

The Importance of Gradual Progression

Front Rangers Cycling Club – Colorado Springs

The best way to decrease risk of injury or serious illness during physical activity (like bike riding, weight lifting, etc) is to start riding within your ability and gradually increase your distance and speed until you feel challenged. This is called Progressive Overload, and is an important scientific principle of athletic performance as well. The body is a dynamic thing ... this means it is always changing. If you stress it, as you do during physical activities like riding bikes, it will then require some rest and nutrition to make the necessary adaptations to protect you. If you overstress your body you risk getting injured and/or a serious illness ... you may also require extra rest. Therefore, it's best to start within your ability and make gradual progress toward your physical activity goals.