

# THINK BIG & KICK ASS ON YOUR BIKE

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# THINK BIG AND KICK ASS ON YOUR BIKE



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## 1. Find your passion

Stop trying to lose weight. Stop trying to cycle further or faster. Stop trying to get fitter. That's right STOP NOW. If you are serious about achieving your cycling goals then you must embrace a psychology that supports them.

When we "try" to do things we set ourselves up for a fall. We are right away giving ourselves a bail out position. A get out of jail card. It's OK if I don't make it. This kind of thinking is all wrong. But there is an easier way.

It is to find your passions. Life is far too short to spend it doing things we don't enjoy. So don't bother. Stop wasting your time. Spend your time doing things that make you feel alive. That you cannot wait to start. That you just wouldn't miss for the world.

Share these experiences with people whose company you enjoy and find stimulating. You are unlikely to go to a restaurant on your own regularly and it certainly wouldn't be a great experience that you would like to repeat regularly.

Why then do you consider going training on your own is likely to be any more fun. And BOTTOM LINE if it isn't fun, if it isn't your passion, if you aren't sharing it with other people who you want to be with then you won't do it.

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You can have all the will power in the world BUT if you aren't passionate about something and it doesn't light your fire then you are very unlikely to keep doing it. Even if you do manage to force yourself and keep going where is the fun? How likely are you to excel at it? How likely are you to reach your goal?

So if you want to achieve your cycling goals then find training activities that you are passionate about and that you can share with others.

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## 2. Be a doer not a dreamer

Passion is more important than natural ability. It's more important than your genes or your body type. Passion is what drives you. It's what gets you off the sofa and makes your cycling goals a reality.

If you are serious about switching the TV off and living the healthy lifestyle you dream about then you must follow your passions. Only when you do this will you really live as DOER and not a dreamer.

It's so easy to sit on the sofa and talk about getting fit. Talk about losing weight. Talk about being healthy. STOP.

If you find your passion then NOTHING will stop you from doing it. Living it. Being it every day. Nothing will stand in your way of living the healthy lifestyle. It won't take thought. It certainly won't take effort. You will be so fast out of the door to your next session that your friends and family will think you have ants in your pants.

Being a doer is simple and you can do it so easily. Find physical activities that you are passionate about. That makes you feel alive. That make you feel the real person that you are. Share them with other people who you love. When you do this you will be a doer.

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## 3. Grace Under pressure

Even when you are living a healthy lifestyle as a doer and following your passions you are going to be tested. There will come times that your commitment will drop. Your energy levels are low and your enthusiasm is flagging.

How will you react? How will you cope under the pressure? Will you start looking for and finding excuses to stop away from your training plan? Will you take the easy option and stop cycling and return to your previous lifestyle of pizza and nights in front of the TV?

It won't be an easy time. But being prepared is half the battle. The key is to focus your energy and attention on the SOLUTION and not on the problem. This is where the people you have been sharing your cycling activity come in.

If you have been training on your own, what chance do you have now? You are on your own. Trying to cope with the pressure of giving up. Of abandoning your healthy regime. On your own it won't be much of a contest. I guarantee that you will cave in under the pressure and be back on the sofa munching pizza.

BUT you are different. You have friends who you have been exercising with. You have been doing it together. You have shared the experience together. You have talked about this moment with them before it happens.

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They spring into action. They phone, they email. They coax, they cajole, they encourage, they shout, they do whatever it takes to get you back into the program. You bow to pressure and start going again. And you know what the moment you step back into the training program your commitment will be back. Your energy levels and enthusiasm will be reignited.

And also you will be there for them too. When they fall off the wagon and look like giving up to. You are there to repay the favor.

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## 4. Do what feels good

Sometimes your training will not go well. Maybe you are not seeing the results you want. Or perhaps you get injured and can't train so see you're hard won fitness slip away. It can be frustrating and is a dangerous time. What will you think about during these times?

Will it be the injury and about your fitness slipping away? Not very productive is it? It leads to all kinds of bad consequences. Not least that you will be tempted to come back to training too soon. Before your body is healed. Thereby risking a more long term, even permanent injury.

The solution is to focus ALL YOUR ENERGY on what you can do. Ignore what you can't. So if you are injury bound for 3 months. What can you do?

You CAN work on your mental strength. You can build your other skills. You can analyze your competition. You can learn more about nutrition, supplements, and new training techniques. You can build on any area of weakness that you have that you are able to train without exasperating the injury.

Focus on what you can do and your body will heal faster since your mind is positive about the experience. You will return to full training quicker and above all when you do. You will have new skills. New areas of expertise that you can now apply. You will be a stronger and better cyclist than before.

