

Rock the Triple Bypass in 2012! Get schooled in a good way, get a coach

By Rob Lockey, CSCS

Triple Bypass 2012 will be doubled again. The Westbound/Eastbound and Double routes that brought this event up to a new level last year are back, so is Optimize Endurance Services with training plans to help you rock the Triple. Make sure that your summer touring experience is at its best, follow a structured training plan and ensure a successful event day. This will be the fifth year OES provides purchasable training plans to prepare riders for the event. Below you'll find descriptions about the plans and as always you're welcome to use the contact info provided to get any further questions answered.

New and improved:

- 2012 plans are enhanced based upon the feedback received from the survey sent out to 2011 training plan participants, a final thanks to the many people that completed the survey
- Enriched workout descriptions
- Longer weekend rides
- Mileage or time options on the workouts
- Updated Strength Training workouts using new media in the TrainingPeaks website

Training plan options:

- Double Triple Plan, Eastbound Plan and Westbound Plan
- You will choose whether you are experienced or beginner and what length of plan you desire
- 5 plans are 23 weeks in length and 4 are 15 weeks in length, you'll just need to choose your ability level. (Please note the Double Plan will only be available in the 23 week version due to the nature of this event, OES feels riders should be doubly prepared.)
 - 23 week starts February 6th and the 15 week starts April 2nd 2012
 - There is also a free plan with basic guidelines to assist in improvement

Practice rides of the climbs:

- New for 2012 will be 'Ride the climbs' practice rides. Each route will cover one of the three climbs that a Eastbound, Westbound or Double will encounter on event day.
 - June 17th Squaw pass/Chicago Creek climbs (Bergen Park to Idaho Springs and back)
 - June 24th Loveland pass climbs (Georgetown to Keystone and back)
 - July 1st Vail pass climbs (Frisco to Vail and back)
- The three practice rides will be conducted to give people a chance to meet others and get a great day of training in on the route the Triple Bypass follows
- Each ride is self supported and is either a loop or an out and back
- Even if you don't purchase a training plan you are welcome to join the rides because they are free of charge and will be posted on the OES website Training Rides Calendar
 - Times/meeting spot/route map supplied on the website-make sure to get on the email list for updates on the rides

Physiology testing:

- Plan purchasers receive a 20% off coupon on a Lactate Threshold bike test to help dial in training zones with heart rate monitors or power meters

Updated training interface for client interaction:

- Training Peaks.com has upgraded their website for a more seamless use with drag and drop options and better calendar, nutrition, e-mailing of workouts and journaling tools

As the lottery draws nearer please visit the OES website to read more information about the 2012 Triple Bypass Training plans and we look forward to working with you and Team Evergreen to bring you a wonderful ride the weekend of July 14th/15th.

Rob Lockety, CSCS, ACSM/HFS and a USA Cycling LII*D Certified Coach, provides testing and coaching through Optimize Endurance Services. Contact him at 303-356-9893 or rob@optimizeendurance.com

The screenshot shows the Optimize Endurance Services software interface. The main window displays a calendar view of training sessions from Jan-12 to Jan-30. A 'Quick View' window is open over the Jan-21 session, displaying details for a 'Note to Client Starting the Triple Bypass'. The Quick View window includes fields for Planned Duration, Actual Duration, Planned Distance (mi), Actual Distance (mi), Speed (mph), Pace (min/mile), Calories (calories), Energy (k), Temperature (F), and Elevation gain (ft). It also has a 'Description' field with text: 'This is not a Workout, but a place to provide information to you. Welcome to the training plan for the Triple Bypass on July 11th 2009! Please take some time to look through the workouts and familiarize yourself with the Training Peaks software. Please feel free to contact me at 303.356.9893 or rob@optimizeendurance.com with questions. I will be glad to help you. I feel this plan will give you the structure you need to have an enjoyable day and get to Avon to party with friends and family.' There are 'View all Details' and 'Save and Close' buttons at the bottom of the Quick View window.

The screenshot shows the Optimize Endurance Services software interface with a dashboard view. The dashboard includes several charts and graphs:

- Fitness Summary:** A pie chart showing actual distance and duration. Data includes: Bikes (30.35%, 143.83 miles), Road (3.35%, 3.27 hours), Mts Bike (38.35%, 146.00 miles), and Hrs (27.95%, 11.93 hours).
- Training Duration (Premium):** A bar chart showing workout types over time from 02/30/09 to 05/11/09.
- Daily Calories (Premium):** A bar chart showing actual calories burned vs. consumed in BMR from 04/01 to 05/25.
- Macronutrients:** A pie chart showing grams of macronutrients. Data includes: Carbohydrates (61.8%, 3969 Grams), Fat (35.77%, 10465 Calories), and Protein (1.13%, 1087 Grams).
- Weekly Goals:** A section for setting goals for the week of Monday, May 25, 2009 - Sunday, May 31, 2009. It includes input fields for Goal 1, Goal 2, and Goal 3, and a 'Save Weekly Goals' button.

Presented here are two screen shots of the TrainingPeaks interface

for the 2012 Triple Bypass Training Plans

Look to purchase the plans in February 2011 from the Optimize Endurance Services Website