

15-week Triple Bypass Eastbound Beginner Plan \$158.00-Rob Lockey USA Cycling L2/CSCS

Author: Rob Lockey, CSCS, USA Cycling Coach L2, ACSM

15 weeks - \$158.00

Total Miles: 822

Total Hours: 140



15-week Triple Bypass Eastbound Beginner Plan is based on an average 6-8 hours per week commitment with a few weeks of 10 hours. Please view the questions on the Optimize Endurance Services website www.optimizeendurance.com for choosing the plan that's right for you.

Highlights of the plan include; Benchmark tests and a cycling field test to determine training zones, strength training periodization and core maintenance workouts as well as mileage suggestions. Added bonuses noted in the plans are organized practice rides to complete the climbs over several weekends prior to the event on the 10th of July, 2011. Make sure you get on the e-mail list for more information to be distributed in early May 2011.

Setting annual training hours is one of the most critical decisions you make about training and will help make a realistic decision on which training plan best fits your schedule. To help you determine annual training hours- Add up your hours you have trained in the previous twelve months. Now divide this number by 52 to get your average weekly hours. The number of hours you train in the coming season – including swimming, cycling, running, weights and cross-training – determines your training work load. This workload should be 10-15% higher if the Triple Bypass is your longest event to date.

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► **What do you get with a training plan?**

Training Volume for 15-week Triple Bypass Eastbound Beginner Plan \$158.00-Rob Lockey USA Cycling L2/CSCS

