

TaG CYCLING/ VALLEY FONDO TRAINING PLAN APRIL_JULY 2018

Valley Fondo Prep time is here.

Going into April, you can assess where you are starting from in fitness and what distance will be your goal. Gran Fondo, and Medio Fondo Riders

By now you should have some base possibly from other sports and of course indoor cycling . Do not despair if you feel you haven't been on your bike outside yet.

Basic aerobic fitness can be built through many sports in the off season and all counts for endurance base.

Now you want to adapt that base for cycling, and to fine tune. Rest and recovery during these weeks is also essential.

It is important at this stage to prepare the body for some hard efforts, to stimulate the system and learn to handle some work load..but to allow for recovery and rest.

Keep up technical skills and working on good riding habits. These would be pedalling and climbing technique, gearing, and cadence .

You can prepare for the Fondo in other ways too when out training. Practise eating and drinking on your rides, so that it is not stressful and find what works for you in the food and drinks you use. Teach yourself to change position on the bike. Hand position on the bars and standing or seated riding are 2 good examples .Doing little stretches of calves, shoulders..wiggling toes and fingers to keep relaxed and fend off cramping can be practised as well.

The plan below recommends weeks that include efforts of various levels and rest periods. Key workouts are in BOLD. Hrs of riding is a suggestion but based on a riders level and distance of event.

You can subtract or add..but stick to the proportions of training. Eg. . A newer or more recreational rider may find 2-3 hrs enough stimulation for an endurance ride and training for up to the Medio distance. 1-1 ½ hrs around a high intensity workout will be plenty. A more competitive or Gran Fondo rider may consider some endurance rides of 3 1/2-4 1/2 hrs and do a high intensity (Lactate Threshold) workout in a 2 hr total ride .

TaG Cycling has a Cycling Club and also offer Coached Endurance rides throughout the season. Take advantage of these opportunities to get some good group rides in. <http://www.tagcycling.com/outdoor-road/>

These are guidelines that can be adjusted around work,life and experience. The important element is understanding Hard and Easy rather than riding medium “something” all the time.This is how the greatest results will be achieved. It is also important to understand that there needs to be some “unloading” and this is where the REST allows for the training gains to take place.

Additional considerations. Stretch , Yoga and Core. Take time to put this in your schedule. It can be as simple as a few exercises before bed in the morning. You don't have to add the stress of getting to another class...just do your own routine at home.A little bit will benefit a lot. I suggest “Foundation Exercises”. Or stretching for cyclists

Look to the end of the schedule for explanations on efforts indicated and also recommendations for Level of Rider.

Beginner/Intermediate or Advanced



TaG CYCLING

VALLEY MEDIO AND GRAN FONDO April_July _2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2	3	4	5	6	7	8
April 2-8 LOWER WEEK B=3-4 ½hrs INT=5-6 hrs ADV=6-8hrs	OFF	TaG CLASS INDOOR CYCLING OR SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE efforts 2-3 x 5 min efforts on a flat w 5 min rest between B/INT = 1 hr ADV=1 ½ hr	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr	TaG POWER HOUR OR TEMPO RIDE B= 1 hr INT/ADV=1 ½ hr	OFF ACTIVE RECOVERY	EASY ENDURANCE Road not too hilly rolling hills to give natural efforts with the terrain B=1-1 ½ hrs INT&AD=1 ½- 2 ½ hrs	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr
	9	10	11	12	13	14	15
April 9-15 MED WEEK B= 4hrs INT=6hrs ADV=7-8hrs	OFF	TaG CLASS INDOOR CYCLING OR SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE efforts 2-3 x 6 min efforts on a flat w 5 min rest between B/INT = 1 hr ADV=1 ½- hr	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr	TaG POWER HOUR OR TEMPO RIDE B= 1 hr INT/ADV=1 ½ hr	OFF ACTIVE RECOVERY	RIDE TEMPO WITH TaG GROUP RIDE RICHMOND 3-4 hrs	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr

