

HEALTHY LIFE OF A CYCLIST

DAILY ROUTINES OF PROFESSIONAL CYCLISTS

Lately, cycling has become a sport with greater importance, with several professionals competing in this competition. These athletes share a commitment to maintaining optimal performance through disciplined daily routines and healthy habits. Several of them have presented some common practices and routines that they follow to maintain a healthy life.

MORNING ROUTINES: STARTING OFF ON THE RIGHT FOOT

Professional cyclists typically start their day early, around 5:00 a.m. Their day begins with a nutritious breakfast, which usually includes a combination of carbohydrates, protein, and healthy fats. Typical breakfast options may include oatmeal, eggs, fresh fruit, and smoothies packed with vegetables and protein powder. This meal provides the energy needed for their training sessions.

What exercises do they usually perform?

At 6:00 a.m., cyclists begin their training sessions. These sessions vary, but typically include long rides that can last several hours, interval training, and strength training. The routes they typically ride can take cyclists through a variety of landscapes, such as the mountains of Colombia to the plains of the Netherlands, which offer various challenges as well as beautiful scenery.

Egan Bernal, who is also a professional cyclist, trains with his team at a local velodrome. Does he train alone? No, he doesn't. He trains in groups to motivate each other.



AFTERNOON ROUTINES: REPLENISHING ENERGY

After the morning training session, cyclists take time for a nutritious lunch around 12:00 p.m. or 1:00 p.m. Meals typically include chicken or fish, quinoa or brown rice, and a variety of vegetables. Proper nutrition is essential to replenish energy levels and promote muscle recovery.

Do Cyclists rest Too? Yes, they do. Rest and recovery are also part of the afternoon routine. Cyclists typically rest for an hour or two after lunch to allow their muscles to recover and prepare for any additional training they may need to do later in the day.

EVENING ROUTINES: SHARING TIME WITH FAMILY

In the evening, cyclists focus on relaxation and recovery, and they usually spend time with their families, laughing, playing, and talking over dinner, this is normally around 7:00 p.m. This meal is balanced and similar to lunch, with lean proteins, complex carbohydrates, and vegetables. Hydration remains a priority, so they continue drinking water and may also consume herbal teas to relax.

Cyclists ensure they get at least 8 hours of sleep each night. Going to bed early, around 9:00 PM or 10:00P.M., helps them maintain overall health and peak performance. A good night's rest is crucial for recovery and preparing for the next day's training.