

# 23-week Triple Bypass Westbound Experienced Plan \$190.00-Rob Lockey USA Cycling L2/CSCS

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23 weeks - \$190.00

Total Miles: 2395

Total Hours: 308



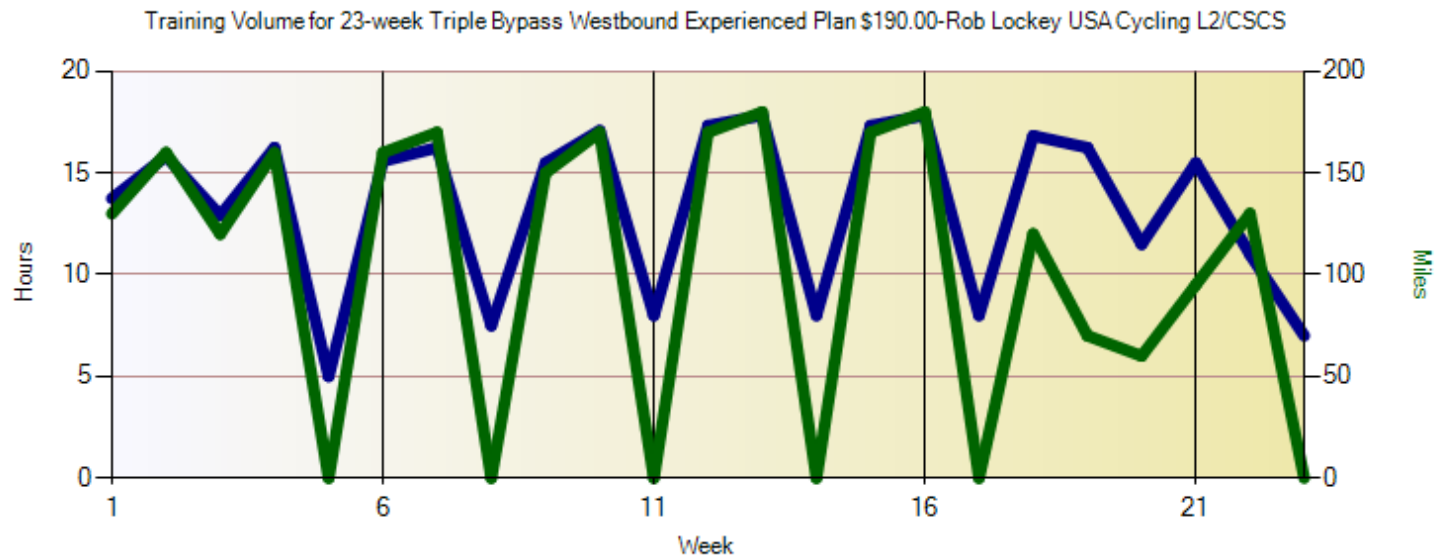
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23-week Triple Bypass Westbound Experienced Plan is based on an average 10-14 hours per week commitment with a few weeks of up to 18 hours. Please view the questions on the Optimize Endurance Services website [www.optimizeendurance.com](http://www.optimizeendurance.com) 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 all the climbs over several weekends prior to the event in July. Make sure you get on the e-mail list for more information to be distributed in early May.

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.

► What do you get with a training plan?



**Sample workouts:**

Workout #1 : Bike

**Cyclist Field test**

Planned Time: 1:00:00

Please follow the directions provided on the attached PDF document to perform this field test for determining an estimated lactate threshold to design training zones for heart rate. This will enable the training plan design to be effective. Please consider in the future having an Lactate Threshold test performed by Optimize Endurance Services, this will give you the true snapshot of your current fitness from which to train.

Workout #2 : Custom

**Note to Client Starting the Triple Bypass Westbound**

Planned Time: 0:00:00

This is not a Workout, but a place to provide information to you. Welcome to the training plan for the Triple Bypass westbound on July 9th 2011! 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](mailto: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 freinds and family.

### Workout #3 : Strength

#### **ST (Ta) Transition Phase Workout a 2setsx15reps week 1**

Planned Time: 1:00:00

Transition phase lasts 1 week and consists of higher rep/lower weight lifting. Helps give the body rest from a completion of a season or prepares the body for the start of strength training. Perform reps and sets at a 1 to 1 ratio of work to rest (ex: 30sec lifting:30sec rest)

### Workout #4 : Bike

#### **Rolling hills seated**

Planned Time: 1:15:00

Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Can be done on trainer if needed by changing gears or resistance.

### Workout #5 : Bike

#### **Trainer or road--Spin-ups**

Planned Time: 1:00:00

Spin-ups. Slowly spin-up to max rpm over 30 seconds. When you begin to bounce, back off and then hold it for 10 seconds. Recover completely and repeat several times. Stay RELAXED!

### Workout #6 : Bike

#### **Indoors-Isolated Leg Training**

Planned Time: 1:00:00

Isolated Leg Training (ILT)on trainer. After warm-up, alternate 20 seconds with 1 leg--other unclipped. Get a total of 7 minutes of ILT on each leg in workout. Alternate legs as you feel like it. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top.

### Workout #7 : Strength

#### **ST (Ta) Transition Phase Workout a 2setsx15reps week 1**

Planned Time: 1:00:00

Transition phase lasts 1 week and consists of higher rep/lower weight lifting. Helps give the body rest from a completion of a season or prepares the body for the start of strength training. Perform reps and sets at a 1 to 1 ratio of work to rest (ex: 30sec lifting:30sec rest)

### Workout #8 : Day Off