	16	17	18	19	20	21	22
April 16-22 LOWERWK B= 4 hrs INT=6 hrs ADV= 8hrs	OFF	TaG CLASS INDOOR CYCLING OR SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE efforts 2-3 x 7 min efforts on a flat w 5 min rest between B/INT = 1 hr ADV=1 ½- hr	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr	TaG POWER HOUR OR TEMPO RIDE B= 1 hr INT/ADV=1 ½ hr	OFF	EASY ENDURANCE Road not too hilly rolling hills to give natural efforts with the terrain B=1 ½ hrs INT&AD=2 hrs	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr
	23	24	25	26	27	28	29
April 23-29 MED WEEK B= 5 hrs INT= 7 hrs ADV =9 hrs	OFF	TaG CLASS INDOOR CYCLING OR SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE efforts 2-3 x 7 min efforts on a flat w 4 min rest between B/INT = 1 hr ADV=1 ½ hr	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr	TaG POWER HOUR OR TEMPO RIDE B= 1 hr INT=1 ½-2 hr	OFF	RIDE TEMPO WITH TaG GROUP RIDE BELCARRA 2 ½-3 ½ hrs	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr
	30	1	2	3	4	5	6
April 30-May6 HARD WK B=6 hrs INT=8 hrs ADV= 10 hrs	OFF	TaG CLASS INDOOR CYCLING OR SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE efforts 2-3 x 7 min efforts on a flat w 3 min rest between B/INT = 1 hr ADV=1 ½-hr	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr	TaG POWER HOUR OR TEMPO RIDE B= 1 hr INT/ADV=1 ½-2 hr	OFF	EASY ENDURANCE Road not too hilly rolling hills to give natural efforts with the terrain B=1 ½ hrs INT&AD=2 hrs	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr
	7	8	9	10	11	12	13
May 8-13 REST WEEK B= 4hrs INT= 5 hrs ADV =7 hrs	OFF	OFF	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr	TaG POWER HOUR OR TEMPO RIDE B= 1 hr INT/ADV=1 ½ hr	OFF	RIDE TEMPO WITH TaG GROUP RIDE MAPLE RIDGE 4 hrs	OFF OR ACTIVE RECOVERY B /INT=0-1hr ADV=1 hr

	14	15	16	17	18	19	20
<p>May 14-20</p> <p>LOWER WK</p> <p>B= 5 hrs INT=7hrs ADV=8-9hrs</p>	OFF	<p>TaG CLASS INDOOR CYCLING OR RACE/ SIMULATION WORKOUT (CAN BE INDOOR)</p> <p>STEADY STATE efforts</p> <p>2-3 x 8 min efforts on a flat w 4 min rest between</p> <p>B/INT = 1 hr ADV=1 ½-2hr</p>	<p>OFF OR ACTIVE RECOVERY</p> <p>B /INT=0-1hr ADV=1 hr</p>	<p>TaG POWER HOUR OR TEMPO RIDE</p> <p>B= 1 hr INT=1 ½ hr ADV=2 hr</p>	<p>ACTIVE RECOVERY</p> <p>Means that...anything just for blood flow..hike..swim</p>	<p>EASY ENDURANCE</p> <p>Road not too hilly rolling hills to give natural efforts with the terrain</p> <p>B=. 1 ½ hrs INT&AD=. 2 hrs</p>	<p>OFF OR ACTIVE RECOVERY</p> <p>B=1hrs INT=1 ½ ADV=1 ½-2-hrs</p>
<p>May 21-27</p> <p>MED WEEK</p> <p>B= 6 hrs INT= 8 hrs ADV=10 hrs</p>	OFF	<p>TaG CLASS INDOOR CYCLING RACE/OR SIMULATION WORKOUT (CAN BE INDOOR)</p> <p>STEADY STATE efforts</p> <p>2 x 10 min efforts on Flat w 5-7 min rest between</p> <p>B/INT = 1 hr ADV=1 ½-2 hr</p>	<p>OFF OR ACTIVE RECOVERY</p> <p>B /INT=0-1hr</p> <p>ADV=2 hrs ENDURANCE RIDE on easy consistent terrain</p>	<p>TaG POWER HOUR OR TEMPO</p> <p>B= 1 ½ hr INT/ADV= 2hrs</p>	<p>ACTIVE RECOVERY</p> <p>1 hr</p>	<p>RIDE TEMPO WITH TaG GROUP RIDE LANGLEY</p> <p>Or</p> <p>Climb 20-40 mins .Ride progressively harder to the top (of climb) at Tempo first half Push to Threshold and finish last few minutes at Max Power</p> <p>B=2 hrs INT=2 ½-3 hrs ADV=3-4 hrs</p>	<p>OFF OR ACTIVE RECOVERY</p> <p>B /INT=0-1hr ADV=1 hr</p>
<p>May 28-June 3</p> <p>HARD WEEK</p> <p>B=7 hrs INT=9 hrs ADV= 11 hrs</p>	OFF	<p>TaG CLASS INDOOR CYCLING RACE OR RACE/SIMULATION WORKOUT (CAN BE INDOOR)</p> <p>STEADY STATE efforts</p> <p>1 x 20-30 min efforts on climb</p> <p>B/INT = 1 hr ADV=2 hr</p>	<p>B = OFF</p> <p>ENDURANCE RIDE on easy consistent terrain</p> <p>INT=1 ½ hr ADV=2 ½ hrs</p>	<p>TaG POWER HOUR OR LAT RIDE</p> <p>2-3 x 5 min efforts at steady state 5 mins recovery(LACTATE THRESHOLD) flat terrain</p> <p>B = 1 ½ hr INT/ADV=2-2 ½ hrs</p>	<p>OFF OR ACTIVE RECOVERY</p> <p>1 hr</p>	<p>EASY ENDURANCE</p> <p>Road ride Endurance Pace</p> <p>B = 1 ½ hr INT/ADV=2-2 ½ hrs</p>	<p>TEMPO GROUP RIDE</p> <p>Practise preparation.eating &hydration</p> <p>B=2 ½ -3hrs INT/ADV=3 ½-4 hrs</p>
	21	22	23	24	25	26	27
	28	29	30	31	1	2	3

