



# 100 KM Metric Century 2014 TRAINING BIBLE

## Getting Started

Before starting a training program it is recommended that you consult your physician. It is also recommended to have your bike tuned and your position assessed by a qualified bike shop. This will help ensure that your bike is safe and reliable and that your bike position is comfortable and efficient which will minimize your chance of injury and make your long rides more enjoyable. **Custom bike fitting is a service that is available from The Toronto Trek Bicycle Store; visit them online at <http://trektoonto.ca> or call (416) 481-8735**



## Training

Your training program needs to be designed to prepare you for the demands of a 100km ride, with the goal of finishing in 3-5 hours. Your training program consists of a number of different types of rides (which are detailed below). It is the combination of these rides in a structured progression that will have you properly prepared for the Ride for Karen. Over time, you will need to gradually increase the duration and intensity in certain rides as you build your endurance. Ultimately you will achieve the level of fitness that you need to successfully complete the Ride for Karen.

## Types Of Training Rides

Each ride serves a specific purpose in your training program and is explained in more detail below:

- **Long rides:** These rides are critical for success at the Ride for Karen. They help build the necessary endurance for the event and are most specific to the actual riding you will do in the Ride for Karen.
- **Endurance rides:** A similar intensity as your long ride but a shorter duration.
- **Intervals:** Shorter rides that prepare you for the more intense aspects of the event (hills, wind, chasing your friends), by repeating harder efforts with short periods of recovery.

- **Tempo Rides:** A shorter ride that is done at intensity greater than an endurance ride but less than an interval ride.
- **Recovery rides:** A short easy ride used to flush your legs and help your body recover from harder workouts.

## Warm Up And Warm Down

Each workout should have a proper warm up and warm down. Your warm up should last 15-30 minutes and start at a nice comfortable pace to get your muscles warmed up and ready for the harder work ahead. The first 10-20 minutes should be done at an easy effort level, you should then add in 4-8x60 second pickups where you build your pace up your workout intensity. Rest for 60 seconds between each pickup. This will ensure you body is ready to go when the hard work starts. Your warm down should be 10-30 min of easy pedaling in an easy gear. This is used to flush out your legs and help your body recover for the next training session.

## LONG RIDES

The long ride is the key workout to get you ready for the Ride for Karen. But you must follow a proper progression – you can't just jump into training and do a 4-hour ride if the longest ride you have done in the last few months is only 45 minutes.

Make sure to build slowly, and don't add more than 15-30 minutes to your long ride each week. Also make a note of your total training hours each week and try not to add more than 10% from one week to the next. This is especially true for the novice athlete or an athlete who is currently doing more training hours than they have done in the past.

One of the keys to finishing a longer event like the Ride for Karen is to make sure you pace yourself properly. Your long ride is the perfect time to practice this. Too many people go hard right from the start and burn up valuable energy that will be needed down the road. Practice constraint and keep your effort levels down, aim to do most of your long rides at an Easy to Steady pace you will have some Mod Hard sections on hills, but limit the amount of Hard efforts you do, especially in the first half of the ride. Many athletes sprint up hills like each one is a race. That will be fine for the first few hills but you will be walking up hills by the end if you overdo it. **To help make hills easier be sure to have your bike fitted with the proper gearing. This will allow you to climb without overexerting yourself.**

## ENDURANCE RIDES

Endurance rides should be at the same intensity as your long ride (after warming up aim for a steady effort level) but of a shorter duration. These rides are used to build your aerobic base while allowing for a quicker recovery time than a long ride.

