

Ready, Set - **GOAL!**

# ADVANCED CYCLING PROGRAM

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](http://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](http://www.rei.com/expertadvice/articles/getting+into+biking.html)

**Bike paths in Ann Arbor** - [www.a2gov.org/government/communityservices/ParksandRecreation/Documents/bike.pdf](http://www.a2gov.org/government/communityservices/ParksandRecreation/Documents/bike.pdf)

**League of Michigan Cyclist** - great info on rides and more  
[www.lmb.org](http://www.lmb.org)

**Map out your own ride with this application**  
[www.mapmyride.com/training](http://www.mapmyride.com/training)

**Bicycling magazine training information page**  
[www.bicycling.com/channel/0,6609,s1-4-0-0-0,00.html?location](http://www.bicycling.com/channel/0,6609,s1-4-0-0-0,00.html?location=_*topnav*)  
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# Advanced Cycling Log



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<b>MICRO 1</b> (1) 7x3min with 6 min. RBI** 20% above threshold	(2) 6x6 min. intervals with 8 min. RBI 5% above threshold	(3) Rest	(4) 6x6 min intervals with 10 min. RBI 5% above threshold	(5) Recovery ride 30% below threshold	(6) Rest	(7) 7x3min. intervals with 6 min.RBI
Week 2	(8) Recovery ride 30% below threshold	<b>MICRO 2</b> (1) 7x5 min. intervals with 8 min. RBI 10% above threshold	(2) 7x3 min. intervals with 6 min. RBI 20% above threshold	(3) Rest	(4) 8x1min. intervals with 4 min. RBI 30-40% above threshold	(5) 7x5min. intervals with 8 min. RBI 10% above threshold	(6) Rest
Week 3	(7)8x 3 min. intervals with 6 min. RBI 20% above threshold	(8) 2 sets of 4x1 min. intervals with 3 min. RBI, 5 min. 30-40% above threshold	<b>MICRO 3</b> (1) 6x6 min. intervals with 8 min. RBI 20% above threshold	(2) 8x3 min. intervals with 6 min. RBI 5% above threshold	(3) Rest	(4) 3 sets of 3x1 min. intervals with 3 min. RBI 5 min. RBS 5% above threshold	(5) 8x3 min. intervals with 6 min RBI 30% above threshold
Week 4	(6) 2 sets of 4x1 min. intervals with 3 min. RBI and 5 min RBS 30-40% above threshold	(7) 7x3 min. intervals with 6 min RBI 20% above threshold	(8) 5 sets of 2 x 1min. intervals with 2 min. RBI and 5 min. RBS 30% above threshold	<b>MICRO 4</b> (1) Rest	(2) 2 sets of 4 x1min. intervals with 2 min. RBI and 5 min. RBS 30-40% above threshold	(3) 7x3 min. intervals with 6 min.RBI 20% above threshold	(3) 7x3 min. intervals with 6 min.RBI 20% above threshold

### 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

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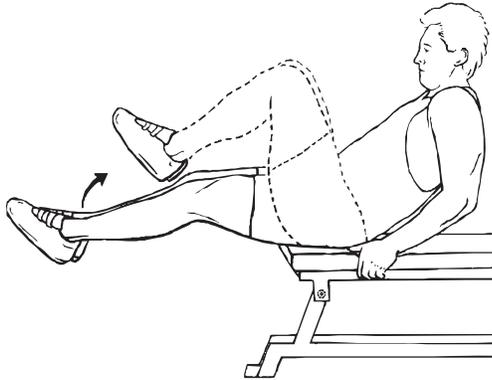
# Advanced Cycling Log