	4	5	6	7	8	9	10
<p>June 4-10</p> <p>RECOVERY WEEK</p> <p>B= 5 hrs INT=6 hrs ADV=7-8hrs</p>	OFF	OFF	<p>ENDURANCE RIDE on easy consistent terrain</p> <p>B = 1 ½ hr INT=2 ADV=2 ½ hrs</p>	<p>TaG POWER HOUR OR LAT RIDE Road ride with 2- 3 x 5 min efforts at steady state 4 mins recovery(LACTATE THRESHOLD) flat terrain</p> <p>B = 1 ½ hr INT/ADV=2-2 ½ hrs</p>	OFF OR ACTIVE RECOVERY	<p>TaG GROUP RIDE BRITANIA 3-31/2 hrs OR RIDE TEMPO</p> <p>1-2 * x 20 mins at Tempo effort with 10 mins easy. Climb</p> <p>B=1 X 20 min. 1 ½ hrs INT/ADV=2x 20mins .2- 2 ½ hrs</p>	<p>ENDURANCE RIDE</p> <p>FUN RIDE WHATEVER YOU WANT</p> <p>B=1 ½ hrs INT/ADV=2-hrs</p>
<p>June 11-17</p> <p>LOWER WK</p> <p>B=6 hrs INT=8 hrs ADV=9/10hr</p>	OFF	<p>TaG CLASS. INDOOR CYCLING.RACE/ SIMULATION WORKOUT (CAN BE INDOOR)STEADY STATE efforts 2 x 12 min efforts on Flat w 6-8 min rest between(less rest than last wk)</p> <p>B=1-1 ½ hr INT/ADV=1 ½-2 hr</p>	<p>ACTIVE RECOVERY OR ENDURANCE RIDE on easy consistent terrain</p> <p>B = OFF -1 hr INT=1 ½- 2hrs ADV=2 ½ hrs</p>	<p>TaG POWER HOUR OR LAT RIDE with 3 x 6 min efforts at steady state 4 mins recovery (LACTATE THRESHOLD) flat terrain</p> <p>B = 1 ½ hr INT/ADV=2 ½ hrs</p>	ACTIVE RECOVERY 1 hr	<p>RIDE TEMPO</p> <p>2 * x 20 mins at Tempo effort with 10 mins easy. Flatter terrain</p> <p>B=1 X 20 min. 2 hrs INT&AD=2x 20min.2- 2 ½ hrs</p>	<p>ENDURANCE RIDE</p> <p>GROUP IF POSSIBLE BUT NOT GETTING CAUGHT UP IN TOO HARD A PACE</p> <p>B=1 ½-2 hrs INT=2-2 ½ hrs ADV=2 ½ -3 hrs</p>
<p>June 18-24</p> <p>MED WEEK</p> <p>B=7 hrs INT=9 hrs ADV=11 hrs</p>	OFF	<p>TaG CLASS.. INDOOR CYCLING RACE/ SIMULATION WORKOUT STEADY STATE efforts 2-3 x 12 min efforts on Flat w 6-8 min rest between</p> <p>1 hr RACE or CLASS B=1-1 ½ hr INT/ADV=1 ½-2 hr</p>	<p>ACTIVE RECOVERY OR ENDURANCE RIDE on easy consistent terrain</p> <p>B = OFF -1hr INT/ADV=2 hrs</p>	<p>TaG POWER HOUR OR TEMPO RIDE B= 1 ½ hr INT/ADV=SHORT MAX AEROBIC POWER EFFORTS 1 set= 6-8 x 30 secs hard /90secs-2 min easy. =-2hrs</p> <p>INT = 1 set =1 ½ hrs ADV = 2 sets=2 hrs</p>	OFF OR ACTIVE RECOVERY	<p>TaG GROUP RIDE LANGLEY/ SUMAS OR RIDE TEMPO BUILD TO MAP Climb or TT 40 mins .Ride progressively harder to the top (of climb) or through the TT Start at Tempo first half Push to Threshold and finish last few minutes at Max Power B=1 X 40 min. 2 hrs INT/ADV=1x40. 2 ½ hrs</p>	<p>ENDURANCE RIDE</p> <p>RIDE ride with flow of terrain no aggressive climbs</p> <p>B=2 ½ hrs INT/ADV=3-3 ½ hrs</p>

