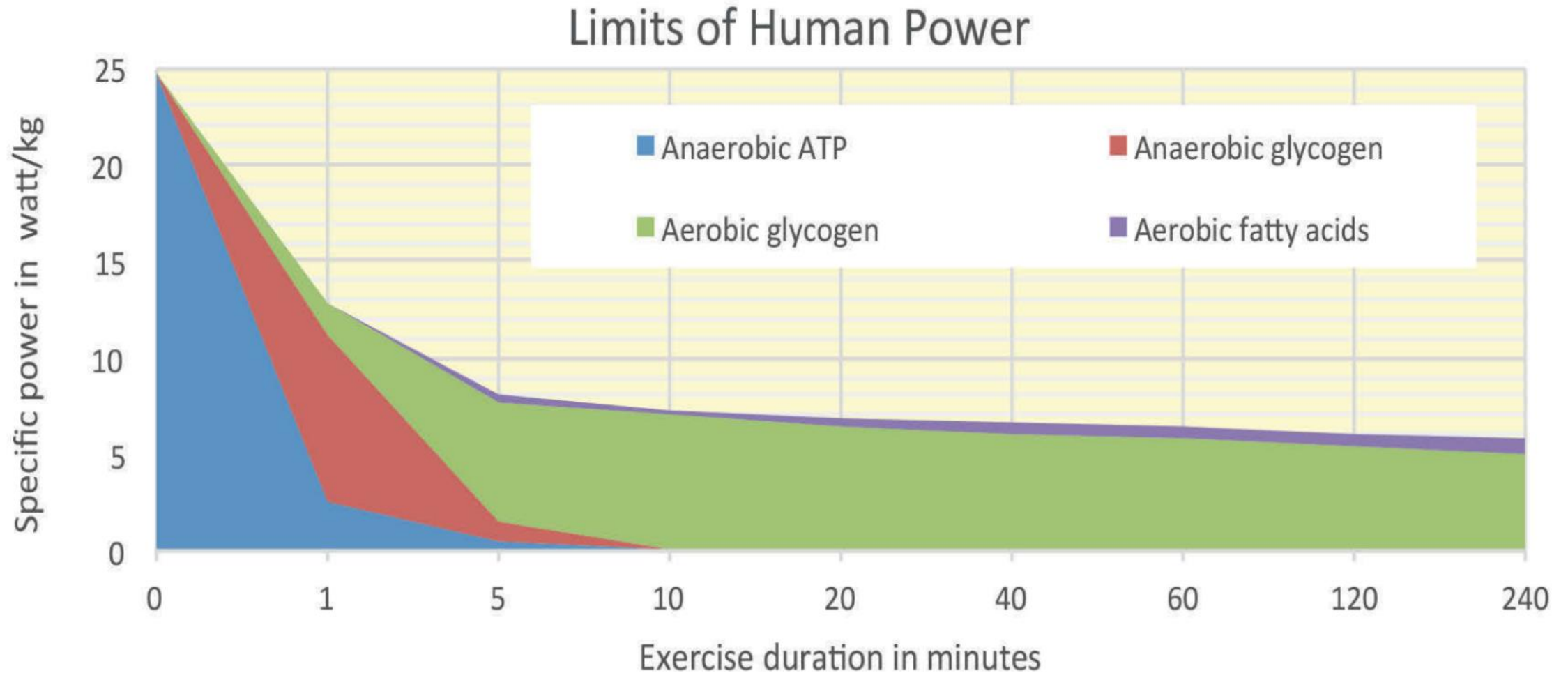
# How1... Cycling Forces

## The Cycling Model

$$P = P_r + P_a + P_c + P_m$$



# How2... Energy...lactic



# How3... Zones, Plan and 80:20 rule...

## Training Zones

**BECAUSE HEART RATE IS NOT ALWAYS** reliable, it's best to use it with your perceived rate of exertion.

TRAINING ZONE	% OF MAX HEART RATE	PERCEIVED RATE OF EXERTION
Zone 1: Recovery	60–65%	1–2
Zone 2: Endurance	66–75%	3–4
Zone 3: Tempo	76–82%	5–6
Zone 4: Race Pace	83–89%	7–8
Zone 5: Max Effort	90–94%	9–10

# How4... Sample weekly training plan

<b>Weeks 1 &amp; 2</b>	<b>Session</b>
Saturday	5 minutes warmup gradually raising intensity to RPE level 6 Repeat six times: 4 minutes held at RPE level 6 1 minute easy at RPE level 2 5 minutes cool down
Sunday	45 to 90 minute ride at RPE level 5
Monday	Rest
Tuesday	Rest
Wednesday	5 minutes warmup gradually raising intensity to RPE level 6 Repeat six times: 30 seconds hard sprint at RPE level 9 or 10 4 minutes easy at RPE level 2-3 5 minutes cool down
Thursday	Rest
Friday	Rest

# Where 1: H2O



## Where 2: Grocery





# Where 3: Bengaluru

- Old Madras road
- Airport Road
- Mysuru Road
- Hosur Road
- Weekend City rides
- Randonneurs and BBCH

# Where 4: India1... Munnar to Anamalai

## Munnar to Anamalai- Witness the Best of South India

*Route: Munnar- Madupetty- Kundala-  
Perumala- Kanthalore- Marayoor-  
Amarvathy - Palani- Anamalai*

*Distance: 210 km*

*Duration: 4-5 days*

*Difficulty level: Easy*



# Where 4: India2... B2G

## Bangalore to Goa- Experience the Greatness of Nature

**Route:** Bangalore - Mysore - Hassan -  
Chikmagalur - Lokavalli - Banavasi -  
Gokarna - Goa

**Distance:** 698 km

**Duration:** 11 - 15 days

**Difficulty level:** Difficult



# Where 4: India3... G2D

## Gangtok to Darjeeling- Recreate Famous Bollywood Scenes

**Route:** *Darjeeling - Pemayangtse  
-Yuksam -Tashiding-Ravangla-Temi  
-Martam -GangtokDam*

**Distance:** 456 km

**Duration:** 8 - 10 days

**Difficulty level:** Moderate



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# Where 4: India4...GoLeh

## Leh to Khardung La: Paddle to the Top of the World

*Route: Manali – Marhi – Keylong - Zing  
Zing Bar – Pang – Debring – Rumptse –  
Leh - Khardung La*

*Distance: 514 km*

*Duration: 9 - 12 days*

*Difficulty level: Experts*



# Trivia 3 and GCN video

The same energy that is expended for walking can be used when cycling to go \_\_\_\_\_ times faster

- a. 2
- b. 3
- c. 4
- d. 5

# Key-points

- Safety
- Mechanical aspects
- Taking control of buying behavior
- Training Plans
- Enjoying the ride