## INTERVALS

For the more experienced rider, it's also a good idea to add some intensity—in the form of intervals—to your midweek rides. This can be in numerous forms and different settings. Some good examples are:

- Hill "repeats" on local hills
- Mid week time trial run with a local cycling club
- A workout on an indoor trainer



The intensity portion of the workout should be broken into intervals of 3-20 minutes with a rest period of 1-5 minutes. The total duration of the intervals should be 15-50 minutes, depending on your level of ability. For example you can ride a local hill that takes 3-5 minutes to climb, repeating the cycle 4-5 times for an intermediate rider, and 6-8 times for an experienced rider. Use the ride back down the hill for recovery. Many local cycling clubs have weekly 10-20km time trials, these are a great opportunity to go out and work hard and to test your pacing and check your performance over the course of the season. Another example is a workout on your indoor trainer where you ride a pyramid of 5/8/12/8/5 minutes at a Hard effort level with 2min rest between each interval. The effort level for all of these workouts should be Mod Hard to Hard but you should be able to finish all repeats at the same speed and you should always finish feeling like you could do one more (just don't do it!!). Add one more interval per week or extend each interval by a minute or 2 to provide a progressive overload to your system over time.

### TEMPO RIDE

This workout is slightly longer in duration than your interval workout but at a slightly lower intensity. The idea here is to find a rolling stretch of road with little traffic interference. After a proper warm up (same as for the interval workout) hold a Mod Hard effort level for 30-60 minutes (20-40 minutes for an intermediate rider and 30-60 minutes for an experienced rider). Your effort level should be Mod Hard but not all-out. Conversation may be difficult but you shouldn't be gasping for breath and you should finish feeling like you could still go longer. Any hills will provide a little variation in intensity. Go slightly harder up the hill, but not so hard that you have to rest down the other side. A few rolling, but not very steep hills are best. You can add 5 minutes per week to this workout to provide the proper progression. A proper warm down of 15-30 minutes of easy pedaling should also be done after this workout as well to help aid in your recovery.

### RECOVERY RIDE

This is a short, easy ride used to flush your legs out and help your body recover for harder workouts. Many athletes make the mistake of going too hard in these workouts. The intensity level should feel (very) Easy and these rides should be short, 30-60 minutes. Going too hard or too long is counterproductive. Many athletes go too hard during a Recovery ride, and therefore remain tired, reducing their performance in their subsequent harder workouts. As a result, these are wasted training sessions: they are not stressful enough to provide the proper overload and at the same time, not easy enough to allow for recovery from previous sessions.

### CADENCE

Cadence is a very individual thing, and the right cadence will depend on the athlete, the day and the terrain. But in general your cadence should be between 80-100rpm, any lower or higher is likely to be inefficient. For multiple day rides it tends to be better to be at a slightly higher cadence (90+rpm). Having the right gearing make a huge difference here and always err on the side of easier as opposed to harder gears, if you are forced to pedal at <60rpm or go Hard to

Very Hard to get over hills because your gearing is too big this will make the ride much tougher and your recovery from day to day much harder. **Compact cranks (front chain rings of 50x34 as opposed to the more traditional 53x39) help to make like easier for many long distance athletes and may well be worth the investment.**

## Group Riding

Before riding in the Ride for Karen it is a good idea to get some experience riding in a group. Your local bike shop or club is a great spot to go to get some advice on an appropriate group for you to ride with. Riding in a group is much faster than riding on your own because of the benefit of drafting. But drafting and bike handling are skills that need to be learned and trained so that you can safely benefit and enjoy riding in group situations. For beginners you need to find someone who will explain the ins and outs of riding in a group and what you should and shouldn't do, this will make your riding much more social as well, when you are comfortably able to ride with others. The Ride for Karen holds three training rides during the season which feature instruction from experienced cyclists:

- Sunday July 13th - 100km
- Sunday Aug 10th - 160km

## The Training Plan

### TRANSITION PHASE (2-4 WEEKS)

The Transition Phase is for when you first start back into training again. In this phase you are looking to get back into the groove of training and build some consistency and frequency into your training plan. You need to start training at a length of time that you can comfortably complete and at an easy to steady effort level, you can then add 10%/week to your volume, but maintain the easy to steady effort level. This phase is only necessary for those athletes who have done limited training in the previous 4-6 weeks, if you have been training consistently in this time you can move to the Base Phase. The length of this phase will depend on your athletic history, the more of a beginner you are the longer it needs to last. The goal in this phase is





to build up to riding 2-4 days a week for 30-60min with some additional cross training.