	25	26	27	28	29	30	1
<p>June 25-July1</p> <p>HARD WEEK</p> <p>B= 9 hrs INT=10/11hr ADV=12-14 hrs</p>	OFF	<p>TaG CLASS INDOOR CYCLING RACE /SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE efforts 1 x 20-30 min efforts on climb</p> <p>1 hr RACE or CLASS B=1-1/2 hr INT= 1½-2 hrs ADV=2+hrs</p>	<p>ACTIVE RECOVERY OR ENDURANCE RIDE on easy consistent terrain</p> <p>B =1- 1 ½ hr INT/ADV=2-2 ½ hrs</p>	<p>TaG POWER HOUR OR LAT RIDE</p> <p>3 x 5 min efforts at steady state 3 mins recovery(LACTATE THRESHOLD) flat terrain</p> <p>B = 1 ½ hr INT/ADV=2 hrs</p>	<p>ACTIVE RECOVERY 1 hr</p> <p>Means that...anything just for blood flow..hike..swim</p>	<p>RIDE TEMPO</p> <p>2 * x 20 mins at Tempo effort with 10 mins easy. Flatter terrain</p> <p>B=1 X 20 min. 2 hrs INT&AD=2x 20 mins. 2 ½-3 ½ hrs</p>	<p>ENDURANCE RIDE</p> <p>FUN RIDE WHATEVER YOU WANT</p> <p>B=1 ½ hrs INT/ADV=2 hrs</p>
	2	3	4	5	6	7	8
<p>July 2-8</p> <p>RACE PREP WEEK</p> <p>B= 8 hrs INT=9-10hrs ADV=-11/12 hrs</p>	OFF	OFF	<p>ENDURANCE RIDE</p> <p>B= 1 ½ hr INT/ADV= 2-2 ½ hr</p>	<p>TaG POWER HOUR OR INT/ADV=SHORT MAX AEROBIC POWER EFFORTS</p> <p>1 set= 6-8 x 30 secs hard /90secs-2 min easy. =-2hrs INT = 1 set = 2 hrs ADV = 2 sets = 2 ½ hrs</p> <p>B= 1 ½ hr TEMPO RIDE</p>	<p>ACTIVE RECOVERY 1 hr</p>	<p>OFF OR ACTIVE RECOVERY</p> <p>B=1hrs INT=1 ½ ADV=1 ½-2-hrs</p>	<p>RACE /OR TEMPO GROUP RIDE</p> <p>Practise preparation..eating &hydration</p> <p>B=3hrs INT/ADV=3 ½-4 ½ hrs</p>
	9	10	11	12	13	14	15
<p>July 9-15</p> <p>MED WEEK</p> <p>B=7-8 hrs INT=8-10hrs ADV=10/11</p>	OFF	<p>TaG CLASS INDOOR CYCLING OR RACE /SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE efforts</p> <p>3 x 15 min efforts on climb w 5 min rest between</p> <p>1 hr RACE or CLASS B/INT = 1 hr ADV=2 hr</p>	<p>ENDURANCE RIDE on easy consistent terrain</p> <p>B = OFF OR ACTIVE RECOVERY INT/ADV=2- 2 ½ hrs</p>	<p>TaG POWER HOUR OR LAT RIDE</p> <p>4 x 5 min efforts at steady state 3 mins recovery (LACTATE THRESHOLD) flat terrain</p> <p>B = 1 ½ hr INT/ADV=2 hrs</p>	<p>ACTIVE RECOVERY 1 hr</p>	<p>TaG GROUP RIDE VAN-SQUAMISH 4-5 hrs OR RIDE TEMPO</p> <p>2* x 25 mins at Tempo effort with 10 mins easy. Flatter terrain</p> <p>B=1 X 25 min. 2 hrs INT/AD=2x 25min. 2 ½ hrs</p>	<p>OFF OR ACTIVE RECOVERY</p> <p>B /INT=0-1hr ADV=1-2 hr</p>

