

With COVID-19 completely shutting down events there are still plenty of things MTB racers can focus on while still observing social distancing requirements.

- Have a **Virtual catchup** with your coach and do a season review (phone, Facetime, Skype). What are your strengths and weaknesses? What can you do to improve? How are you going to prepare for when racing returns? If you don't have a coach maybe now is a good time to start looking. MTBA has a [directory service](#) on it's website which can help you find an accredited coach in your area.
- **Race online.** Zwift racing was already taking off before social distancing.... now its popularity is exploding. You don't necessarily need to have an expensive smart trainer to get involved. Here's just [one example](#) of getting setup cheaply.
- **Strength training** can boost performance and help build resilience to injuries. Core strength is particularly important for MTBers. There are an endless range of exercises that can be done at home with minimal or no equipment. Here's a few links to get you started.
[Hip and Core Exercises](#)
[Strength Exercises for Cyclists](#)
[Core Exercises for Cyclists](#)
- **Mobility and flexibility** are important for performance and reducing the risk of injury and again there are an endless range of options to do at home without equipment. Here's an article on [tissue mobility versus stretching](#) and a few instruction links to start with.
[How to Stretch](#)
[4 Stretches for Cyclists](#)
[Foam Roller Exercises](#)
- **Cross Train.** Running and walk are good for maintaining aerobic fitness while adding some variation to your training.
- **Skills Training.** Now is not the time to be trying big jumps or shredding black diamond trails (the hospital system doesn't want to see you right now) but it's a great opportunity to work on some basic skills like cornering and manuals.
- **Mechanics.** Clean your bike. Fix that annoying creak. Most bikeshops are still offering workshop service with contactless transactions and in many cases pickup and dropoff services. Alternatively use online stores to buy some new tools and learn how to do a few things yourself.