



## Sterling

Are you truly serious about your cycling development? The Sterling Program will take you where you want to go and provide an un-paralleled level of support while getting there! From your weekly Private Ride with the Coach and use of a Power Tap System, to nearly unlimited performance testing and program refinement, this program is for the athlete who desires a truly interpersonal relationship with their coach. We'll get to know a myriad of different things about you and how to help you perform better. You will enjoy a special rate for any training camps, pro-deal purchases, or additional rides & testing. You will receive a complimentary Sterling Team Kit (or two!) and Equipment Package (unique items available only through affiliation with Sterling Sports). You'll also receive preferred access to our event support program and enjoy top tier service and accommodations at any Sterling Events.

### **The Sterling Program Includes:**

- **Comprehensive Annual Training Plan** tailored to your season goals and schedule
- **Customized Monthly Training Program** including weekly goals.
- **Use of a Power Tap System** for the duration of your coaching agreement
- **Weekly Private Training Ride with Coach**
- **Weekly Phone/In Person Consultation with Coach**
- **Regular Group Training Rides.**
- **Baseline and up to 6 additional Lactate Threshold or other Performance Tests per year**
- **Each days workout delivered via email and logged by you online**
- **Athlete membership to our online training center – TrainingPeaks.com**
- **Comprehensive Rider Evaluation & Interview Lunch – 2 hours**
- **Comprehensive Position assessment w/ video analysis and ride – 2 hours**
- **Substantial Discounts for any additional testing, rides, race support etc...**
- **Complimentary Sterling Team Kit and Equipment Package (sponsored products)**

*Monthly Fee: \$500.00*

*Annual Paid-In-Full: \$5500.00*



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## Sample Program: Annual Training Plan -

Wk	Monday Races	Pri	Period	Hours	Actual	Details	BIKE
01	10/31/05		Base 1-week 1	11:45	0:00	MS E S	
02	11/07/05		Base 1-week 2	14:15	0:00	MS E S	
03	11/14/05		Base 1-week 4	8:30	7:02	MS E S	
04	11/21/05		Base 2-week 1	12:30	10:29	SM E F S M	
05	11/28/05		Base 2-week 2	15:00	0:00	SM E F S M	
06	12/05/05		Base 2-week 4	8:30	3:30	SM E F S M	
07	12/12/05		Base 3-week 1	13:30	7:54	SM E F S M	
08	12/19/05		Base 3-week 2	16:00	0:00	SM E F S M	
09	12/26/05	San Bruno Hillclimb	C Base 3-week 3	17:30	3:23	SM E F S M	
10	01/02/06		Base 3-week 4	8:30	0:00	SM E S	
11	01/09/06		Build 1-week 1	15:00	0:00	E F M A P	
12	01/16/06		Build 1-week 2	15:00	0:00	E F M A P	
13	01/23/06		Build 1-week 3	15:00	0:00	E F M A P	
14	01/30/06		Build 1-week 4	8:30	0:00	E S	
15	02/06/06		Build 2-week 1	14:15	0:00	E F M A P	
16	02/13/06	Pine Flat RR	C Build 2-week 2	14:15	0:00	E F M A P	
17	02/20/06	Shelling RR	B Build 2-week 3	14:15	0:00	E F M A P	
18	02/27/06	NRC McLane	A Build 2-week 4	8:30	0:00	E S	
19	03/06/06	NRC Central Valley	A Race	8:30	0:00	E S M A P	
20	03/13/06	Sequoia Classic	C Transition	0:00	0:00	E F M A P	
21	03/20/06		Build 1-week 1	15:00	0:00	E F M A P	
22	03/27/06	Morgan Hill GP	B Build 1-week 2	15:00	0:00	E F M A P	
23	04/03/06		Build 1-week 3	15:00	0:00	E F M A P	
24	04/10/06		Build 1-week 4	8:30	0:00	E S	
25	04/17/06		Build 2-week 1	14:15	0:00	E F M A P	
26	04/24/06		Build 2-week 2	14:15	0:00	E F M A P	
27	05/01/06		Build 2-week 3	14:15	0:00	E F M A P	
28	05/08/06		Build 2-week 4	8:30	0:00	E S	
29	05/15/06		Peak 1-week 1	12:30	0:00	E F M A P	
30	05/22/06		Peak 1-week 2	10:00	0:00	E F M A P	
31	05/29/06	Mt Hood SR	A Race	8:30	0:00	E S M A P	
32	06/05/06	State Time Trial	A Race	8:30	0:00	E S M A P	
33	06/12/06		Transition	0:00	0:00	E F M A P	