	16	17	18	19	20	21	22
July 16-22 FONDO WEEK B=3-4hrs INT=5 hrs ADV = 6-7 hrs +FONDO	OFF	TaG CLASS INDOOR CYCLING RACE /SIMULATION WORKOUT (CAN BE INDOOR) STEADY STATE efforts 1 x 10 min efforts on climb 1 hr RACE or CLASS B/INT = 1 hr ADV=1 ½-2 hr	EASY ENDURANCE RIDE on easy consistent terrain B =OFF -1 hrs INT/ADV=1 -2 hrs	TaG POWER HOUR OR MAX POWER RIDE with 2(5 x 30 secs hard max effort.90secs rest) 5 mins between the 2 sets On a slight climb is easiest in a hard gear B = 1 hr (1 set) INT/ADV=1 ½ 2 hrs(2 sets)	ACTIVE RECOVERY OR OFF	EASY WARM UP Ride 1 hr	VALLEY FONDO !! FONDO Ride efficiently. Think about your gearing and keep a nice cadence EAT.DRINK.. Focus on being with a group when you get over hills. Even if you do not “draft” it will provide moral support to have people around HAVE FUN!!

B = BEGINNER/PRESTO INT = INTERMEDIATE /MEDIO ADV= ADVANCED/GRAN FONDO

Each day has a recommendation for length of training. There are also some places that intervals may be suggested for Int. and Adv but not for Beginner. This is based on your background of riding and the demands of the event in which you are participating.

KEY FOR EFFORTS

ENDURANCE PACE = Able to talk. In this range you are still working with enough Oxygen that you are able to clear lactic acid. It is a wide range and PE perceived effort is often the best test. Spitting out words likely means you are going too hard. A good

guideline is 6/10 effort or fluctuating around 60% of Max Aerobic Power (55-70%). This will move around with the terrain, which is why consistent flat rides are good to achieve this training affect

TEMPO = effort is about 8/10 perceived exertion, 85% power output starting to build a significant amount of lactic acid but forcing your body to buffer it and clear effectively Tempo is an excellent workout for developing aerobic power and endurance. Jumping up and down on the pedals in these efforts tends to push you up into Lactate Threshold which is the range above this where we play with developing that threshold

LACTATE THRESHOLD(LAT RIDE) = Steady State Intervals 85-100% Challenging the threshold level and teaching the body to process and deal with lactic acid...which makes us feel like crap and have to stop. Quite often it is your brain telling you to give up when it hurts. As we learn to understand the feeling, we can better deal with it. Telling the brain it's ok..Have that discussion in training..And teach yourself to push through by experiencing the feeling in training. These intervals can be done on flats or a hill but will challenge you differently on each. Don't rely on hill repeats alone. Learn to generate this amount of effort on the flats

MAX AEROBIC POWER= Efforts are short intense efforts at your highest range of capability. As pertains to the upcoming race, this will help put you over the top of hard climbs still pedaling your bike and allow you to

ACTIVE RECOVERY= any activity or cross train that is low intensity and gets your blood flowing. Examples hike, swim light run.

REST= enjoy your day this is where your hard work gets to take affect

