SportMedBC
#3 – 1225 Keith Rd East
North Vancouver, BC V7J 1J3
Phone: 604-294-3050 | Fax: 604-294-3020
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Intro to Road Cycling

Week 1: Build

Monday: **Clinic Night** - Intro, Etiquette, Skills/ABC's, **Cycle** 45min Zone 1-2
Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 90min Zone 2
Friday: Cross-Train
Saturday: **Cycle Long** 2hrs (40-45km) Zone 2
Sunday: Rest Day

Cycle Totals: 4hrs 15min

Coaching Notes: This week s training is mostly conversation pace and not strained. Your focus will be on feeling comfortable and building confidence on the bike. Riding at a pace where you can still maintain a conversation will build your aerobic base and add to your stamina in the weeks ahead. Explore different cycling routes and focus on this week s skills training, NOT riding fast!

Week 2: Build

Monday: **Clinic Night** - Practice Skills, **Cycle** 60min Zone 1-2
Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 90min as: 30min Zone 2, 30min Zone 3-4, 30min Zone 2
Friday: Cross-Train
Saturday: **Cycle Long** 2.5hrs (50-60km) Zone 2
Sunday: Rest Day

Cycle Totals: 5hrs

Coaching Notes: These first few weeks are about building fitness, being consistent and introducing the body to different zones or intensities. The sessions are not long, but they re critical to the foundation for the next round of training weeks. Ensure you stay consistent by doing all of the training rides and keep your focus on skill building rather than speed. Set your intention at the start of each day to make the distance and put in the effort.

Week 3: Build

Monday: **Clinic Night** - Practice Skills, **Cycle** 75min Zone 1-2

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Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 90min > w/u 15min
> 4x 10min Zone 4 with 5min Recovery Zone 1-2
> w/d 15min
Friday: Cross-Train
Saturday: **Cycle Long** 3hrs (60-70km) Zone 2
Sunday: Rest Day

Cycle Totals: 5hrs 45min

Coach Notes: Include pedaling out of the saddle more this week. Periodically pedaling out of the saddle on steeper pitches will help your body get used to using muscles differently while riding. It is important to train with this since there are times when standing out of the saddle will give you that extra power boost to get over the top of a hill or through a steep/tough section. Over the course of the long ride, mixing up the position on the bike will reduce stress on your main muscle groups, including your lower spine.

Week 4: Active Recovery

Monday: **Clinic Night** - Practice Skills, **Cycle** 75min Zone 1-2
Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 75min as: 15min Zone 1, 20min Zone 2, 15min Zone 3,10min Zone 4, 15min Zone 2
Friday: Cross-Train
Saturday: **Cycle Long** 2.5hrs (50-60km) Zone 2
Sunday: Rest Day

Cycle Totals: 5hrs

Coaching Notes: Revive and recover this week. There s still riding, but the length and intensity of the rides is reduced, particularly the long ride. These will feel like easy rides now, whereas four weeks ago they were the target goals. Recovery is paramount in order to move to the next 3 weeks of training build.

Week 5: Build

Monday: **Clinic Night** - **Cycle HiiT** 80min
> w/u 20min
> 6x [2min Zone 4 HARD, 3min Zone 1-2]

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> w/d 40min in groups of 3
* Best done on flat terrain

Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 1hr 45min Zone 2
Friday: Cross-Train
Saturday: **Cycle Long** 3hrs (60-70km) Zone 2
Sunday: Rest Day

Cycle Totals: 6hrs 05min

Coaching Notes: Commence Clinic Night intervals! These short and hard efforts will help your body get used to the higher output needed for short climbs or to get onto the back of a group to draft. Push through these and feel the benefits of the longer rides in coming weeks. Each week now should be a new step along the path to a different level of fitness. These clinic sessions should be merging together into a new sense of confidence and strength on the bike.

Week 6: Build

Monday: **Clinic Night** - Cycle **HiiT Hill Repeats** 80min
> w/u 15min ending at base of hill.
> 5x [5min up Zone 4-5, 3min down Zone 1-2]
> w/d 35min in groups of 3
* Optimal incline 6-7%

Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 2hrs Zone 2
Friday: Cross-Train
Saturday: **Cycle** Long 3.5hrs (70-80km) Zone 2
Sunday: Rest Day

Cycle Totals: 6hrs 50min

Coaching Notes: This week's focus is on climbing whether in the saddle or out of the saddle. Attempt to experience both! Also, the clinic session will give you a mini prep for next week's attempted Cypress Hill Climb :)

