

UNM Lobo Cycling Team 2009-2010 Workout Instructions

The general idea here is to use the first 3 weeks of workouts in a row, followed by the rest week...then repeat as needed. That's fairly common, 3 weeks of progressively more work, followed by a period of less (and lower intensity) work in order for your body to recover and get faster. Hard work is important when you're training hard, but the rest and recovery are just as important, that is when your body *supercompensates* (i.e. – adapts to the stress you've been putting it under) and you get faster.

The Race Week schedule is for weeks when you're racing on the weekend. It's a combination of more rest & recovery (so you're fresh for the weekend) with a couple days of short but high intensity workouts on Wednesdays (to stay "open") and then either Fri or Sat (the day before you race) to make sure you're opened up and "primed" for the race(s). We're basically hitting every energy system with this workout.

For any of the workouts, a warmup and cooldown are good. Sometimes you only have time for 5-10 minutes of spinning, other times you can do a more complete warmup. Generally speaking, always try and ride for at least a few minutes (consider 5-10 a minimum) before starting the hard efforts in any workout, and take 5-10 minutes to spin easy and cool down after the hard efforts.

Unless otherwise specified, recovery time between intervals ought to be at least 2 minutes, but generally not more than 10.

There is one day I have you doing sprint workouts. Sprints should always be 10-12 seconds, from a slow rolling start (~10mph), with at least 2 minutes recovery between sprints. Vary gears and terrain, do a few on the flats and a few uphill, a few in a larger gear like 53x15 and a few in a small gear like 39x16 where you sit & spin at the end.

Some of you will be more familiar than others with the various intensity levels. If you're not sure what I mean by "tempo", "threshold", etc, then take a look at the Intensity Levels chapter. If you didn't get one of those, email me at john@jbvcoaching.com.

Local climbs are good places to do a lot of the efforts included in this program. The "fingers" up off of Tramway Blvd are good for the shorter efforts, while Tramway Blvd itself (from the intersection with Rainbow Road just off the I-25 exit) is excellent for the longer threshold intervals. Use your teammates, the email list and the Facebook page to get more ideas for good local routes.

Besides organized team rides, local group rides are excellent for road training rides on the weekend. Besides the Lobo ride itself, a number of local clubs have group rides on weekends (and sometimes weekdays). Consult NMCycling.org for a complete list. These can be useful in that you can practice group riding skills, meet non-UNM members of the local cycling community, learn new training routes, and in some cases push yourself fairly hard to simulate race situations. Always introduce yourself when you're new on a ride, be friendly and courteous, and follow all traffic rules.

For those who are focused on MTB racing, the weekends are good times to get out on the trails to get your workouts done while also working on technical skills. Again, use the email list and Facebook page to get ideas for good local trails, and to coordinate group rides. Again, obey local trail rules, always be friendly and courteous.

The only real difference between the “Beginner/Intermediate” and “Intermediate/Advanced” programs is in the amount of work. If you’re an experienced racer you’ll probably choose the latter, if you’ve never raced or seriously trained you’ll probably choose the former. If you’re not sure, err on the side of doing the lower volume plan, and if you find it “easy” after a 4-week cycle, then use the harder plan the next time around.

You'll also notice core workouts several days per week. That's not a time-consuming workout, you can do it along with an easy spin on the trainer, some focused stretching (see <http://www.rice.edu/~jenky/stretch.html> for a good stretching routine).

Here are 4 potential core workouts that only take 15-20 minutes each:

<http://www.byrn.org/gtips/core.htm>

<http://www.d3multisport.com/articles/core1.html>

<http://www.d3multisport.com/articles/core2.html>

<http://www.d3multisport.com/articles/core3.html>

I assume you've all got your own stuff you like to do when not on the bike, I'm mainly just throwing these in as ideas. The easy days are also good days to do other sports (swim, hike, etc) if you like.

I have clean/check your bike on a couple of the days, experienced riders clean their bikes when they're dirty, and that's also a good time to check over the braking, shifting, tires, wheels to make sure everything is working optimally. If you don't know how to do this yourself, partner up with a teammate who does and have a bike cleaning/bike check party. You can also take it to a local shop and pay to have it done, but then you're without a bike for a few days, and really you need to know the basics of how your bike works in order to be able to support yourself as a racer.

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