

5 Training Tips to Prevent Burnout

You love the benefits of cycling – more energy, a great workout and a powerful sense of accomplishment. But sometimes cycling can turn into a chore, and training is the last thing you want to do. Here are some tips to help you get back to loving being on the bike and ready for the ride of a lifetime.

- 1. Slow and Steady Wins the Race**
Rome wasn't built in a day. Don't increase your mileage – or your speed – too quickly. Our friends at Strava have some great [Training Plans](#) if you need help getting started.
- 2. Don't Go It Alone**
Everything is more fun with a friend, and cycling is no exception! Ask a friend to join you for a socially distanced ride or get connected to our [Bike MS Facebook group](#). A virtual high five might be the motivation you need to get over the hump.
- 3. Fuel Your Workouts**
Hydration and proper nutrition are key – especially during hot summer months. Make sure you're fueling up properly before your training rides, so you'll have the energy to get through them. Bike MS fan favorites: bananas, gels and of course – fig bars!
- 4. Plan to Recharge**
Rest days are just as critical as training days. Mix it up on your recovery days by incorporating yoga or walking. If you see signs of overtraining (low motivation, fatigue, excessive or prolonged soreness), revisit how and when you do your recovery days.
- 5. Get Inspired**
Every day, people do whatever it takes to move their lives forward despite multiple sclerosis. Together, we will change the world for people with MS. We've come so far – but we still have more to do. See why [The Time is Now](#).