12 Week Base Training – Category 4/5 Road Racing

Congratulations! You have made an important step towards achieving your cycling goals this year. This program will give you both a strong aerobic base of fitness upon which to build your higher intensity workouts later in the year and a start on that intensity training in the last phase of the program. This program is built around use of a heart rate monitor (HRM) and knowledge of your Lactate Threshold Heart Rate (LTHR).

There are three (3) base periods in this workout and each has a different goal. Base 1 is designed to familiarize your body with structured training and the imposition of a consistent volume of time in an aerobic activity….

Daily Training Schedule:

Base 1	**Mon**	**Tues**	**Wed**	**Thur**	**Fri**	**Sat**	**Sun**
Week 1 Workout Time	Add Dates Here Weights 1 1 Hour	- ME 1 Intervals 1.5 Hours	- Weights 1 1 Hour	- Pedaling Drill #1 1 Hour	- Weights 1 1 Hour	- Endurance 2.5 Hours	- ME 1 Intervals 2 Hours
Week 2 10 Hours	- Rest day none	- Weights 1 1 Hr	- ME 1 Intervals 2 Hrs	- Weights 1 1 Hour	- Spin w/ Acceleration Intervals 1 Hour	- Endurance 2.5 Hours	- Endurance 2.5 Hours

Workout Descriptions:

Recovery / Endurance	Spin 1	1 hour 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 are having trouble staying in the zone, then ride at the middle to high end of the recovery zone.
Pedaling Drill	Pedaling Drill 1	~1 Hour Total Time on trainer. After a good warm up in zone 2 (20 minimum), do the following 3 times for each leg: 10 seconds of high RPM, 10 Seconds of higher RPM, 10 seconds of Max RPM, then recover for 60 seconds. After you've completed both legs do the following 3 times in a slightly larger gear (53x17/15): 30 seconds L and 30 seconds R leg dominant pedaling (90% of the work done by the dominant leg). Repeat all of this 3 – 5 times if possible. Finish with a good 10 minute warm down & stretch.
Pedaling Drill	Pedaling Drill #2	1 - 1.5 Hr Total Time on trainer. After a good 20 minute warm up do the following: Ride a 53x19/17 gear at 60rpm for 60 seconds with one leg. Alternate legs for a total of 5 minutes per leg. Spend the remainder of the workout spinning a large gear (53x15/14) at ~70 -85 rpm in Zone 3. Allow 5 minutes to cool down/recover.
Speed skill	Acceleration Intervals 1 - Beg/Int	1.5 Hours Total Time. Try to get approximately 500Kcal burned before starting the sprints. From a rolling start between 3 and 20mph accelerate the gear as hard as possible for 5 - 8 seconds, recover for 30 - 45 seconds. Try to emphasize smooth and hard acceleration. Practice technique and bike handling. First week do 3 blocks of 5 (15 sprints) with 5 minutes easy spin between blocks add 1 block each week (up to a total of 6 blocks). Vary your starts between slow and medium speed. Vary terrain bi-weekly. Always start in the small ring for the first block to loosen up. Don't use larger than a 53x15 gear on any sprint!

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