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5	(5) Rest	(6) 2 sets of 5x1 min. intervals with 1.5 min. RBI and 5 min. RBS 30-40% above threshold	(7) Rest	(8) 5 sets of 2x1min. intervals with 1.5 min. RBI and 4 min. RBS 30-40% above threshold	MICRO 5 (1) Rest	(2) 7 sets of 3 min. intervals w/ 5 min. RBI 25% above threshold	(3) 2 sets of 4x1 min. intervals with 4 min. RBS and 1 min. RBI 30-40% above threshold
Week 6	(4) 7 sets of 3 min. intervals 25% above threshold	(5) Rest	(6) 2 sets of 5x1 min intervals with 5 min RBS and 1 min. RBI 30-40% above threshold	(7) 5 sets of 2 x 1 min. intervals w/4 min RBS and 1 min RBI 30-40% above threshold	(8) 7 sets of 3 min. intervals w/5 min. RBI 25% above threshold	<b>MICRO 6</b> (1) rest	(2) 7 sets of 4 min. intervals w/6 min. RBI 15% above threshold
Week 7	(3) 4 sets of 3x1 min. intervals with 4 min. RBS and 2 min. RBI 30-40% above threshold	(4) Rest	(5) 7 sets of 4 min. intervals with 8 min. RBI 15% above threshold	(6) 4 sets of 3x1 min. intervals with 4 min RBS and 1 min RBI 30-40% above threshold	(7) Rest	(8) 3 sets of 4 x 1 min intervals with 5 min. RBS and 1.5 min. RBI 30-40% above threshold	<b>MICRO 7</b> (1) Rest
Week 8	(2) 4 sets of 4 x 1min. intervals with 5min RBS and 1.5 min. RBI 30-40% above threshold	(3) Rest	(4) 7 sets of 6 min. intervals with 8 min. RBI Threshold training	(5) Rest	(6) 4 Sets of 4x1 min. intervals with 5 min. RBS and 1.5 min. RBI 30-40% above threshold	(7) Rest	(8) 3 sets of 4x1 min. intervals with 5 min. RBS and 1 min. RBI 30-40% above threshold

# CYCLING STRENGTH TRAINING

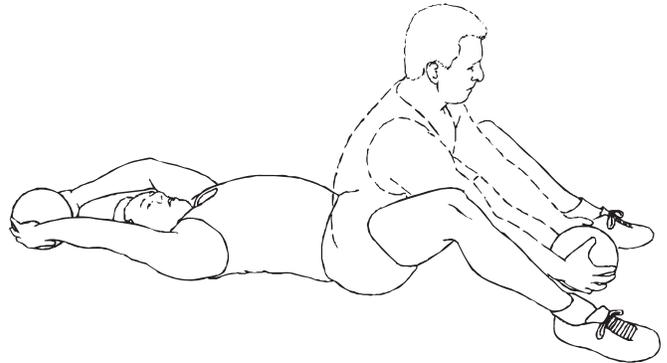
ABS - 21 Knee Raise: Sitting



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

Do 2-3 sets. Complete 10-15 repetitions.

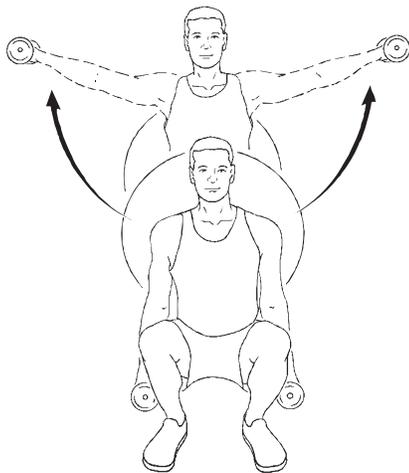
ABS - 29 Sit-Up (Medicine Ball)



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

Do 2-3 sets. Complete 10-15 repetitions.

COMBO - 2 Squat Supported / Side Raise



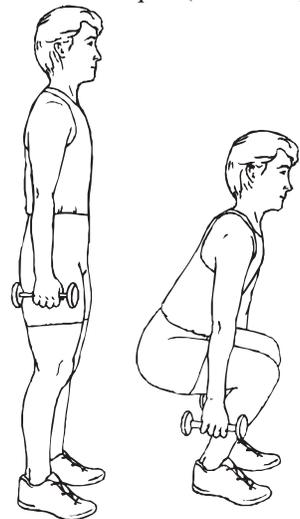
Raise dumbbells to side while rising.

Do 2-3 sets.  
Complete 10-15 repetitions.

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.

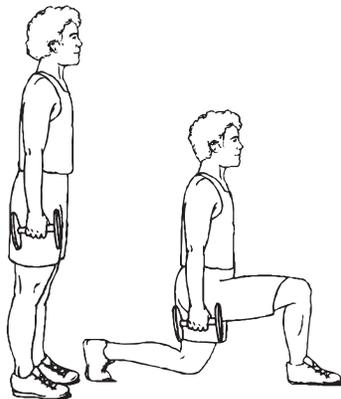
Do 2-3 sets.  
Complete 10-15 repetitions.



