

Time Management for the Time-Crunched Athlete

Nikki Peterson, Senior Consultant for
Source Endurance

About Me

- Full-time job as the Program Coordinator for SoCal NICA
- Professional MTB and Gravel Athlete
- Vice Chair for CAMTB Advisory Council
- Volunteer Coach with Hemet HS
- Girls Moving Mountains podcast launching in January 2021!
- Education: B.S. Dietetics, M.Ed in Teaching and Education, Multiple Subject Teaching Certificate

I LOVE BIKES!!!



A More In-Depth History



If you want to go way back, I have a long history of learning about time management skills. It really started when I was a kid, around fifth grade. My mom was single with three kids and I ran the household, while also working towards my dream of earning a college scholarship in running. In college, I worked in the Exercise and Nutrition lab, worked weekends and evenings at Starbucks, was on the Student-Athlete committee, took a full load of courses, and ran xc and track. After college, I co-owned a coffee shop with two locations, managed a family laundromat/dry cleaners with two locations, and sat on the board for an Industrial Laundry business with an annual revenue of over 2 million dollars. Later, I picked up cycling, earned my Pro license and worked full-time as a substitute teacher while earning my Master's degree online. Basically, my entire life has been one big time management lesson!

Intro

Life can be hectic! If you are here today, you are likely an athlete or are interested in athletics in some form. Training and racing takes time and commitment, but those both have limits. It can be stressful, and even more so right now during a pandemic. This webinar is meant to give some insight and tips into how to juggle all of the commitments in your life.



Challenges

Time

- How much time do you realistically have to dedicate to training/racing?
- This is where having a coach can be hugely beneficial! You don't have to do a lot of volume. Having a lower volume: higher intensity schedule can be very beneficial.
- When communicating with your coach, it's very important to be realistic about how much time you have for working out (cycling, strength work, core work, etc.). If you aren't, you can end up being overcommitted and stressed to the max.



Challenges (cont'd)

Money

- Cycling is an expensive sport. However, there are upgrades that matter, and upgrades that don't matter as much. Your coaches can help you with this information.
- Setting a realistic budget in the beginning of the year can help you decide which 'A' races to attend.
- While racing is fun and can be addicting, you don't want to go into debt over it.



Energy/Motivation

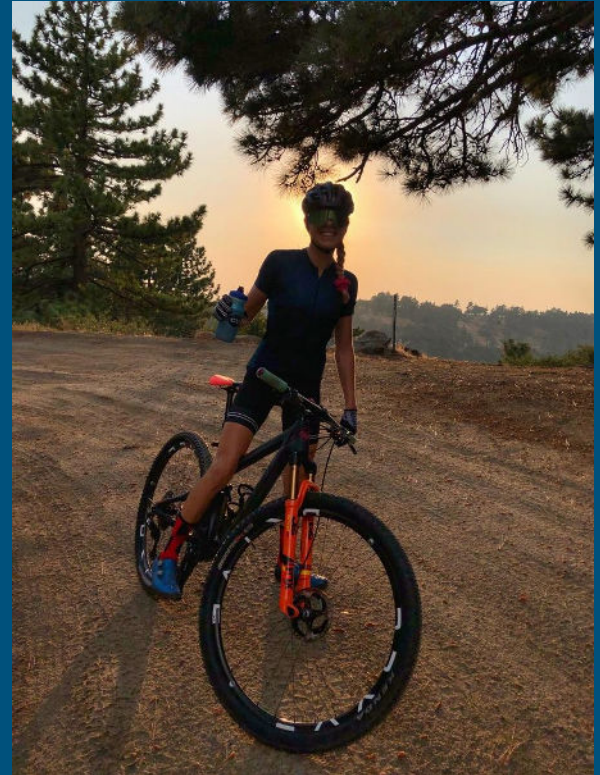
- Just like your financial budget, there is also an energy budget.
- Again, working with a coach can be really helpful. Sometimes just having someone to be accountable to can help.
- Your coach is constantly looking over your data. Low energy and motivation can sometimes be a sign of overtraining.



Extra Challenges During the Pandemic

Low motivation

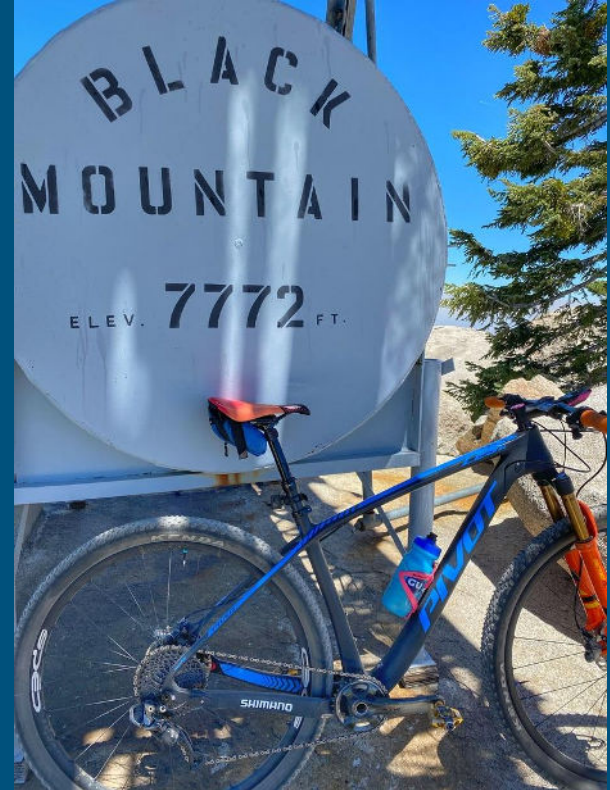
- Events cancelled...ugh.
- It's hard to stay motivated with no races in the near future.
- Strava Challenges, "Everesting", Virtual Races, Bucket List rides like the White Rim