### **BASE PHASE (FEB-MAY)**

This is the longest phase and where you will slowly be building your endurance to handle the biggest months of training in June and July. At the end of your Transition Phase you should have a recovery week then start into your Build Phase. In this phase you will increase your volume (amount of training/week) as well as frequency (number of rides/week) and also start to add in some intensity. For those in cool climates in the beginning (Feb, March) you can do your intense workouts in a spin class or on an indoor trainer. In this phase you will want to build up to riding 3-5 days/ week with 1-2 intense workouts and 1 long ride, you can also include 1-2 days of cross training. During this phase you will also need to start incorporating build and recovery weeks. A build week is when you are providing an overload to your system and you will have a week with increased volume and/or intensity. Each successive build week needs to be a little tougher, so a little longer ride, or an interval or 2 more in your interval workout. The recovery week is about rest! Your volume should be cut to 50-75% of your build weeks and you should eliminate any intensity above a steady effort level, the goal of these weeks are to allow your body to adapt and get fitter and to give yourself a mental break from the harder build weeks. 3 weeks of build followed by a recovery week is a good place to start for most athletes but you may find you need more recovery (2 and 1) or you can handle a bit more build (4 and 1).

When you start back to building after your recovery week you can aim for the same volume and intensity you did in the second of your previous 3 build weeks. Always remember recovery is as important as hard training though!

### **PREPARATION PHASE (JUNE-AUG):**

The Preparation Phase is where you will do your longest and hardest training. This period is when you will see your greatest volume (and the weather is nicer now as well, it makes it easier) and your program should include back to back long rides on some weekends to help prepare you properly for the Ride for Karen. You should aim to be riding 3-6 days/ week with 1-2 intense workouts and 2 long rides; you can also include 1-2 days of cross training. More experienced riders can have 2 intensity sessions during the week and 2 long rides, while less experienced riders should aim for 1 intensity session, 1 endurance ride and 1 or 2 long rides. This phase is the same as the Base Phase in terms of build and recovery weeks.

### **TAPER PHASE (END OF AUG - RIDE FOR KAREN):**

The Taper Phase is where you start to back off on your training to allow your body to rest and recuperate for the big weekend. This phase will last 1-2 weeks and your longest ride should occur at least 2 weeks before the Ride weekend. In this phase you will maintain frequency (riding 3-6 days/week) but cut back on volume and intensity, volume is what will be cut the most (down 35-50%) as we allow your body to rest and reenergize before the Ride for Karen.

## **Nutrition**

Nutrition plays a critical role in your performance and recovery in both training and racing. For workouts of up to 90 minutes in duration you can drink just water. But for workouts longer than 90 minutes you will need to consume some form of carbohydrate as well. A very general outline is that for rides of 2 hours or longer you should try to consume 750ml to 1 litre of liquid, and 50-75 grams of carbohydrate. Here are some examples:

- 1L of Gatorade = 66g of carb and 1L of liquid
- 3 Power Gels (25g each) and 1L of water = 75g of carb and 1L of liquid
- 1 Power Bar Performance (45g) and 1 gel (25g) and 1L of water = 70g carb and 1L of liquid
- 500ml of Gatorade (33g), 1 Power Gel (25g) and 250ml of water = 58g carb and 750ml of liquid



You should be consuming your carbs right from the start of the ride, don't wait until 90min or 2 hours to start. These numbers will vary amongst athletes so it is very important that you practice your nutrition plan in training so that you are aware of what works for you and what doesn't. For recovery after your hard or long workouts it is very important to refuel with a combination carbohydrates and protein. You are aiming for a carbs to protein ratio of 4 to 1 taken within 15-30 minutes of completing your training. Your body offers a short window of opportunity in which it is able to store extra carbohydrates for future use. If you don't consume the right amount in that time frame, your recovery will be compromised. It is important to plan ahead so that you have the right food available. Tuna on a bagel, a carbohydrate/protein bar or chocolate milk can all work well.