# CYCLING STRENGTH TRAINING

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

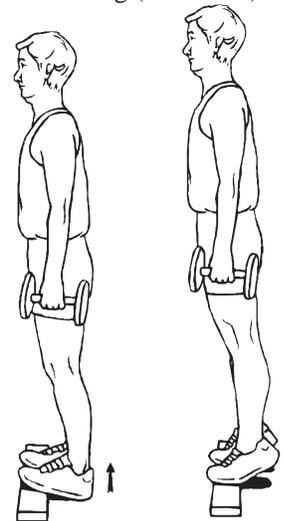
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 2-3 sets.  
Complete 10-15 repetitions.

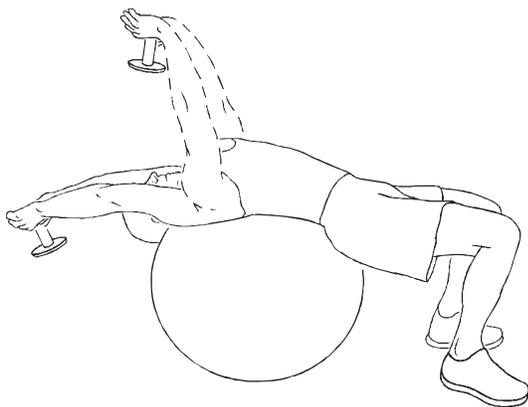
LEGS: CALVES - 4 Heel Raise: Standing (Dumbbell)

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



Do 2-3 sets.  
Complete 10-15 repetitions.

BACK - 1 Pullover (Dumbbell)



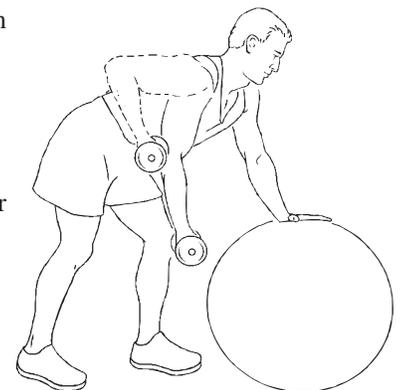
Pull dumbbell over chest, keeping elbows straight, trunk bridged. Do 2-3 sets. Complete 10-15 repetitions.

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.

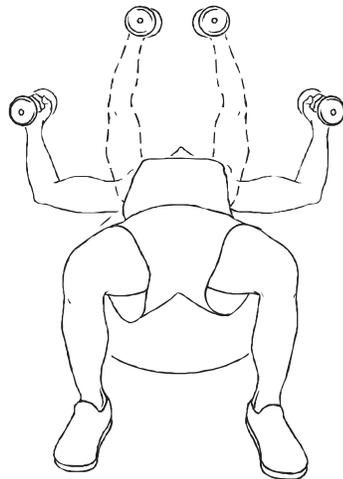
Do 2-3 sets.  
Complete 10-15 repetitions.



# CYCLING STRENGTH TRAINING

## CHEST - 6 Fly (Dumbbell)

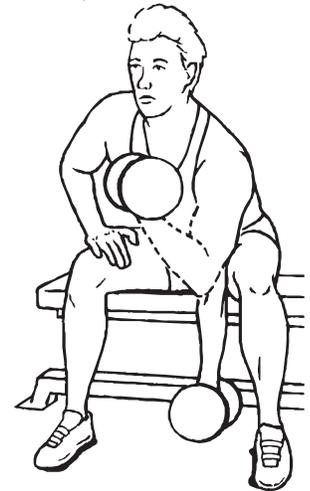
Bring dumbbells toward midline, at chest level, using a hugging motion and maintaining bridge.



Do 2-3 sets.  
Complete 10-15 repetitions.

