



Training for a Ride at 5280 feet above Sea Level

As altitude increases there will be a decrease in the amount of oxygen available for your body to use.

Most recreational athletes will not have more than a 2-5% decrease in their VO₂ max (Maximum rate of oxygen usage) at 5280 ft. (the elevation in Denver). Therefore, many will not notice a significant change in their performance.

Recognize and anticipate that exercise at 5280 feet above sea level will increase shortness of breath, respiratory rate and fatigue if you are accustomed to training at sea level.

Most significant Acute Mountain Sickness (AMS) symptoms will occur at altitudes greater than 5280 feet; however, some people may experience symptoms of AMS which are headache, nausea, insomnia and fatigue.

Training appropriately for the desired distance and time on the bicycle is very important.

Acclimatization takes about 4 to 6 weeks to complete, however, physiologic changes begin in 1 to 2 days.

Training at altitude or in a simulated environment with hypoxic air (low oxygen air) will benefit the rider especially if done for 4 to 6 weeks prior to the event. (Colorado Altitude Training or Hypoxico are companies that have hypoxic tents or training devices)

If you are concerned about your preparation for completing the distance goal at altitude consider the following training tips:

1. Add 30 minutes of training per day to your last 4 weeks of training, except the week before the ride.
2. Increase your water consumption 24 hours before you arrive at altitude.
3. Plan on making frequent rest stops during the ride.