Intensity measured as rate of perceived exertion (RPE) on a scale of 1-10

1-4 = Pace is slow; you’re able to hold a conversation
5-6 = Pace is steady; you can maintain it and speak during it
7 = Pace is rhythmic; you’re able to speak only a few words
8 = Lactate threshold is the fastest pace you can maintain for 30 minutes without feeling like your legs are on fire. To learn how to find yours, go to BICYCLING.com/LT101
9 = Pace is not quite all out, but you’re unable to speak
10 = Pace is an all-out effort

30% below threshold = 12-30 BPM below threshold (RPE is about 5 or 6)
5-10% above threshold = 3 BPM above threshold (RPE is about a 9)
20-40% above threshold = 6 plus BPM above threshold (RPE is about a 10)

**RBI = Rest between intervals  ***RBS = Rest between sets

Why Do Eight Day Micro-Cycles
Small Training blocks designed to build specific levels of fitness. Eight day blocks allow you to get more variety in your training and pave the way for a more solid fitness foundation and faster progress. The duration of the rides depends upon your schedule, goals, base and weather conditions. If you’re an indoor trainer, cap them at 90 minutes to 2 hours. Outside, extend them to 2 and ½ hours.

References: Bicycling Magazine, Tim Pelot, CSCE of Pelot Performance Coaching- Burnsville Minnesota
Other Reference for Beginner and Intermediate programs: The Tour de France, complete book of cycling - by David Chauner and Michael Halstead.

BIKE WEBSITES

Getting started biking info at REI - www.rei.com/expertadvice/articles/getting+into+biking.html
Bike paths in Ann Arbor - www.a2gov.org/government/communityservices/ParksandRecreation/Documents/bike.pdf
League of Michigan Cyclist - great info on rides and more www.lmb.org
Map out your own ride with this application www.mapmyride.com/training
Bicycling magazine training information page www.bicycling.com/channel/0,6609,s1-4-0-0-0,00.html?location=_*topnav*
### Advanced Cycling Log

#### My Action Plan:
1. Use the 8 day microcycles to get race ready
2. Duration of ride depends upon your schedule, goals, fitness base and weather conditions
3. Indoor trainer 90 min. to 2 hrs./Outside extend them to 2 and 1/2 hrs.

#### My Goals:
1. Avoid Mental Burnout
2. Stay healthy and finish the season strong

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>MICRO 1</strong></td>
<td>(1) 7x3 min with 6 min. RBI** 20% above threshold</td>
<td>(2) 6x6 min intervals with 8 min. RBI 5% above threshold</td>
<td>(3) Rest</td>
<td>(4) 6x6 min intervals with 10 min. RBI 5% above threshold</td>
<td>(5) Recovery ride 30% below threshold</td>
<td>(6) Rest</td>
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<td>Week 1</td>
<td>(7) Recovery ride 30% below threshold</td>
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<td>(7) 7x3 min. intervals with 6 min.RBI</td>
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<td><strong>MICRO 2</strong></td>
<td>(8) Recovery ride 30% below threshold</td>
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<tr>
<td>Week 2</td>
<td>(1) 7x5 min. intervals with 8 min. RBI 10% above threshold</td>
<td>(2) 7x3 min. intervals with 8 min. RBI 20% above threshold</td>
<td>(3) Rest</td>
<td>(4) 8x1 min. intervals with 4 min. RBI 30-40% above threshold</td>
<td>(5) 7x5 min. intervals with 8 min. RBI 10% above threshold</td>
<td>(6) Rest</td>
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<tr>
<td><strong>MICRO 3</strong></td>
<td>(7) 8x 3 min. intervals with 6 min. RBI 20% above threshold</td>
<td>(8) 2 sets of 4x1 min. intervals with 3 min. RBI, 5 min. 30-40% above threshold</td>
<td>(1) 6x6 min. intervals with 8 min. RBI 5% above threshold</td>
<td>(2) 8x3 min. intervals with 6 min. RBI 5% above threshold</td>
<td>(4) 3 sets of 3x1 min. intervals with 3 min. RBI 5 min. RBS 30% above threshold</td>
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<tr>
<td>Week 3</td>
<td>(6) 2 sets of 4x1 min. intervals with 3 min. RBI and 5 min RBS 30-40% above threshold</td>
<td>(7) 7x3 min. intervals with 6 min. RBI 20% above threshold</td>
<td>(8) 5 sets of 2x1 min. intervals with 2 min. RBI and 5 min. RBS 30% above threshold</td>
<td>(3) 7x3 min. intervals with 2 min. RBI and 5 min. RBS 20% above threshold</td>
<td>(3) 7x3 min. intervals with 6 min. RBI 20% above threshold</td>
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<td><strong>MICRO 4</strong></td>
<td>(5) 7x3 min. intervals with 6 min.RBI</td>
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<tr>
<td>Week 4</td>
<td>(6) Rest</td>
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### Advanced Cycling Log