Extra Challenges During the Pandemic (cont'd)

Staying close to home

- If you can help it, it's best to stay within your hospital zone.
- Also, if possible, mitigate risk. Now is not the time to send it off of sketchy drops. If you can avoid going to the hospital, that's the best plan.



Extra Challenges During the Pandemic (cont'd)

Working from home

- Sure, your commute may not exist, but working from home doesn't mean you have more time, and it certainly doesn't mean you have more energy.
- Some households have kids who are a part of "distance learning." As a former teacher who speaks with parents often, this is a very stressful time. Give yourself grace right now.



Strategies

Professional help

-Hire a coach! This is the best way to make sure that you are being efficient with your time and workouts. Also, they can tell you to go EASY when you need to and HARD when it will help!

-See a therapist. I have used both a Sports Psychologist and a “regular” Psychologist through various times of my life. Having an unbiased person to talk to can really help with perspective.



Should I Buy a Plan or Work with a Coach?

-Buy a Plan:

- You want structure, but not feedback or accountability
- Have a flexible schedule that allows you to complete workouts on set days

-Work with a Coach:

- You want your data read and feedback given
- You need changes to your schedule
- You have goals that are big and require a lot of hard work!



Calendars Are Your Friend!

- I have all four Gmail account calendars connected via Google Calendar app on my phone.
- Friendly tip: If you don't have Gmail, switch to Gmail. ;)
- Schedule events in correct calendar. The app color codes it.
- Sometimes it helps to “schedule” your workouts.



Food Prep is a Lifesaver

Part of being an athlete is fueling your body properly.

- When you get busy, it can be easy to go out for meals or cook “fast”, less nutritious meals.
- I usually prep on Mondays after work. I roast veggies, make some rice, plan my meals.
- See a Registered Dietician like Kristen Arnold! It’s an investment, but a worthwhile one!



Division of Seasons/Goals

- If both of you are cyclists, plan your schedule together and let each other choose an “A” race.
- You could even choose a season, partner A focuses on cx, partner B focuses on mtb.
- If only one person cycles, you could let each partner chose a weekend for “their thing.”
- Regular and intentional communication is key!



Off-season FTW!

-It's really, really important to take time off each year to reset. Working with a coach, they can help you decide whether that's one week, two weeks, or even a month.

-This is important for both physiological and psychological reasons.



Designated Dates, Family Days, Vacations,

Consider Involving the Kids

- It can help to write out a calendar in advance. Some folks do it annually, others do it monthly. Even sharing a Gmail calendar can work!
- It's important to not center all of your free time around cycling.
- If you have kids, consider bringing them to your race to cheer you on (they can make posters), or better yet, go for a bike ride with them!
- Find “Family Friendly” events. Locally, we have the Quick n’ Dirty series, which has kids races, a fun expo, and adult racing!



“75%” rule

-My friend Kim, who is a mother of two, wife to a husband who races, and a full-time professor at a Liberal Arts college, implements the 75% rule-- if Olympian Kate Courtney or Pro Athlete XXX does everything as well as possible to preform (literally as their job), she allows herself to do 75% and still feels good about herself.

-The key is to use this to combat shame, not to use it as an excuse.



“10 Minute” Rule

-A few years ago, when I was substitute teaching, taking online Masters courses, and training, I was struggling big time. I would come home and sit at the kitchen table crying instead of doing what needed to be done. One day, I came up with the 10 Minute Rule.

-Get dressed, get on my bike, after 10 minutes, if I am still miserable, I turn around and go home with NO SHAME. It has only happened two or three times, but when it does, I allow myself to not feel guilty about it.



Find Role Models

-For me, finding role models, friends, and a community has really helped me. Their lives may look differently than mine, but their core values align.

-Some of my role models: Larissa Connors, Rose Grant, Kim Coleman, Jen Malik, Brian Scarbrough, Adam Mills, MMX

-Remember, a role model doesn't have to be someone famous!



Final Thoughts

Just because you don't have a traditional family- a husband/wife/partner and/or kids doesn't mean that you are not time-crunched or that you don't need to balance training and "regular life."
EVERYONE'S LIFE LOOKS DIFFERENTLY!

There are ways to pursue your athletic goals while still having a successful job and meaningful relationships. Cycling can help you show up to your other obligations as a better human and that's rad.



QUESTIONS?



