

## CYCLE PREPARATION PERIOD TRAINING – PERIOD 3 – WEEKS 9-12

Day	Training	Intensity	Time (mins)				Comments
			Week 1	Week 2	Week 3	Week 4	
One	Easy road ride	L1	150	150-180	180	150	Ensure sufficient nutrition, see notes about bad weather alternative, sprints and the use of harder gears!
Two	Rest or X Train						
Three	Turbo session	Full L2 range	40	50	60	40	See notes
Four	Rest or X Train						Triathletes - A good time to introduce 'brick' sessions – see notes
Five	Turbo session	Full L2 range	7 x 1 min, 1 min rest	7 x 2 mins, 2 mins rest	7 x 3 mins, 3 mins rest	7 x 4 mins, 4 mins rest	Progressive Power Session, see notes
Six	Rest or X Train						
Seven	Road ride	Varied within L2 range	60	60	60	60	Warm up then work for 60 mins only in the top part of your L2 range (maybe use a circuit and do multi laps). This session should be demanding but not enough to tire you for tomorrows long ride session.

### Notes:

#### Road ride, day one:

Long easy ride within level 1 range, perhaps into low level two on hills. This month again use a gear one cog higher (harder) or aim for average speed 1 mph more than last month. You should still not be unduly stressed at the end of this ride which is designed to increase your aerobic capacity. Ensure you take sufficient nutrition, solid & liquid. Introduce 2 sprints into your long rides this month, approx 20 mins after the start and 20 mins before the finish. Engage a medium gear that you can turn at 100 rpm +, say 52 x 17 and sprint out the saddle for 20 seconds. This will raise your heart rate probably in to L3. Make sure you do this safely i.e. on a quiet road with good visibility.

If weather prevents this ride then complete the following turbo session:

Warm up for to bottom of level 2 range, ride for 40 mins at 80% of MHR (mid level 2) holding this level for the full 40 mins and a cadence of 95-100 rpm, spin for 5 mins in small gear, finish. THEN REPEAT this session 2.5 hours later taking only liquids between sessions (this will stimulate fat metabolism).

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## **Turbo session, day three:**

Continue working within the L2 range but this time reduce the tedium by breaking the time down into smaller time increments. Try doing 60 secs on (to top of L2) then 60 secs off repeated for the allotted time, or alternatively 30 secs on, 30 secs off keeping your heart rate at all times within the L2 window. Try to maintain a cadence of 95-100 rpm throughout. This session will build aerobic base and power and will improve your pedalling cadence. Don't forget your warm down at the end.

## **Turbo session, day five:**

This is a progressive power session and whilst introduced for this month can be continued for 12 weeks almost into the racing season;

The session involves intervals that push your heart rate from the top of your L2 range into the first 5 beats of your L3 range. To do this session effectively you need either 7 cogs or the ability to increase resistance via your turbo trainer.

Warm up as usual until your heart rate reaches the bottom of your L2 range (should take about 10 mins) then engage your big chainring and the lowest of your rear gears (biggest cog, probably about 21 tooth ring). If this feels really easy at 95-100 rpm you may like to add a little resistance (if possible) via your turbo but not too much as this session is progressive.

Pedal hard and controlled and drive your heart rate up into the bottom 5 beats of your L3 range and continue for 1 minute in total (i.e. if it takes you 40 secs to get into L3, continue for another 20 secs). Ease right off for 1 minute then change up one gear (i.e. to next smaller rear) cog and repeat.

Continue this down to your smallest rear cog then cool down (10 mins in easy gear), end of session.

You may think that that you haven't done enough but remember this session is progressive and the effect will be engaged over the coming weeks.

So simply you have done an interval session of 7 x 1 minute with one min rest between controlling your heart rate within the bottom 5 beats of L3 (do not exceed this). Each week add a further minute interval and a further minute rest until you are doing 4 mins work / 4 mins rest, then holding the 4 mins effort reduce the rest period by 30 secs each week until you are effectively doing a continuous 28 min interval (at week 12), thus:

Week 1 – 7 x 1 min, 1 min rest between

Week 2 – 7 x 2 mins, 2 mins rest between

Week 3 – 7 x 3 mins, 3 mins rest between

Week 4 – 7 x 4 mins, 4 mins rest between

Week 5 – 7 x 4 mins, 3½ mins rest between

Week 6 – 7 x 4 mins, 3 mins rest between

Week 7 – 7 x 4 mins, 2½ mins rest between

Week 8 - 7 x 4 mins, 2 mins rest between

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Week 9 – 7 x 4 mins, 1½ mins rest between

Week 10 – 7 x 4 mins, 1 min rest between

Week 11 – 7 x 4 mins, ½ min rest between

Week 12 – 7 x 4 mins, zero rest between

It doesn't matter how low your cadence drops in this session, it is a power session so liken it to weight training on the bike.

## **Brick Sessions:**

The turbo sessions are getting progressively harder however as your fitness improves your ability to handle them effectively will also improve. You may like to introduce a brick session on one of your cross-training days consisting of a turbo + a run element. If you do, make sure the ratio is no more than 2:1 e.g. 10 mins turbo, 5 mins run and ensure that you warm up thoroughly at the start of the session and do some static stretches after the last run.

Suitable sessions for the 4 week period could be:

Week 1 – 20 mins turbo, 10 mins run

Week 2 – 15 mins turbo, 7 mins run, 10 mins turbo, 5 mins run

Week 3 – 10 mins turbo, 5 mins run, repeat, repeat

Week 4 - 10 mins turbo, 5 mins run, repeat, repeat, repeat

All turbo to be kept within L2 range and runs to be 'easy / medium', this session will train your ability to convert from cycling to running and engage the different muscles required. A good way to do this is to have a small circuit, say 1k, from your house and run multi laps. It can also be done in a gym using a bike + treadmill.

You have now come to the end of the Preparation Period, congratulations if you have kept up the sessions as you will be as well prepared for next season as you can be. I hope you have enjoyed the period and I look forward to seeing your results for the coming season.

## GOOD LUCK