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<tr>
<td>(5) Rest</td>
<td>(6) 2 sets of 5x1 min. intervals with 1.5 min. RBI and 5 min. RBS</td>
<td>(7) Rest</td>
<td>(8) 5 sets of 2x1min. intervals with 1.5 min. RBI and 4 min. RBS</td>
<td>MICRO 5</td>
<td>(2) 7 sets of 3 min. intervals w/ 5 min. RBI</td>
<td>(3) 2 sets of 4x1 min. intervals with 4 min. RBS and 1 min. RBI</td>
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<tr>
<td></td>
<td>30-40% above threshold</td>
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<td>30-40% above threshold</td>
<td>(1) Rest</td>
<td>25% above threshold</td>
<td>30-40% above threshold</td>
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<td><strong>Week 6</strong></td>
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<td>(4) 7 sets of 3 min. intervals</td>
<td>(5) Rest</td>
<td>(6) 2 sets of 5x1 min intervals w/ 5 min RBS and 1 min. RBI</td>
<td>(7) 5 sets of 2 x 1 min. intervals w/4 min RBS and 1 min RBI</td>
<td>(8) 7 sets of 3 min. intervals w/5 min. RBI</td>
<td>MICRO 6</td>
<td>(2) 7 sets of 4 min. intervals w/6 min. RBI</td>
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<td>25% above threshold</td>
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<td>30-40% above threshold</td>
<td>30-40% above threshold</td>
<td>25% above threshold</td>
<td>(1) rest</td>
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<td><strong>Week 7</strong></td>
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<tr>
<td>(3) 4 sets of 3x1 min. intervals with 4 min. RBS and 2 min. RBI</td>
<td>(4) Rest</td>
<td>(5) 7 sets of 4 min. intervals with 8 min. RBI</td>
<td>(6) 4 sets of 3x1 min. intervals with 4 min RBS and 1 min RBI</td>
<td>(7) Rest</td>
<td>MICRO 7</td>
<td>(1) Rest</td>
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<td>30-40% above threshold</td>
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<td>15% above threshold</td>
<td>30-40% above threshold</td>
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<td>(8) 3 sets of 4 x 1 min intervals with 5 min. RBS and 1.5 min. RBI</td>
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<tr>
<td><strong>Week 8</strong></td>
<td>(2) 4 sets of 4 x 1min. intervals with 5min RBS and 1.5 min. RBI</td>
<td>(3)Rest</td>
<td>(4) 7 sets of 6 min. intervals with 8 min. RBI</td>
<td>(5) Rest</td>
<td>(6) 4 Sets of 4x1 min. intervals with 5 min. RBS and 1.5 min.RBI</td>
<td>(7) Rest</td>
</tr>
<tr>
<td>30-40% above threshold</td>
<td></td>
<td>Threshold training</td>
<td>(5) Rest</td>
<td>30-40% above threshold</td>
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<td>30-40% above threshold</td>
</tr>
</tbody>
</table>
ABS - 21  Knee Raise: Sitting

Tighten abdominals, and bend legs, pulling knees toward chest.

ABS - 29  Sit-Up (Medicine Ball)

Holding small medicine ball beyond head, tighten abdominals, sit up, touching ball to floor between feet.

COMBO - 2  Squat Supported / Side Raise

Raise dumbbells to side while rising.


LEGS: GLUTES / THIGHS - 4  Parallel Squat (Dumbbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.

LEGs: Glutes / Thighs - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.


LEGs: Calves - 4 Heel Raise: Standing (Dumbbell)

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.


BACK - 1 Pullover (Dumbbell)


BACK - 6 Row: Reverse Grip (Dumbbell)

With feet staggered, arm supported, pull weight to side of chest, palm forward. Keep back straight.

Can also be modified for use with a chair or a standard bench.

CYCLING STRENGTH TRAINING

CHEST - 6 Fly (Dumbbell)

Bring dumbbells toward midline, at chest level, using a hugging motion and maintaining bridge.


ARMS: BICEPS - 12 Curl: Sitting Single Arm, Concentration (Dumbbell)

Curl arm toward shoulder, bracing upper arm against inner thigh and keeping upper arm perpendicular to floor.


ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)

Straighten arms, keeping upper arms perpendicular to floor.


SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)

Elbows slightly bent, palms in, raise arms to parallel with floor.

STRETCHING EXERCISES

HAMSTRINGS - Forward Bend

With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold for at least 15 seconds. Bend knees further to return to standing position.

HAMSTRINGS - Leg Raise

With hand behind hamstring, but not knee, gently pull leg forward until stretch is felt. Hold at least 15 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

UPPER LEG - Quadriceps

Pull heel toward buttocks and push the same side hip forward until stretch is felt in front of thigh. Hold at least 15 seconds. Repeat with other heel.

LOWER LEG - Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold at least 15 seconds. Repeat with other leg.
STRETCHING EXERCISES

GROIN - Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold at least 15 seconds.

GROIN - Thigh Adductors

With legs apart, slide hands forward until stretch is felt. Hold at least 15 seconds.

HIP OBLIQUE - External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold at least 15 seconds. Repeat with left leg over right.

HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.
STRETCHING EXERCISES

ABDOMEN - Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold at least 15 seconds.

CHEST - Pectorals

With arms forming a T, lean forward until stretch is felt. Hold at least 15 seconds. Slide arms up to form a V and repeat the stretch.

LOWER BACK - Lumbar Rotators

Keeping back flat and feet together, rotate knees to one side. Hold at least 15 seconds. Repeat to other side.

LOWER BACK - Mid and Lower Extensors

With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.
STRETCHING EXERCISES

ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold at least 15 seconds.

ARMS - Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold at least 15 seconds.

SHOULDERS - Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold at least 15 seconds. Repeat with other side.