

General Training Plan Copper Triangle 2012

Follow this FREE plan to prepare for the 78 mile Copper Triangle Alpine Cycling Classic

WEEK	Weekday goals	Weekend Goals
May 14th to May 27th	<ul style="list-style-type: none"> -Have at least one day off a week and one less intense ride. -Strive to ride for at least 1:00 day these first two weeks -Work on pedaling drills to increase efficiency while maintaining low to moderate heart rates. One day of single leg pedaling drills and one day of high cadence pedaling. 	<ul style="list-style-type: none"> -Plan out your projected ride time for the Copper Triangle by dividing 78 miles by expected your average speed. Example 10MPH for 78mi is roughly 8 hours in the saddle not including rest stops. Each week you should increase your weekend ride durations to get closer to this predicted time. Start at 40% of your goal time split equally between Sat/Sun the first weekend, 50% the next. Low intensity to start.
May 28th to June 10th	<ul style="list-style-type: none"> -Week 1: A continuation of last week but increase to 1:15 per day. You should be getting more efficient with your pedaling and be able to feel an increase in ability. -Week 2: This is a lighter week. Keep the intensity low and consider adding a second rest day. Max 1:00 per day. 	<ul style="list-style-type: none"> -Week 1: Increase the duration of your weekend rides to 60% of your goal time split equally between the two days. Low to Moderate intensity, -Week 2: Keep these two days to 1:00 each, low intensity only. Remember, this is a recovery week!
June 11th to June 24th	<ul style="list-style-type: none"> -Strive for 1:15 per day these weeks -During one of your rides build in some short, 20-30sec efforts of low cadence, all out efforts in the saddle. Really focus on putting as much force into the pedals as possible. Recover completely before repeating. Try to do more of these for week 2. 	<ul style="list-style-type: none"> -Week 1: Back to 60% of your goal time this week, split between the two days. Intensity should be moderate. Look for routes with a good mix of hills and flats. -Week 2: This week sees an increase to 70% of your goal time this week, moderate intensity. Start getting in some longer climbs.
June 25th to July 8th	<ul style="list-style-type: none"> -Week 1: Increase to 1:30 per day. In addition to more of the low cadence efforts from above, include one day of several 3-5min high intensity intervals with a short rest of 2min in between. -Week 2: Time to back off again and recover. Keep the intensity low and duration to 1:00max. Consider a second rest day. 	<ul style="list-style-type: none"> -Week 1: Increase to 80%. Look for longer, steeper climbs for your route. Staying seated on climbs will help to strengthen legs, hips and glutes more effectively. Intensity should be moderate to hard. -Week 2: Keep these two days to 1:00 each, low intensity only. Remember, this is a recovery week!
July 9th to July 22nd	<ul style="list-style-type: none"> -These weeks see a reduction to 1:15 per day as we begin to taper for event day. -Include one day of 3-5min intervals each week, striving to do one more effort than the last session . -Focus on pedal stroke, pushing forwards at the top of the stroke and pulling back at the bottom. 	<ul style="list-style-type: none"> -Week 1: Reduce back to 70% of your goal time. Spend some of your time in a bigger gear than normal and switch up the pace on the climbs. Push the effort high and recover to moderate and repeat. -Week 2: A further reduction to 60% this week, keep intensity high -Look to join OES on a 'Practice Ride' check the website for details
July 23rd to August 4th	<ul style="list-style-type: none"> -Week 1: Decrease your ride time to 1:00 per day. Hill repeats and group rides will help keep the intensity high. Short, hard riding this week. -Week 2: -Last week before the fun day in the saddle with lots of cycling friends. Taper this last week by reducing the length of your rides to 0:45 as well as decreasing the intensity. You've already put in the hard work, this is a week for recovery. 	<ul style="list-style-type: none"> -Week 1: Reduce your riding this weekend to 50% of your goal time. Continue to spend time at high intensity on the climbs and mix in a few sprint efforts when riding on the flatter sections. -Look to join OES on a 'Practice Ride' check the website for details -Week 2: Your fitness and confidence should be high. Get a good amount of rest in and set aside time to get you and your bike ready to go. Enjoy your ride and the scenery. See you at the finish!

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