

Training for Peace Road: Winter Edition

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It's cold in Korea right now and the roads can be icy. Not the kind of conditions that make me want to go riding. But still I can't afford to take four months off of training. So I've moved inside with a few simple but effective exercises.

I begin with a warmup using a video series from Foundation Training. This is an exercise program created with the intent to train the body to move as it was originally designed to do before we became confined to desk jobs hunched over computers, and texting on our smart phones the rest of the time. In fact, Foundation Training was literally a life saver for me. I will go into that in more detail in the future.

Following the warmup, twice a week I do High Intensity Interval Training (HIIT). On an old exercise bike which is salvaged from a neighbor, I ride at maximum effort for 30 seconds, then a rest period of 90 seconds pedaling at a slow rate. I do eight repetitions so the entire workout is only 16 minutes, but according to the researchers who developed HIIT this is probably as good as 2 to 3 hours on the road. In any case, I have observed an increase in my performance as a result.

On the alternate days I focus on strength with Turkish Get-ups and a few ultra-slow weightlifting exercises. This usually takes about 30 minutes. The remaining three days is primarily to give the body an opportunity to rebuild. However, if I decide to watch a movie or anything else on TV, I will get on the exercise bike and ride to the end.

This doesn't seem like much, but this exercise program has been working for me for the last three years. When I get back on the bike in the spring, I find that I am at the same level, or even better in some aspects as compared to the previous fall. One clear benefit of the HIIT is that the cadence I can sustain over long periods has greatly increased.

Personally, I really dislike working out in the gym, but this abbreviated form is tolerable. The open road is calling and in a couple of weeks we'll be on our way again. Me, God, and the open road.

P.S. Lately I've been trying my hand at recording and editing video for the sake of documenting the Peace Road Global Team journey. Please enjoy this demonstration video of the HIIT on the bike and the Turkish Get-ups!

P.P.S. Make sure to check out our "Get Involved" page in the top nav to see how you can support the Global Team! peaceroadglobalteam.com