

Triple Bypass 2009



Month	Weekday goals	Weekend Goals
January 12th to February 15th	<ul style="list-style-type: none"> -Have at least one day off a week and one very easy ride. -Work on pedal drills to increase efficiency while maintaining low to moderate heart rates. (single leg and or high cadence) -Include some cycling specific strength training at least once per week. (upper and lower body) 	-Plan out your projected ride time for the Triple Bypass by dividing 120 miles by your average speed. Example 10MPH is 12 hours in the saddle not including rest stops. Each month you should increase your weekend rides durations to get closer to this predicted time for you. Start at 25% of your goal time this month.
February 16th to March 15th	<ul style="list-style-type: none"> -Continuation of last month with an increase in durations. -You can throw in some cross training to break up the monotony of the trainer if you're stuck indoors. Still low to moderate intensity. -Add another day of strength training for the next two months and build up to a maintenance phase. 	-This month starts an increase to 30% for the first two weeks and then move to 35% for the last two weeks. As the weather gets better try to get out to some hilly rides to help work on climbing form and feeding. Effort should be moderate for the entire ride with some active cool down to help recover.
March 16th to April 12th	<ul style="list-style-type: none"> -You should be getting more efficient with your pedaling drills and be able to feel an increase in ability. -It's time to try and get out during the week to ride some rolling terrain. Stay in the saddle when climbing to increase or maintain hip strength. Moderate intensities. 	-This month starts an increase to 40% for the first two weeks and then move to 45% for the last two weeks. It's going to be real important to find some extended climbs you can spend time on from here on out. Practice higher cadences and push the moderate intensity towards high for extended durations.
April 13th to May 10th	<ul style="list-style-type: none"> -Remove one day a week of strength training, replace it with a longer ride, moderate intensity, with small high intensity sessions. -Strength training should be full body and maintenance of where you're at currently. -Hill repeats and group rides will help you push the intensity up. 	-This month starts an increase to 50% for the first two weeks and then move to 55% for the last two weeks. Now is time to hook some of your shorter courses together and get some good high miles in the hills. Spend one day at the low to moderate intensity and the other at moderate to high.
May 11th to June 7th	<ul style="list-style-type: none"> -Continue with the once a week strength training for maintenance and health. -Spend some time on extended climbs, in and out of the saddle. -Also practice your downhill skills and feeding. -Look to join OES on a 'Practice Ride' check the website for details 	-This month starts an increase to 60% for the first week and then move to 65% for the next week. Third week to 70% fourth to 75%. Power building time. Spend some of your time in a bigger gear than normal and then switch up the pace on the climbs. Push the effort high and recover to moderate and repeat.
June 8th to July 11th	<ul style="list-style-type: none"> -Last weeks before the fun day in the saddle with lots of cycling friends. You should be spending a good amount of time on the bike and doing your best to recover properly. You can also remove the strength training for now to help achieve maximum of both. Taper the last week by reducing your rides by half. 	-This month starts an increase to 80% for the first week and then to 85% for the next and third week to 90%. You should have your feeding dialed in for long rides and your 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 day and the scenery!

By downloading this 'Free Training Plan' you agree to the disclaimer listed on the OES website. Please use with caution and let us know if we can help.