



 2012 

# Training Plan

Training Plan Week 1 - 6

Training Plan Week 7 - 12

Definitions

<b>Gran Fondo Ottawa</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week One</b>	Rest Day [yoga/stretch]	60 min EM [w/1x10min T]	60 min EM + 2x12 Circuits [l + s/u + sq] w/10 p/u mix	90 min EM [w/[2x1min PI w/3 min rbi]	Rest Day [yoga/stretch]	90 min EM [w/3x3 min FP w/2 min rbi]	90 min EM + 3x10 Circuits [l + s/u + sq] w/10 p/u mix
<b>Week Two</b>	Rest Day [yoga/stretch]	90 min EM [w/2x12min T w/4min rbi]	90 min EM + 3x12 Circuits [l + s/u + sq] w/10 p/u mix	90 min EM [w/3x1min PI w/3 min rbi]	Rest Day [yoga/stretch]	120 min EM [w/3x3 min FP w/2 min rbi]	150 min EM + 2x12 Circuits [l + s/u + sq] w/15 p/u mix
<b>Week Three</b>	Rest Day [yoga/stretch]	90 min EM [w/1x10min T + 3x4min SS w/4min rbi]	60 min EM + 4x12 Circuits [l + s/u + sq] w/15 p/u mix	60 min EM [w/3x5min SS w/3min rbi]	Rest Day [yoga/stretch]	90 min EM [w/3x3 min FP w/2 min rbi]	150 min EM + 3x12 Circuits [l + s/u + sq] w/15 p/u mix
<b>Week Four</b>	Rest Day [yoga/stretch]	90 min EM [w/3x(2min T + 2min SS) w/5min rbi]	90 min EM + 4x12 Circuits [l + s/u + sq] w/20 p/u mix	90 min EM [w/4x5min SS w/3 min rbi]	Rest Day [yoga/stretch]	120 min EM [w/3x4 min FP w/2 min rbi]	210 min EM + 4x12 Circuits [l + s/u + sq] w/15 p/u mix
<b>Week Five</b>	Rest Day [yoga/stretch]	90 min EM [w/5x12min T + w/4min rbi]	60 min EM + 5x12 Circuits [l + s/u + sq] w/20 p/u mix	90 min EM [w/3x6min CR w/3 min rbi]	Rest Day [yoga/stretch]	150 min EM [w/3x3 min FP w/2 min rbi]	240 min EM + 4x12 Circuits [l + s/u + sq] w/20 p/u mix
<b>Week Six</b>	Rest Day [yoga/stretch]	60 min EM [w/1x 10min T]	90 min EM + 5x12 Circuits [l + s/u + sq] w/25 p/u mix	60 min EM [yoga/stretch]	Rest Day [yoga/stretch]	120 min EM [w/3x5 min FP w/3 min rbi]	150 min EM + 3x10 Circuits [l + s/u + sq] w/25 p/u mix

