

How to Develop a Cycle Season Training Plan

Questions for *YOU* first

- How many race?
- How many here trained with a Plan Last Season?
- How many train with Heart Rate/Power?
- How many have trained consistently for more than 5 years?

The Keys

- OPTIMIZE YOUR TRAINING TIME!
- Focus on your Weakness
- Accurate Training Zones
- Make a PLAN!

Focus on Your Weaknesses

- This might be the hardest thing to do without a coach
- You need to identify your **WEAKNESS** and understand why.
- **THEN FIX IT!**
- Is it:

Endurance	Bike Fit	Muscular-Endurance
Form	Absolute Power	Equipment
Climbing	Power to Weight Ratio	Race Strategy

Training Zones and Testing

- You need to determine your Proper Training Zones
- **PROPER TESTING IS VITAL!**
 - **HIGHLY RECOMMEND PROFESSIONAL TESTING!**
 - At the very minimum you need to do field testing to determine your AT (LT) (Anaerobic Threshold)
 - With AT (LT) you can compute your training zones
 - Lots of methods (10 min TT test, average HR – 5%)
 - Recommend buying Joe Friel's Cycling Training Bible

Training Zones and Testing

Zone	Focus	Range as a % of LTHR	Example LT = 180
1	Recovery	65%-81%	118-148
2	Aerobic Endurance	82%-88%	149-160
3	Tempo	89%-93%	161-167
4	Sub-Threshold	94%-100%	168-179
5a	Super-Threshold	101%-102%	180-183
5b	VO2 Max (Aerobic Capacity)	103%-105%	184-190
5c	Power	106%+	191+

IN THE **Z**ONE



Stephanie Walbridge
swalbri2000@tds.net
www.inthezonefitness.com
269-207-4988.

Develop a PLAN!

- What do you need to know first?
 - You need to know what your time commitment is
 - Don't just be realistic, Be on the conservative side
 - Talk this over with your support team!
 - Base it on your biggest week
 - Write down vacations and other life stuff that will be a factor
 - You need to know your race focus
 - What type of racing are you going to focus on?
 - Race schedule? At least first Race date and "A" Race date
 - Write down some tangible goals as well.
 - You need to know your weakness(es)
 - You need to know your training zones

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Periodization

What is it?

“A systematic way of training using planned progression of training volume and intensities. Most importantly it’s a system that has focus on building specific abilities and maintaining those abilities as new abilities are also developed.”

Periodization

Why Do You Need It?

- ***Best way to pursue continuous gains in performance and healthy life***
- ***Greatly reduce chance of Overtraining and Injury***

Building the Plan

- Write it Down!
 - Better Yet Use a Tool like Training Peaks
- Work backwards from first “A” race
- Train in blocks
 - keep it simple with 4 week blocks
 - The block should have a specific focus
 - Endurance, Muscular Endurance, Speed, Climbing, Peak, ect....
 - 3 Work Weeks
 - Be careful to not increase both volume AND intensity at once
 - 1 Recovery Week, volume should be 50-60 percent of high volume work week, NO intensity
- I believe in at least 1 FULL day off per week

Type of Bike Workouts

- **Recovery Rides**
 - Zone 1
 - Flat terrain, small chain ring, short in duration

- **Base/Endurance Workouts**
 - Zone 2
 - ALAP, Small chain ring, high cadence
 - Careful with group rides
 - **MUST STICK TO ZONE !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

- **Aerobic/Alactic Workouts**
 - Zone 2 and Zone 5+
 - Like doing Base/End but with very short sprints (keep less then 15 seconds) done without the ride
 - Develops both energy systems (these develop well together - coupling)
 - Keeps long rides interesting, esp if you are on a trainer in the MI winter

- **Sweet Spot**
 - Top of Zone 3 – Bottom of Zone 4 (Intervals like 2 x 10-20 minutes)

Type of Bike Workouts

- Power Intervals (VO2Max)
 - Zone 5
 - Build lactate Tolerance
 - Builds Stroke Volume = BETTER AEROBIC ENDURANCE!

- Hill Work
 - Zones 2-5
 - Work on sitting, standing, staying aero, pushing over the top
 - Short steeps, long graduals and everything in between.
 - Race specific!

- One Leg Pedaling

- High Cadence Work

Do's, Don't's and Tidbits

- Keep a training log
- The more advanced you are as an athlete the more specific you must train to gain
- Newbies can't F'up, unless they over train
- Volume KILLS Speed
- Group training ALL the time will lead to overtraining for everyone but the strongest in the group
- Get STRONG! Be an ATHLETE FIRST!
- When in doubt keep it out

Do's, Don't's and Tidbits

- If you do the same thing every year you will AT BEST get the same results
- The OLDER you are THE MORE RECOVERY YOU NEED
- When you feel GREAT, you know those RARE magic days, PUSH IT OVER THE EDGE! All other days DON'T.
- 90-95% of the days should be absolute FUN The other days you need to suffer.
- Don't do JUNK workouts, have a purpose
- DO NOT STRESS OUT ABOUT MISSING A WORKOUT!