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Week 7: Build

Monday: **Clinic Night** - Coaches Talk on Cypress Hill Climb, then **Cycle** 80min
* Optional Zones for Group Session
Tuesday: Cross-Train
Wed: Rest Day or **Cycle** 1hr Zone 2

Thursday: **Cycle Cypress Mountain!!** 90min
> w/u 10min
> Climb Cypress Mtn (part or all of it!) 60-75min (Zone 4 average)
> w/d back down Mtn

Friday: Cross-Train
Saturday: **Cycle Long** 4 to 4.5hrs (80-90km) Zone 2
Sunday: Rest Day

Cycle Totals: 7hrs 10min

Coaching Notes: This will be your biggest week thus far including an attempted BIG Hill Climb + breaking through past the 4-hour mark for a single ride! Pay attention to nutrition and rest after these big workouts to make sure your body has the best possible opportunity to recover and adapt.

Week 8: Active Recovery

Monday: **Clinic Night** - **Cycle Sprints** 90min
> w/u 30min
> 6x [5min as: 30sec Sprint! on 4:30 Zone 1-2]
* Alternate sprints sitting vs standing out of saddle!
* Best done on flat terrain
> w/d 30min in groups of 3

Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 90min Zone 2
Friday: Cross-Train
Saturday: **Cycle** Long 2hrs 45min (55-65km) Zone 2

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Sunday: Rest Day

Cycle Totals: 5hrs

Coaching Notes: This week is the time to let the body recover from another period of building. It s time to let go of training hard and trust the recovery process to take place this week. Resist the temptation of doing more even if you feel strong – it is important to let the mind and body recover and adapt to the training loads it s been exposed to. You ***will*** *need energy and drive to complete the next building phase in the program. If you are still feeling tired this week, use this recovery time and do even less!*

Week 9: Build

Monday: **Clinic Night** - **Cycle HIIT Hill Repeats** 90min
> w/u 15min ending at base of hill.
> 10x [3min up Zone 4-5, 2min down Zone 1-2]
> w/d 25min
* Optimal incline 6-7%

Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 2hrs Zone 2
Friday: Cross-Train
Saturday: **Cycle Long** 4.5hrs (90-100km) Zone 2
Sunday: Rest Day

Cycle Totals: 8hrs

Coaching Notes: These next 2 weeks will be tough both physically and mentally, so be ready! Be sure to keep up healthy habits with nutrition, hydration, and sleep to recover between workouts and absorb the increased training load.

Week 10: Build

Monday: **Clinic Night** - **Cycle HiiT Repeats** 90min.
> w/u 15min
> 4x [10min Tempo Zone 4 on 3min Recover Zone 1-2]
> w/d 25min
* Best done on flat terrain

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Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 2hrs Zone 2
Friday: Cross-Train
Saturday: **Cycle Long** 5hrs (100-110km) Zone 2
Sunday: Rest Day

Cycle Totals: 8hrs 30min

Coaching Notes: Your last and final BIG build week! At this point you have completed almost 3 months of solid consistent training. Well done! Soon the taper begins :)

Week 11: Recover/Taper

Monday: **Clinic Night** - **Cycle HiiT Repeats** 80min.
> w/u 30min
> 6x [5min as: 30sec Sprint! on 4:30 Zone 1-2]
* Alternate sprints sitting vs standing out of saddle!
* Best done on flat terrain
> w/d 30min in groups of 3

Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 90min Zone 2
Friday: Cross-Train
Saturday: **Cycle Easy** 2hrs (~50km) Zone 2
Sunday: Rest Day

Cycle Totals: 4hrs 50min

Coaching Notes: If you followed this program, all benchmarks have been reached and the majority of your training is done. Trust that you are ready to take on the GranFondo challenge. Trying to fit in more training the week prior to the event will not help. As the saying goes, the hay is already in the barn! The taper is critical for you to have the best GranFondo experience!

Week 12: Taper/GranFondo!!

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Monday: **Clinic Night** - **Cycle Group Paceline** 75min
> w/u 30min
> 10x [2min as: 30sec leading, 1:30 drafting]
* Best done on flat terrain
* In groups of 4 practicing what will likely happen in Fondo
> w/d 10min

Tuesday: Cross-Train
Wed: Rest Day
Thursday: **Cycle** 75min Zone 2
Friday: Rest Day/Package Pick-up
Saturday: **RBC Gran Fondo…**Woot Woot**!**
Sunday: Rest Day…of course!!!

Coaching Notes: Congratulations… You made it through!!! Super low volume this week, but still doing some sprints with your clinic group to keep you sharp come event day. Get lots of rest this week to feel strong for your event. Strategize and plan the Fondo route in your head. If you pace yourself properly, you will have an awesome experience!

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