

Cycling Fusion Winter Training

Objective

This winter training program follows Cycling Fusion principals which are designed to train outdoor cyclists with optimal tools available from the indoor environment. By having control over our environment, we can design and execute very specific training protocols with specific targeted results. By employing heart monitors, cadence counters, power meters, videos, and metabolic testing equipment, we will be able to keep track of our progress, motivate our students, and bring our overall understanding of our own bodies and how to train them to a new level.

Requirements

The following is required of all students signing up for the 16 week program

- They must have a race or cycling event they are training for. This is a cycling specific training program
- They must own a heart monitor that can measure their time in 5 separate zones. The zones must be able to be set by the user/student, and not “hard coded” into the monitor.
- They must agree to follow a workout routine between the group sessions, and record all of their results on FitnessJournal.com
- They must agree to the financial costs up front, as there are no refunds or pro-ration after the session begins. There are a limited number of spaces, and thus this policy must be in effect.

Cost

1. The basic cost of the 16 weeks of instruction and use of the facilities at Global Ride Training Center is \$25 per week for Global Ride members, and \$35 per week for non-members. Fees must be paid via automatic charge of the students credit card, or auto-withdrawl from a checking account once per month.
2. Additional costs are per service or product listed below. These are mandatory for each student
 - New Leaf Metabolic Test (VO₂ & Heart Zone Testing) ; one before, and one after. Each test is \$60 per person, per test (normally the first test is \$129, and second one is \$89)
 - Annual subscription to FitnessJournal.com. Special Pricing is \$25 (normally \$40)

When & Where

Cycling Fusion Winter Training is held at the Global Ride Training Center, every Saturday morning from 8am to 12:30pm, after the first of the year, for 16 consecutive Saturdays. After the first class is full, a second class can be formed for Sunday Afternoons.

Weekly Agenda

Below is a sample agenda for our 16 weeks of training. The first week shows more detail in order to give you a feel for how the day will flow. In general, as the weeks press on, we will work up to 90 minutes of cycling and we will decrease our time in other areas as needed. However, knowledge is power, and we will strengthen our understanding of how to train as we build up our fitness for maximum performance.

Pre Class Homework:

- New Leaf VO2 / Threshold Assessment
- Login & Account established with FitnessJournal.com
- Personal Heart Rate monitor configured for student's 5 Heart Zones
- Specific personal goal related to cycling selected for 2010

Week 1: Foundations & Baselines

Class Room Work: Heart Zones Foundations, Training Load in HR

On-Bike Work: Power Baseline Tests – Sustainable Power

8:15 - 9:00	Class room	Gene Nacey or Beth Shutt Review Syllabus, Q&A about the 12 weeks, the Key Heart Zones Foundational Principles of Training. Explanation of FitnessJournal.com. Discussion of New Leaf Test Results. Ambient Heart Rate Test, Delta Heart Rate Test.
		Once per month Beth Shutt will hold a session which focuses on nutrition, diet, proper fueling, etc.
9:00 - 10:00	Weight Rm	Denise Renard leads strength training
10:00 - 10:15	Lounge	Snack, etc
10:15 - 11:30	Cycling Rm	Gene Nacey leads Power Baseline Tests
11:30 – 12:30	Cycling Rm	Lindsay Peters leads Yoga & Pilates for Cyclists

Week 2: Foundations & Baselines

Class Room Work: Power Training Foundations, Training Load in Power

On-Bike Work: 60 min. Power Baseline Tests – Climbing Power & Zone 2 work

Week 3: Form & Baselines

Class Room Work: Bike Fit, Bike Position, Cleat Position, Injury Prevention, Learning to listen to your body

On-Bike Work: 60 min. Power Baseline Tests – Explosive Power & Zone 2 work

Week 4: Periodization & The Big Picture

Class Room Work: Periodization, Stages of Training, Planning Your Personal Workouts

On-Bike Work: 60 min. Endurance work in Heart Zone 2 & 3, Field Testing

Week 5: Sports Nutrition & Base Building

Class Room Work: Beth Shutt: Nutrition; Food as Fuel, Weight Management

On-Bike Work: 70 min. Endurance work in Heart Zone 3 & 4

Week 6: The Science of Training

Class Room Work: The Aerobic vs Anaerobic Energy System

On-Bike Work: 70 min. Endurance work in Heart Zone 3 & 4

Week 7: Science of Training II

Class Room Work: Understanding VO₂ & Lactate Threshold

On-Bike Work: 70 min. Sustainable Power workouts

Week 8: It's All About Power

Class Room Work: Power Basics; Muscle fibers employed, outdoor equipment

On-Bike Work: 70 min. Sustainable Power workouts, Field Testing

Week 9: It's All About Power II

Class Room Work: Power profiles, Training with and for Power

On-Bike Work: 80 min. Combination Power workout

Week 10: Fueling, Electrolytes & Event Nutrition

Class Room Work: Beth Shutt: Discussions of the “before, during and after” nutritional needs of Races & Long Rides

On-Bike Work: 80 min. Structured Warmup followed by Steady State work

Week 11: Cycling Fusion Training

Class Room Work: Importance of Cross Training, Mental Training, Using Music

On-Bike Work: 80 min. Aerobic Intervals, Heart Rate Recovery Training

Week 12: Gender & Age Specific Training Adjustments

Class Room Work: Different Training for Men & Women, Training differences in youth thru seniors

On-Bike Work: 80 min. Structured Warmup followed by Tempo work, Field Testing

Week 13: Specialization Training

Class Room Work: Types of Riding & Racing, Limiters, Target or Specific Training

On-Bike Work: 90 min. Explosive Power Testing, Steady State work

Week 14: Diet, Supplements, Nutritional Wrap Up

Class Room Work: Beth Shutt: Types of training diets, Endurance fueling

On-Bike Work: 90 min. 2 by 20 Sustainable Power & Heart Rate Recovery intervals (this week make sure to get retested for VO2 and Threshold)

Week 15: Specialization II

Class Room Work: How to structure your season & train for specific events

On-Bike Work: 90 min. Structured warmup followed by 60 min Tempo ride

Week 16: Recovery, Over-Training & Final Testing

Class Room Work: Importance of Recovery, Identifying Over-Training, Resolving an Overtrained State

On-Bike Work: 90 min. Final Field Testing