

## **TaG CYCLING/ FONDO TRAINING PLAN JULY 2017**

Summer Fondo Prep time is here..

You should have a base now and be able to comfortably ride a couple of hours

Keep up the technical skills working on good riding habits, climbing technique, gearing, and cadence .Spend part of every ride thinking about elements of the Fondo you can prepare for. Practise eating and drinking on your rides, so that it is not stressful and find what works for you in food and drinks you use. Never throw in a new product that you haven't tried in training. This can lead to stomach disasters.

The plan below recommends weeks that include efforts of various levels and rest periods. Key workouts are in BOLD. Hrs of riding is a suggestion but based on riders level you can subtract or add..but stick to the proportions of training. Eg. . A newer or more recreational rider may find 2-3 hrs enough stimulation for an endurance ride and training for up to the Medio distance. 1-1 ½ hrs around a high intensity workout will be plenty. A more competitive or Gran Fondo rider may consider an endurance ride 3 ½ - 4 ½ hrs and do a high intensity (Lactate Threshold) workout in a 2 hr total ride .

There is no cookie cutter method and so these are guidelines that can be adjusted around work, life and experience. The important element is understanding Hard and Easy rather than riding medium “something” all the time. This is how the greatest results will be achieved. It is also important to understand that there needs to be some “unloading” and that the REST allows for the training gains to take place.

Stretch , Yoga and Core. Take time to put this in your schedule. It can be as simple as a few exercises before bed or around coffee time. You don't have to add the stress of getting to another class...just do your own routine at home.



**TaG** CYCLING

## MEDIO AND GRAN FONDO TRAINING\_ July\_2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19	20	21	22	23	24	25
<b>June 19-25 EASIER</b>  <b>B= 6 1/2- ADV=10 ½ hrs</b>	OFF	<b>1 hr OR SIMULATION WORKOUT (CAN BE INDOOR)</b> STEADY STATE efforts Total 1 hr work 2-3 x 12 min efforts on climb w 5 min rest between B/INT = 1 hr ADV=1 ½-2 hr or <b>INDOOR CYCLING CLASS TaG</b> <b>Taylor Way Start</b>	OFF OR ACTIVE RECOVERY  B /INT=0-1hr ADV=1 hr	B= 1 hr hilly TEMPO RIDE  INT=1 ½ hr hilly TEMPO RIDE  ADV=2 hr hilly TEMPO RIDE  <b>Or TaG Power Hour</b>	ACTIVE RECOVERY 1 hr  Means that...anything just for blood flow..hike..swim	<b>ENDURANCE RIDE</b>  Road not too hilly rolling hills to give natural efforts with the terrain B=2hrs INT=2 ½ ADV=2 ½-3 hrs  <b>OR TaG Valley Fondo Ride Option</b>	RIDE TEMPO  1-2 * x 20 mins at Tempo effort with 10 mins easy. Flatter Terrain  B=1 X 20 min. 1 ½ hrs INT&AD=2 x 20. 2 hrs  <b>If Valley on Sat adjust this to an easy ride</b>
	26	27	28	29	30	1	2
<b>June 26-J2 MEDIUM</b>  <b>B= 8 1/2- ADV=12hrs</b>	OFF	<b>RACE 1 hr OR SIMULATION WORKOUT (CAN BE INDOOR)</b> STEADY STATE efforts Total 1 hr 2-x 12 min efforts on Flat w 5 min rest between (less rest than last 3 wk) B/INT = 1 hr ADV=1 ½-2 hr	B /INT=0-1hr OFF OR ACTIVE RECOVERY  ADV=2 hrs ADV /ENDURANCE RIDE on easy consistent terrain	B= 1 ½ hr hilly TEMPO RIDE  INT/ADV=hilly TEMPO RIDE -2hrs  <b>Or TaG Power Hour</b>	ACTIVE RECOVERY  1 hr	<b>RIDE TEMPO BUILD TO MAP</b> Climb 20-40 mins .Ride progressively harder to the top (of climb) at Tempo first half Push to Threshold and finish last few minutes at Max Power  B=1 X 20 min. 1 ½ hrs INT&AD=1 x40. 2 hrs	ENDURANCE RIDE  ride with flow of terrain no aggressive climbs  B=21/4 hrs INT=2 ½ ADV=2 ¾ -3 1/2 hrs

		<b>INDOOR CYCLING CLASS</b> TaG Furry Creek to Murrin					
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>July 3-9</b>  <b>HARD WEEK</b>  <b>B= 10</b> <b>ADV =14</b> <b>hrs</b>	OFF	<b>RACE 1 hr OR SIMULATION WORKOUT (CAN BE INDOOR)</b> STEADY STATE efforts Total 1 hr 1 x 20-30 min efforts on climb B/INT = 1 hr ADV=2 hr  <b>INDOOR CYCLING CLASS TaG</b> <b>Squamish to Canyon</b>	B = OFF  ENDURANCE RIDE on easy consistent terrain  INT=1 ½ hr ADV=2 1/2 hrs	Road ride with 2-3 x 5 min efforts at steady state 5 mins recovery(LACTATE THRESHOLD) flat terrain  B = 1 ½ hr INT/ADV=2-2 1/2 hrs  <b>Or TaG Power Hour</b>	OFF OR ACTIVE RECOVERY 1 hr	ENDURANCE Road ride Endurance Pace  B = 1 ½ hr INT/ADV=2-2 1/2 hrs	<b>TEMPO GROUP RIDE</b> Practise preparation..eating &hydration  <b>PENTICTON FONDO OPTION there is a 90 and 125km</b>  B=2 ½ -3hrs  INT/ADV=3 ½-4 hrs
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>July 10-16</b>  <b>REST WEEK</b>	OFF	OFF	ENDURANCE RIDE on easy consistent terrain  B = 1 1/2hr INT=2 ADV=2 1/2 hrs	Road ride with 2- 3 x 5 min efforts at steady state 4 mins recovery(LACTATE THRESHOLD) flat terrain B = 1 ½ hr INT/ADV=2-2 1/2 hrs  <b>Or TaG Power Hour</b>	OFF OR ACTIVE RECOVERY 1 hr	<b>RIDE TEMPO</b>  1-2 * x 20 mins at Tempo effort with 10 mins easy. Climb  B=1 X 20 min. 1 ½ hrs INT&AD=2x 20. 2 ½ hrs  <b>OR TaG ENDURANCE RIDE to Squamish Return</b>	ENDURANCE RIDE  FUN RIDE WHATEVER YOU WANT  B=1 1/2 hrs INT/ADV=2-hrs