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## 5. Learn from your mistakes

Everyone has good times and bad. Sometimes your fitness and motivation is high. Other times it's not. You just have to live with this.

Choosing to live a healthy lifestyle and cycle hard involves making frequent decisions. What training to do, how much, how often, who with, do you want to race, am I enjoying it, should I get a coach etc etc

Whenever we make lots of decisions it is inevitable that we will get some of them wrong. They will turn out bad, perhaps leading to an injury or maybe just reducing or enjoyment of the sport.

No matter how much research you do, how much though you give it. Sometimes things just don't work out the way you want them to. Rather than getting depressed and down on yourself, I suggest you adopt the "knowledge formula".

It means you can learn from the good times as well as the bad.

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## 6. The knowledge Formula

“The best way to learn is through studying the history of success and failures in cycling and other sports”

Learning from the knowledge formula is faster and safer than learning them yourself. Learning from someone else’s mistakes and experiences is a whole lot less painful than making all those mistakes yourself.

Life is tough and you won’t always avoid the mistakes. Sometime you will walk straight into them like a train crash.

BUT make these situations unusual rather than the norm. Spend your time studying the experiences of others. Read their books, their websites. Listen to them speak. Delve into their training plans and make sure you are the most knowledgably. The best informed rider in the field.

Act like a sponge for information, new and old. This way you maximize your chances of success.

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## 7. Never give up

If you want to achieve your cycling goals, you must never give up. There will be times when that is all you want to do.

Maybe when you are not getting the results or when training is not going well. Or it could be life outside cycling becomes a distraction or you are sitting on the sideline injured.

In all these cases and many more just like them your motivation and commitment will be tested. It will come down to your mental strength and toughness. Do you have what it takes?

This is not about ability or fitness skills. It is about your desire, your passion, and your hunger. If you have these and you are truly working towards goals and objectives that reflect you're deep seated desires then YOU WONT GIVE UP.

You will find the strength to keep going. There is an analogy and it applies to training in general or to an individual moment in a race.

"There will come a moment when every physical effort has been made. Then it is only the mind that can keep you moving forward."

When it is tough and you want to give up just remember "1 more step....1 more step....1 more step"

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## 8. Get Out of Your Comfort Zone

If you keep training or racing in the same way that you have always done so you will get the same results that you always have. How many times have you heard this statement?

Lots I bet. So what are you doing about it? Are you living your life and structuring your cycling training around it?

To reach your goals you are going to have to get better. To get better at something you have to move outside your comfort zone. You have to try new methods of training. You have to train harder than before. Maybe with a coach maybe without. Maybe this, maybe that.

The point I'm making is that "it isn't going to happen unless YOU make it happen" If you really want to achieve your fitness goals then go out and make them happen.

Yes it's scary moving out of your comfort zone. But that is what you have to do. Everyone is scared. It is part and parcel of life. The only thing that separates those who achieve their goals and those who don't is.....

They deal with the fear. They cope with it. They accept it. Maybe they choose to ignore it. How you choose to handle it is up to you. All that matters is that you do. That you jump up and move into the unknown. That you test yourself by exploring the ground on the outside of your comfort zone.

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## 9. Take Action

YOU MUST TAKE ACTION. It's the most important step. Without it you are nothing more than hot air and empty dreams.

If you have set goals that reflect your deepest cycling dreams then you won't have any problem with motivation. But to make it happen you have got to take action. You have got to do it NOW.

Never wait for something to be perfect. The weather, your bike, the training plan etc. Just get started right now. Decide on the quickest, easiest route and then start doing it. Start living your cycling dreams TODAY and let tomorrow take care of itself.

It takes courage to live like this. You risk failure maybe even embarrassment. BUT put those aside and take immediate and powerful action. Make some progress everyday towards your goal. This way, lots of small steps add up to a very big leap.

Your cycling dreams are in your hands. If you take action right now then they will become a reality sooner than you imagine.

YOU CAN DO IT. THINK BIG AND GO KICK SOME ASS !

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## 10. Now What?

I hope this essay has been useful and that it will motivate and inspire you to go out and reach your cycling dreams.

Cycling has certainly changed my life and brought me the most amazing experiences and opportunities. In 2007 I rode the entire route of the Tour de France one day ahead of the professionals. Since then I have dedicated myself to training and learning about a sport that I love.

I spend much of my time coaching amateur cyclists like you to achieve extraordinary things. Through my online mentoring program I help them to reach the cycling, fitness and weight loss goals that they have always dreamed of.

It's tough knowing exactly what training to do and how to do it. It's even tougher having the will power and commitment to keep doing it day after day. Week after week.

Could you do with a helping hand in your training? For more information and to connect with me please visit

Luke Bream

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