

## TRAINING<sup>1</sup> IDEAS

You sign up for a century, race or charity ride, thinking you have months to whip yourself into shape. Then, one summer day, you realize that the event is only a month away--and your training log has more blanks than a crossword puzzle. No worries. With a well-focused plan, based on a single central workout, you'll make it to the starting line with fitness to spare.

The key to crash training is going fast when time is short. In a recent study by Ontario's McMaster University, scientists asked untrained cyclists to perform four to seven 30-second sprints at max effort with four minutes of recovery, three days a week--about 15 to 25 minutes of total training per day. After just two weeks, the riders doubled the amount of time they could ride at 80 percent VO<sub>2</sub> max before fatiguing. The reason: Hard riding improves top-end fitness, so every-thing else feels easier.

The following cram sessions, developed with top coaches, will get you ready for a century, 40K time trial or mountain bike race. Remember, speed is strong medicine. Resist the urge to squeeze in extra saddle time to make up for lost training, and instead focus on quality miles with ample recovery time.

### Century

If you're going to ride triple digits without suffering, you need some miles in your legs. But even if you've been putting in only 60 miles a week, this plan can help you ramp up your mileage and intensity simultaneously, so you'll finish the 100 strong. The key is the tempo workout, says Jeb Stewart, C.S.C.S., head coach with EnduroFit. Intervals done at tempo intensity, or 75 to 85 percent of your max heart rate, Stewart says, "really improve your muscular endurance, so you can work harder longer--exactly what you'll need." In your first week of intervals, use a bigger gear and a lower cadence to focus on building leg strength, then gradually reduce the gear and increase the cadence to maximize aerobic fitness. Also, to keep your pedal stroke sharp, toss in some Fast Pedal Drills--in a very easy gear on flat terrain, pedal as fast as you can maintain for five minutes, with five minutes of rest between efforts--at the beginning of the week.

Too hard? If you've been slacking in the mileage department, the intensity of the tempo intervals will be less of a challenge than the added saddle time. You could slice some time off the weekend long rides and still survive a century, but every hour you log before your event will make the big ride that much easier.

## EMERGENCY WORKOUT<sup>2</sup>

### KEY

**MHR:** Max Heart Rate--The highest number of beats per minute you can reach in an all-out effort. To find your max: Pedal for 15 minutes at a moderate pace at a cadence of 75 rpm. Increase your effort by shifting to the next-highest gear. Maintain this effort at 75 rpm for 2 to 3 minutes, then shift up again, continuing to increase your effort every 2 minutes until you can't go any harder. Then, sprint all-out for 10 seconds and check your heart rate monitor. That's your MHR.

**ER:** Endurance Ride--An easy-to-moderate ride at a conversational pace (70% of MHR) to build aerobic capacity

**RR:** Recovery Ride--An easy spin in a light gear at a moderate cadence

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<sup>1</sup> Training techniques are very personal and this is only a suggested approach which you can use as the basis of your own method. Find what works for you.

<sup>2</sup> Document and method are adapted from an article in *Bicycling Magazine*

## CENTURY INTERVAL WORKOUTS

### WEEK 1

10 min. warm-up  
15 min. at 70-80% of MHR at 60-80 rpm  
10 min. at 60% of MHR at > 95 rpm  
15 min. at 70-80% of MHR at 60-80 rpm  
10 min. cooldown

### WEEK 2

10 min. warm-up  
12 min. at 75-85% of MHR at 70-90 rpm  
8 min. at 60% of MHR at > 95 rpm  
12 min. at 75-85% of MHR at 70-90 rpm  
8 min. at 60% of MHR at > 95 rpm  
12 min. at 75-85% of MHR at 70-90 rpm  
10 min. cooldown

### WEEK 3

10 min. warm-up  
8 min. at 80-90% of MHR at > 90 rpm  
4 min. at 60% of MHR at > 95 rpm  
8 min. at 80-90% of MHR at > 90 rpm  
4 min. at 60% of MHR at > 95 rpm  
8 min. at 80-90% of MHR at > 90 rpm  
4 min. at 60% of MHR at > 95 rpm  
8 min. at 80-90% of MHR at > 90 rpm  
10 min. cooldown

## The 4 -Week Century Training Plan

### WEEK 1

MONDAY Rest  
TUESDAY ER 1 HOUR  
WEDNESDAY Rest  
THURSDAY Emergency century intervals  
FRIDAY Rest

## ESSENTIAL KIT

**Compact Tool Kit:** Pack a mini-pump, two tubes, patch kit, mini-tool, and two tyre levers. If your mini-tool doesn't include spoke wrenches, a chain tool or a hex wrench large enough to fit your crank bolts, bring those along. If you don't need them, another rider may be glad of them.

**Everything Else:** Don't forget the obvious: ID, cash, credit cards; mobile phone (charged); water bottles ; bike lock

SATURDAY ER 3 HRS.

SUNDAY Rest

### WEEK 2

MONDAY Rest  
TUESDAY ER 1 HR., 15 MIN. w/4 Fast Pedal Drills  
WEDNESDAY Rest  
THURSDAY Emergency century intervals  
FRIDAY Rest  
SATURDAY ER 4 HRS. rolling to hilly terrain  
SUNDAY RR 1 HR.

### WEEK 3

MONDAY Rest  
TUESDAY ER 1 HR., 30 MIN. w/4 Fast Pedal Drills  
WEDNESDAY Rest  
THURSDAY Emergency century intervals  
FRIDAY Rest  
SATURDAY ER 5 HRS. w/ 2 or 3x20-min. intervals at 75-85% MHR, full recovery, on flat terrain  
SUNDAY RR 1 HR., 30 MIN.

### WEEK 4

MONDAY Rest  
TUESDAY RR 1 HR.  
WEDNESDAY Rest  
THURSDAY RR 1 HR.  
FRIDAY Rest  
SATURDAY RR 30 MIN.  
SUNDAY century