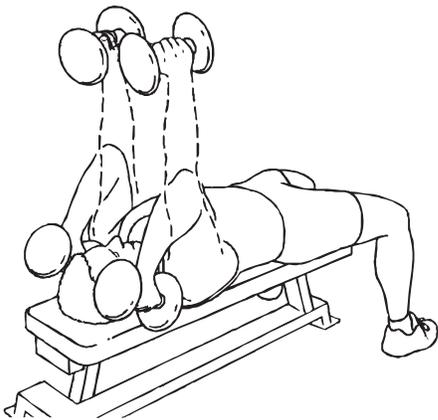
## ARMS: BICEPS - 12 Curl: Sitting Single Arm, Concentration (Dumbbell)

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



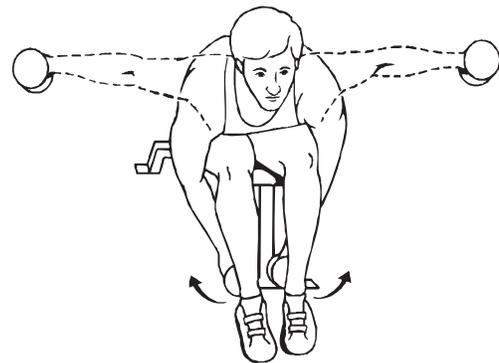
Do 2-3 sets.  
Complete 10-15 repetitions.

## ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)



Straighten arms, keeping upper arms perpendicular to floor.  
Do 2-3 sets. Complete 10-15 repetitions.

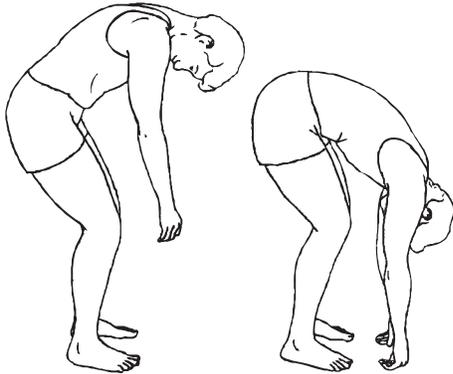
## SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)



Elbows slightly bent, palms in, raise arms to parallel with floor.  
Do 2-3 sets. Complete 10-15 repetitions.

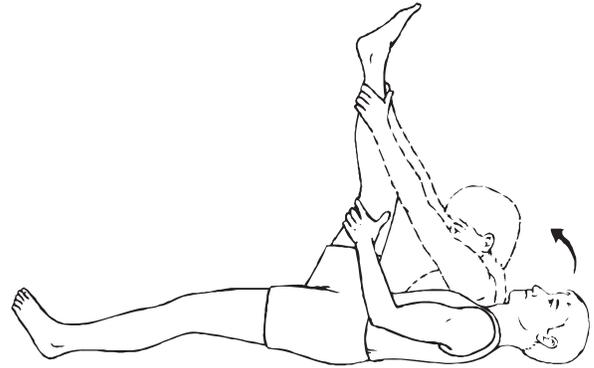
# STRETCHING EXERCISES

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.

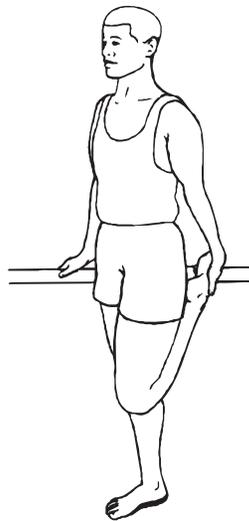
HAMSTRINGS - Leg Raise



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.

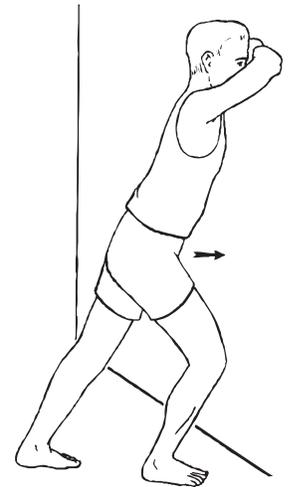
UPPER LEG - Quadriceps

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.



