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A GUIDE TO CYCLING AFTER 50






by Rob Grant

Cycling After 50: Your Ultimate Guide to Staying Fit, Safe, and Enjoying the Ride




Why Cycling After 50 is Awesome

- **Low-Impact Exercise:** Protects your joints while keeping you active.
- **Heart Health Booster:** Improves cardiovascular endurance and lowers blood pressure.
- **Mental Wellness:** Reduces stress, enhances mood, and sharpens cognitive function.
- **Social & Fun:** Join group rides and cycling clubs for motivation and companionship.






Choosing the Right Bike for Comfort & Performance

- **Top Bike Choices for Older Cyclists:**
-  **Hybrid Bikes:** A mix of road and mountain bike features for stability and comfort.
-  **Recumbent Bikes:** Great for those with back pain or mobility issues.
-  **E-Bikes:** Pedal assist reduces fatigue and extends your ride distance.

Key Features to Look For:

-  **Step-through frame:** Easy mounting and dismounting.
-  **Wide tires:** More grip and stability on different surfaces.
-  **Comfort saddle:** Reduces pressure and enhances ride quality.

Safety First: Must-Have Cycling Gear

-  **Helmet with MIPS Technology:** Extra protection against head injuries.
-  **Bright, Reflective Clothing & Bike Lights:** Stay visible to motorists.
-  **Rearview Mirror & Bell:** Improve awareness and communication.
-  **Gloves & Padded Shorts:** Enhance comfort and prevent numbness.
-  **Pro Tip:** Always check your bike's brakes, tire pressure, and gears before each ride!

Beginner's Cycling Plan for Building Endurance

4-Week Training Plan

- **Week 1:** Easy 10-15 min rides, 3x per week on flat terrain.
- **Week 2:** Increase to 20-30 min rides, adding light hills.
- **Week 3:** Ride for 30-45 min, focusing on steady pacing.
- **Week 4:** Aim for 1-hour weekend rides on varied terrain.

Nutrition & Recovery Tips

Best Foods for Cyclists Over 50:

- **Protein:** Helps with muscle recovery (chicken, fish, eggs, legumes).
- **Complex Carbs:** Provides sustained energy (whole grains, vegetables).
- **Hydration:** Drink plenty of water and replenish electrolytes after long rides.
- **Anti-Inflammatory Foods:** Helps with joint health (salmon, turmeric, nuts).

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