	17	18	19	20	21	22	23
<b>July 17-23</b>  <b>LOWER WEEK</b>  <b>B= 8 1/2- ADV =12 ½ hrs</b>	OFF	<b>RACE 1 hr OR SIMULATION WORKOUT (CAN BE INDOOR)STEADY STATE</b> efforts Total 1 hr 2-3 x 12 min efforts on Flat w 5 min rest between(less rest than last wk)  B=1-1/2 hr INT/ADV=1 ½-2 hr  <b>INDOOR CYCLING CLASS TaG Taylor Way/Highway to Lions Bay</b>	ENDURANCE RIDE on easy consistent terrain  B = OFF -1 hr INT=1 ½- 2hrs ADV=2 1/2 hrs	Road ride with 3 x 6 min efforts at steady state 4 mins recovery (LACTATE THRESHOLD) flat terrain  B = 1 1/2hr INT/ADV=2 1/2 hrs  <b>Or TaG Power Hour</b>	ACTIVE RECOVERY 1 hr	<b>RIDE TEMPO</b>  2 * x 20 mins at Tempo effort with 10 mins easy. Flatter terrain  <b>EASY RIDE TODAY IF DOING VALLEY MEDIO</b>  B=1 X 20 min. 2 hrs INT&AD=2x 20. 2 ½ hrs	ENDURANCE RIDE  GROUP IF POSSIBLE  <b>OR VALLEY MEDIO FONDO</b>  B=1 ½-2 hrs INT=2-2 ½ hrs ADV=2 1/2 -3 hrs
	24	25	26	27	28	29	30
<b>July 24-30</b>  <b>MED WEEK</b>  <b>B=10 ½ ADV=14 hrs</b>	OFF	<b>RACE 1 hr OR SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE</b> efforts Total 1 hr 2-3 x 12 min efforts on Flat w 5 min rest between(less rest than last wk)  1 hr RACE or CLASS B=1-1/2 hr INT/ADV=1 ½-2 hr  <b>INDOOR CYCLING CLASS TaG Furry Creek and Murrin</b>	ENDURANCE RIDE on easy consistent terrain  B = OFF -1hr INT/ADV=2 hrs	B= 1 ½ hr TEMPO RIDE  INT/ADV=SHORT MAX AEROBIC POWER EFFORTS 1 set= 6-8 x 30 secs hard /90secs-2 min easy. --2hrs INT = 1 set ADV = 2 sets  <b>Or TaG Power Hour</b>	OFF OR ACTIVE RECOVERY	<b>RIDE TEMPO BUILD TO MAP</b> Climb or TT 40 mins .Ride progressively harder to the top (of climb) or through the TT Start at Tempo first half Push to Threshold and finish last few minutes at Max Power  B=1 X 40 min. 2 hrs INT&AD=1x40. 2 ½ hrs  <b>OR TaG Endurance Sumas to Baker</b>	ENDURANCE RIDE  RIDE ride with flow of terrain no aggressive climbs  B=2 1/2hrs INT/ADV=3-3 1/2 hrs  <b>Easy or Off if you rode Baker</b>

## KEY FOR EFFORTS

**ENDURANCE PACE** = Able to talk. In this range you are still working with enough Oxygen that you are able to clear lactic acid. It is a wide range and PE perceived effort is often the best test. Spitting out words likely means you are going too hard. A good guideline is 6/10 effort or fluctuating around 60% of Max Aerobic Power (55-70%). This will move around with the terrain, which is why consistent flat rides are good to achieve this training affect

**TEMPO** = effort is about 8/10 perceived exertion, 85% power output starting to build a significant amount of lactic acid but forcing your body to buffer it and clear effectively Tempo is an excellent workout for developing aerobic power and endurance. Jumping up and down on the pedals in these efforts tends to push you up into Lactate Threshold which is the range above this where we play with developing that threshold

**LACTATE THRESHOLD** = Steady State Intervals 85-100% Challenging the threshold level and teaching the body to process and deal with lactic acid...which makes us feel like crap and have to stop. Quite often it is your brain telling you to give up when it hurts. As we learn to understand the feeling, we can better deal with it. Telling the brain it's ok..Have that discussion in training..And teach yourself to push through by experiencing the feeling in training. These intervals can be done on flats or a hill but will challenge you differently on each. Don't rely on hill repeats alone. Learn to generate this amount of effort on the flats

**MAX AEROBIC POWER**= Efforts are short intense efforts at your highest range of capability. As pertains to the upcoming race, this will help put you over the top of hard climbs still pedaling your bike and allow you to

**ACTIVE RECOVERY**= any activity or cross train that is low intensity and gets your blood flowing. Examples hike, swim light run.

**REST**= enjoy your day this is where your hard work gets to take affect

**B = BEGINNER    INT/ADV= INTERMEDIATE / ADVANCED**