<b>Gran Fondo Ottawa</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week Seven</b>	Rest Day [yoga/stretch]	90 min EM [w/3x8min CR w4/min rbi]	60 min EM + 6x12 Circuits [l + s/u + sq] w/20 p/u mix	90 min EM Incl. [3x10min SI w/2 min rbi]	Rest Day [yoga/stretch]	120 min EM Incl. [3x3 min FP w/2 min rbi]	180 min EM + Incl. 3x10 Circuits [l + s/u + sq] w/20 p/u mix
<b>Week Eight</b>	Rest Day [yoga/stretch]	90 min EM [w/4x8min CR w/4min rbi]	90 min EM + 4x12 Circuits [l + s/u + sq] w/20 p/u mix	90 min EM Incl. [4x10min HS w/3 min rbi]	Rest Day [yoga/stretch]	150 min EM Incl. [3x4 min FP w/2 min rbi]	180 min EM + 4x10 Circuits [l + s/u + sq] w/15 p/u mix
<b>Week Nine</b>	Rest Day [yoga/stretch]	120 min EM [w/1x10min T + 4x10min CR w/5min rbi]	60 min EM + 5x12 Circuits [l + s/u + sq] w/20 p/u mix	90 min EM Incl. [8min CR + 4x10sec HA w/3min rbi]	Rest Day [yoga/stretch]	120 min EM Incl. [3x3 min FP w/2 min rbi]	210 min EM + 4x10 Circuits [l + s/u + sq] w/20 p/u mix
<b>Week Ten</b>	Rest Day [yoga/stretch]	150 min EM [w/4x(2min T + 2min SS) w/5min rbi]	90 min EM + 4x12 Circuits [l + s/u + sq] w/20 p/u mix	90 min EM Incl. [3x8min CR w/5 min rbi]	Rest Day [yoga/stretch]	150 min EM Incl. [3x5 min FP w/2 min rbi]	240 min EM + 3x10 Circuits [l + s/u + sq] w/20 p/u mix
<b>Week Eleven</b>	Rest Day [yoga/stretch]	120 min EM [w/5x(2min T + 2min SS) w/5min rbi]	60 min EM + 5x12 Circuits [l + s/u + sq] w/20 p/u mix	90 min EM Incl. [4x8min CR w/5 min rbi]	Rest Day [yoga/stretch]	150 min EM Incl. [4x5 min FP w/5 min rbi]	300 min EM + 2x10 Circuits [l + s/u + sq] w/20 p/u mix
<b>Week Twelve</b>	Rest Day [yoga/stretch]	90 min EM [w/2x 10min tempo]	60 min EM + [massage]	30 min EM [yoga/stretch]	30 min EM [yoga/stretch]	GranFondo Ottawa ReggioCapitale	30 min EM [yoga/stretch] Relax

# Definitions

**MHR** = *Maximum Heart Rate* defined as  $223 \text{ less age} \times 70\%$   $[(223 \text{ less } 48) \times 70\%] = 122.5\text{bpm}$

**RBI** = *Rest between intervals*

**CR** = *Climbing Repeat*

Similar to SS intervals, except done on a long, steady climb or trainer. Stay within 80% of max heart rate MHR (223 less age) for entire climb. Pedal cadence should be 75–85 rpm. Increases climbing lactate threshold.

**EM** = *Endurance Miles*

Stay aerobic (70% of MHR) so you don't accumulate lactic acid. Should feel easy to build aerobic engine.

**FP** = *Fast Pedal*

On a flat road, using easy gear, slowly increase your cadence while staying in the saddle and maintaining good form until you are spinning at 110–120 rpm. Hold steady the whole interval.

**HA** = *Hill Acceleration (Max)*

On a long, moderate climb, pedal slowly until you reach the last 500 yards. Then gradually speed up so you are nearly at max HR. Start the interval during the last few yards of the hill, finishing out of the saddle at max effort.

**HS** = *Hill Sprint (Max)*

Roll at a moderate speed in a moderate to light gear. As you hit the hill, jump out of the saddle and go as hard as possible. Try to hold your top speed for the whole interval. Increases power for acceleration.

**PI** = *Power Intervals*

Max efforts. Start with a relatively low gear, then push the pace to max effort and the highest cadence possible (100–110+). Sustain for the entire interval.

**SI** = *Speed Interval (Max)*

Max effort, shorter than PIs; high cadence 110+ rpm; maintain proper form.

**SS** = *Steady State (85% + 3 beats per minute of max HR)*

**High cadence** = *try to maintain 85–95 rpm and higher intensity than Tempo*. This improves your ability to produce power at your lactate threshold.

**Tempo** = *Tempo (80% max HR)*

Do these in a slightly larger gear, with cadence about 70–75 rpm. Stay seated on climbs.

## Circuits

**L** = *lunge* [alternate step forward or backward with knee bend. right x # reps then left]

**S/U** = *step-up* [step onto bench or platform, one leg only w/lift up x # reps then alternate]

**Sq** = *squat* [legs shoulder width apart, squat down to parallel for quads, hold 2 seconds then up]

**P/U mix** = *push-ups should be mixed into sets* [start with 10 and work to 25+ per set]

**Complete Circuit** = 12 x L + set of p/u + 12 x S/U + set of p/u + 12 x Sq + set of p/u then 60 second break, do 2<sup>nd</sup> set and repeat until complete.