## Weekly Training Plan -

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Bike 12:30</b> Plan Dist 0 Act. Dist 0 Hours 12:30 Sched 12:30 ATP 15:00 Actual 0:00 Build 1-week 1	<b>Workout 1</b> 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.	<b>Workout 1</b> Bike 2:00 H1b Hill Reps: After a good 30 minute warm up find a 6-8% climb and do 3-8 reps of 90 seconds each. Stay seated @ 80-70rpm for the first 60 seconds (building to 5b), then stand, shift to a higher (easier) gear and sprint to the top (over 5c). 4 minutes recovery between efforts. If your HR won't come up after three attempts YOU ARE DONE FOR THE DAY!	<b>Workout 1</b> Bike 2:30 AE1a on a flat course or indoors do the following: 6-9 intervals of 10 minutes each. Start with 10 minutes the first time and add 1 minute extra interval each week up to a total of 90 minutes. Start your time as soon as you begin pedaling hard and build from Zone 4 - 5a over the course of the interval. Recover for 4:00 minutes between intervals. Keep	<b>Workout 1</b> Bike 3:00 E1a Moderate Effort Seated: 3-4.5 hours on a rolling course with your HR in Zone 2 mostly (not over the top of Zone 3). Ride your big chain ring and try to maintain 90-105 rpm on the flats and ~70rpm on climbs, but beware that HR may rise as you work the lower rpm. Default to the HR guidelines in this case and shift down. If you can oet 3+	<b>Workout 1</b> 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.	<b>Workout 1</b> Bike 3:00 NM1a warm up and then do 2 sets of 10 minutes each of Micro - Bursts. A micro-burst is 15s ON and 15s OFF. The ON portion is to be done at 150% of Threshold power, while the OFF period is done at 50% of threshold power. It isn't necessarily a "BIG GEAR" effort, but more of a hard punch ~90-100rpm hard effort (it's not that hard to hit 150% if your LT	<b>Workout 1</b> Bike 2:00 AE1a on a flat course or indoors do the following: 6-9 intervals of 10 minutes each. Start with 10 minutes the first time and add 1 minute extra interval each week up to a total of 90 minutes. Start your time as soon as you begin pedaling hard and build from Zone 4 - 5a over the course of the interval. Recover for 7:00 minutes between intervals. Keep

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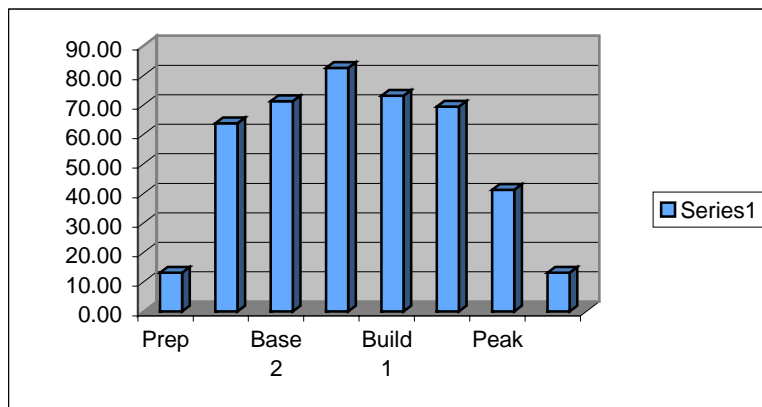
## Annual Plan Summary

### Season Goals:

1. Upgrade to PRO
2. Win Stage Race Overall
3. Improve Power to weight ratio by 5%
4. Improve Threshold Power by 10% by June 1st

### Annual Overview:

Based on a 750 Hour year.



### Training Zones:

LT Calculations	HR Range	%LTHR - low	%LTHR - high	LT Power Range	Purpose
1	65 - 81%	110.5	137.7	25 - 39%	Recovery
2	82 - 88%	139.4	149.6	40 - 79%	Aerobic
3	89 - 93%	151.3	158.1	80 - 87%	Tempo
4	94 - 100%	159.8	170	88 - 99%	Threshold
5a	100 - 102%	170	173.4	100 - 104%	Super Threshold
5b	103 - 105%	175.1	178.5	105 - 150%	Aerobic Capacity
5c	105% +	178.5	202	150% +	Anaerobic Capacity

### Nutrition Overview:

#### ATHLETE:

<b>Body Weight</b>	135						
<b>Phase</b>	TOTAL CALS	% CHO	GRAMS	% PRO	GRAMS	% FAT	GRAMS
foundation	2025	0.65	329.06	0.13	65.81	0.22	49.50
preparation	2956.5	0.65	480.43	0.13	96.09	0.22	72.27
specialization	3591	0.7	628.43	0.14	125.69	0.16	63.84
Transition	2126.25	0.6	318.94	0.18	95.68	0.22	51.98
<b>Phase Range</b>	G/LB	CHO Low	CHO High	PRO Low	PRO High	FAT	
foundation	C 2.5-3, P .5-.6	337.5	405	67.5	81	(45.00)	
preparation	C 3-3.5, P .6-.7	405	472.5	81	94.5	(112.50)	
specialization	C 4-4.5, P .8-.9	540	607.5	108	121.5	(111.00)	
Transition							



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NOTES: