



STERLING SPORTS GROUP

Silver

Our Most Popular Level! If you are not quite ready for the commitment of one of our top tier programs, give the Silver Program a try. Join us for regular training rides to hone your fitness and skills. Program Includes semi-customized monthly schedule built around your goals, an online training log to track and receive feedback on your training, daily training plan via E- mail. Baseline Lactate Threshold test, position assessment, and rider evaluation as well as weekly e-mail/phone contact is also included. In addition we offer great discounts on training camps, performance testing, equipment, and private rides. Perfect for the highly motivated self-starter who is looking for a bit more structure to their program.

Silver Training Program:

- Annual Training Plan created for you.
- Detailed Monthly Training Program including daily workouts tailored to your goals
- Athlete membership to our online training center – TrainingPeaks.com
- Daily workouts delivered via e-mail
- Track your progress with training sessions logged by you online!
- Join us for regular group workouts
- Initial rider evaluation, interview, and position assessment
- Up to 2 hours per month of athlete initiated contact with coach
- Baseline Lactate Threshold determination
- Discounts on additional Performance Testing, Private Rides, Race Support, Camps and clinics.

Monthly Fee: \$150

Annual Paid-In-Full: \$1700

Sample Program:

	M	T	W	R	F	S	S
Base 1 - ~45 Hrs							
Week 1		1	2	3	4	5	6
10 Hrs	Rest	Spin	Free Form	Pedaling Drill #1	Wts 1 & Spin	Endurance w/Coach	endurance
Week 2	7	8	9	10	11	12	13
12 Hrs	Wts - Base 2	Acceleration Intervals	Spin & Wts - Base 2	Pedaling Drill #1/Spin	Wts - Base 2	Free Form	Endurance w/ME 1's

Acceleration Intervals: 1.5 Hours Total Time. Try to get approximately 1000Kcal burned before starting the intervals. From a rolling start between 3 and 20mph accelerate the gear as hard as possible for 5 - 8 seconds. Try to emphasize smooth and hard acceleration. Practice technique and bike handling. First week do 15 sprints, add 3 each week. Vary between slow speed and med/high speed as needed. Vary terrain bi-weekly. Always start in the small ring 1 - 3x to loosen up.

ME 1 Intervals (muscle endurance): 2 – 3 hours with HR in zones 2 – 3 mostly. For the last hour or so please do 3 x 20 minute intervals with your HR at the top of Zone 3 (within 5 beats, but not over) with 8 minutes rest between each interval. They can be done on either hills or flats. The goal is to ride a big gear at 90-100+ rpm on the flats and really work the leg muscles during the interval (RPE: 8 .5 – 9). If you are unable to maintain the HR zones for the full 15 minutes, do as long as you can handle and recover for as long as the interval (ie 10 minute interval w/10 minutes recovery between intervals or 8/8, etc.). You should feel like you're working the muscles well but not overly hard aerobically on these.

Sterling Sports Group
1640 Belleville Way - Sunnyvale, CA 94087
www.sterlingwins.com - 408.891.3462