

# TRAINING GUIDE

## Phase 4: September



## Final Countdown

### Keep riding, grow stronger



Between now and the B2B ride, you will be working on developing all the absolute strength that you will need for riding up the hills found on the route.

Participants are encouraged to use this strength as a foundation for extending the strength endurance capabilities that are necessary to do the ride without getting hurt.

If you have been following at least some of our preparation program on a regular basis, your health and fitness should have improved by now.

Specifically:

- Your cardiovascular fitness is better than it was previously. A good indication would be a lower resting heart rate (hbpm - heart beats per minute) and lower rate of respiration (bpm - breaths per minute).
- Your body weight is probably down.
- Your strength is up. Your ability to move static loads is improved. Your ability to move dynamic loads – for example, turning harder gears – has improved.
- Your strength endurance is better, as is your ability to sustain the effort required to continuously push against the pedals up hills.

### Phase 4a: 2 to 4 weeks before the ride

- Continue to ride at least 4 times per week.
- After a complete rest day, do the following:
  - Start with a 20 minute warm-up.
  - Then, on a flat road, ride from a rolling start to a sub-maximal 90% effort. Hold and sustain that effort for 60 seconds.
  - Recover for 60 seconds and repeat.
  - Do this effort/recovery interval 14 more times.
  - Warm down for 20 minutes at an easy pace.

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- On Day 2 of your training week, complete one set of intervals as was previously supplied (see below):
  - Find a relatively flat, quiet road.
  - Do a 15-20 minute sprint warm-up on a moderate gear (relatively easy).
  - Ride at about 85% maximal effort for 10 minutes. Use the large chainring with a hard gear on the back.
  - Recover for 5 minutes until normal breathing and heart rate is restored. Again, use a moderately easy gear. This is what we refer to as a 10 minutes ON/5 minutes OFF Interval.
  - Repeat the Interval 5 more times.
  - Warm down for 15 minutes. Use the easy warm-up gear.
- On Days 3 and 4, do two long rides. Aim to plan them on the weekend, like this:
- Saturday – Day 3: 3.5 hours.
  - Ride the entire ride on the large chainring.
  - Use moderately hard gears to get up the hills.
  - You will move slowly, but the very nature of the strength effort required to sustain pedalling with these forces up hills repetitively will maintain and enhance strength attributes.
- Sunday – Day 4: 4.5 hrs.
  - The main benefits of this ride are for cardio and muscular endurance. Your legs might be sore! That's OK. The overload created by today's ride will bring a significant training effect.
  - Ride the entire ride on the small chainring.
  - Use an intensity that is somewhat lower (conversational pace) than the previous day.
  - Spin your gears effortlessly.

### Phase 4b: The taper phase (2 weeks leading up to ride day)

- On the first week, repeat this week as above but only complete 3 episodes of training.
- My suggestion would be to do only one weekend ride – that is, the ride as described for Sunday.
- On the second week, do the two rides stipulated for Days 1 and 2 of the week described above.
- On the weekend, you are READY for your Baycrest challenge.
- Good luck!