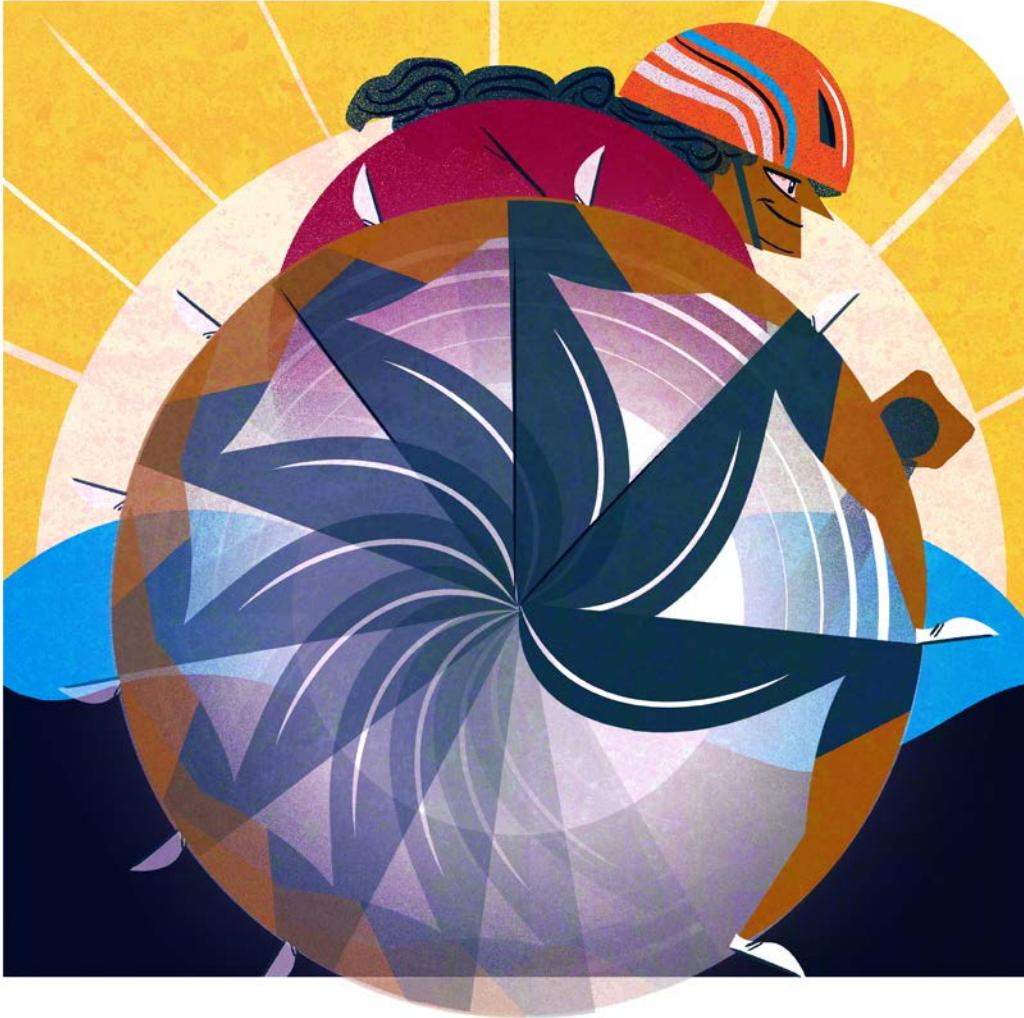


# Don't Diet, Just Pedal!

4 kinds of rides that will shed pounds and make you faster BY SELENE YEAGER



**1 // COFFEE-FUELED // WHY IT WORKS** When you wake up in the morning, your energy stores are only about a quarter to a third full, so if you don't eat, your body is forced to burn fat for fuel. **HOW TO DO IT** Once or twice a week, have only black coffee (it releases stored fats into your bloodstream for easier access and makes your effort feel easier) then ride, says Gale Bernhardt, two-time US Olympic cycling coach. Save breakfast for when you get back. If you're out for longer than 90 minutes, start fueling to avoid bonking.

**2 // MIRACLE INTERVALS // WHY IT WORKS** Bernhardt calls max-intensity intervals "miracle intervals" because of how effectively they burn fat and boost human growth hormone, which builds lean muscle. **HOW TO DO IT** Once or twice a week warm up, then do 30 seconds all-out followed by 4 minutes and 30 seconds of easy spinning; then 20 seconds all-out, 4:40 easy; 10 seconds all-out, 4:50 easy. Repeat three times. Cool down.

**3 // SPIN-UPS // WHY IT WORKS** One study found that when cyclists upped their cadence from 50 to 110 rpm, their energy demands increased tenfold, boosting calories burned. It also keeps your legs feeling fresher for longer. **HOW TO DO IT** Twice a week, as part of a longer ride, warm up for 15 minutes, then pedal just over your comfortable rate for five minutes—your heart rate should rise slightly. Reduce your cadence back to your comfort level for five minutes. Repeat three times. Cool down 15 minutes.

**4 // 'ROUND TOWN // WHY IT WORKS:** Riding even 10 minutes here and there bumps up your metabolism so that when you're back at a desk or on the couch, you burn more calories than if you hadn't ridden. One study also found that participants reported feeling less hungry in the afternoon after performing intermittent bouts of exercise throughout the day. **HOW TO DO IT:** Trade car or public transit trips under five miles for the bike.

## ASK A EXPERT



Q/A

**Besides stretching, how can I get rid of a mid-ride cramp?**

Cramps are nearly always the result of working your muscles beyond their fitness and endurance ability. The best to ease them is to slow down and "change your position on the saddle to recruit different muscles and reduce the load on the ones that are fatiguing," Stacy Sims, PhD, an exercise physiologist at Stanford University's School of Medicine. Move forward, back, or to the side to get a new position. You can also try popping a Tums—your body uses calcium to maintain healthy muscle contraction. Sims adds that some people swear by CrampEase, a combination of minerals—magnesium, potassium, calcium, and sodium—that ease muscle contraction by better conducting nerve impulses.