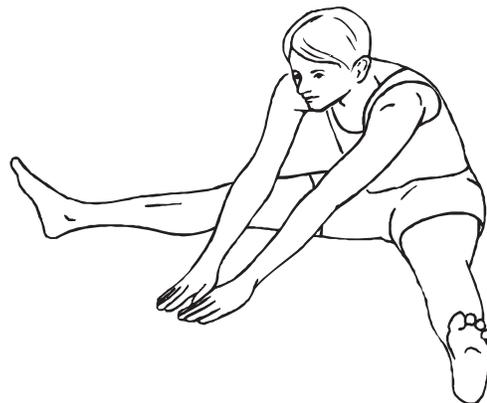
# STRETCHING EXERCISES

## 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.

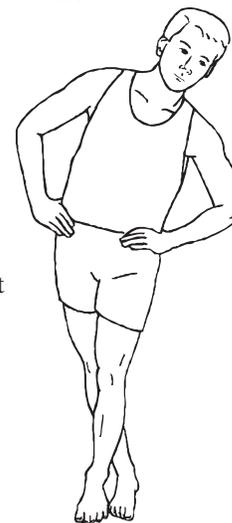
## HIP OBLIQUE - External Rotators

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

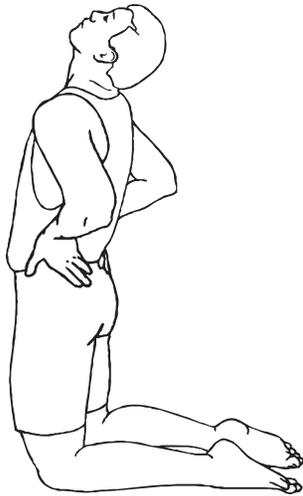
Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.



# STRETCHING EXERCISES

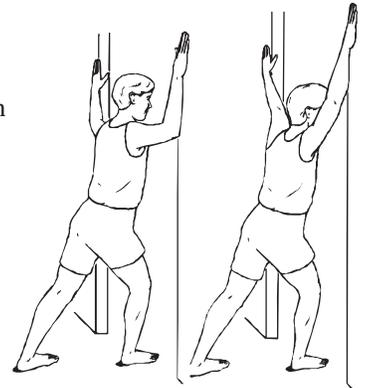
## ABDOMEN - Abdominals (Mild)

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

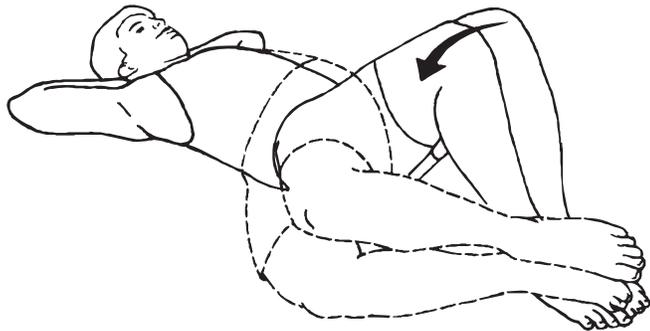


## CHEST - Pectorals

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.

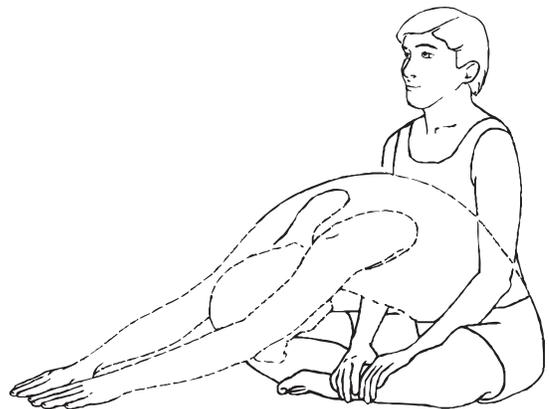


## LOWER BACK - Lumbar Rotators



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

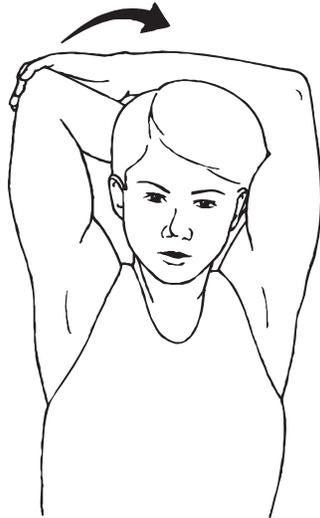


With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.

# STRETCHING EXERCISES

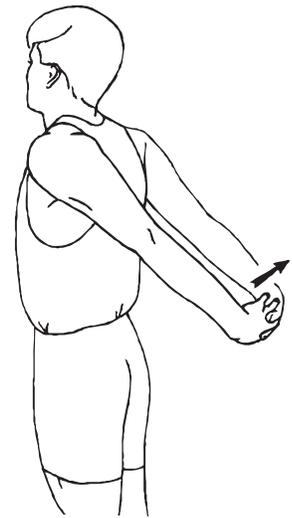
## ARMS - Triceps

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.

