



8 Week Build Program Category 4/5 Road Racing

This is a sample of the type of workout you'll receive... these workouts include a subscription to the Training Peaks website and each allows you to receive a daily email of the workout to. In addition you can input the workout and race results on the site...a great way to track your progress over time! Have fun!!

Introduction:

Welcome. This program is designed to help you finalize your preparation for the upcoming race season. You'll notice that the workouts are shorter and more intense than during the previous Base phases. It is important that you increase your recovery in order to really benefit from the harder training. Just riding hard is NOT going to result in you getting faster...you must also be adamant about REST!!

Workout Calendar:

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bike 10:30 Race 3:30 Plan Dist 0 Act. Dist 0 Hours ? Sched 14:00 ATP 15:24 Actual 13:06 Build 2 -week 1	6/12/2006 Log Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Add Workout 2	6/13/2006 Log Workout 1 Bike 1:30 S1b Ride at an easy tempo with your HR primarily in zone 2. Maintain 90 rpm on all terrain if possible. Focus on smooth pedaling and suppleness. If you have trouble staying in the zone then ride at the middle to high end of the recovery zone (125 – 140 for example). <i>only if you feel very good...otherwise rest day</i> Add Workout 2	6/14/2006 Log Workout 1 Bike 3:00 S1b Ride at an easy tempo with your HR primarily in zone 2. Maintain 90 rpm on all terrain if possible. Focus on smooth pedaling and suppleness. If you have trouble staying in the zone then ride at the middle to high end of the recovery zone (125 – 140 for example). Add Workout 2	6/15/2006 Log Workout 1 Bike 3:30 LT1a250 at least 45 minutes Zone 2/3 Warm up (~700kcal) - then do 3x10 minutes at 224 - 237W, rest 10then 8 minutes between. Then do 1x 5 min at 250 - 270W, rest 5, 2x5 min at 282 - 299W, rest 5. Then do 2 x 1min at 482 - 510, 4 minutes between - try to follow that up with at least 10 more minutes in Zone 3 HR and at lesat 20 minutes warm down - Have Fun Sucka! <i>ha ha ha ha</i> Add Workout 2	6/16/2006 Log Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Add Workout 2	6/17/2006 Log Workout 1 Bike 2:30 FF1b A free form ride without many restrictions! HR ceiling is LT. Ride duration is limited to 2 – 2.5 hours, with 30 minutes of "hard" (above Zone 3). Keep working on your local test piece climbs (though not every time is a race against the clock), time trials, or power. Vary your start speed and pace, try attacks, etc.. <i>Ride zone 2 for around an hour or so...then do a couple of 3-5 minute efforts (2x rest period) and a couple of 1 minute efforts (5 minutes rest) - then zone 2 the rest of the ride...</i> Add Workout 2	6/18/2006 Log Workout 1 Race 3:30 None Race Add Workout 2