

## **OKC Velo Club Meeting: Training Plan Design October 28, 2006**

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M.S. Exercise Physiology from OU

USA Cycling Certified Expert Level Coach

Cat 1, former Professional

12 years experience

Development Camp ride leader, professional fitting, hydration and nutrition

**Establish goals** based on last year's progress and the intended progress for the upcoming years.

- Goals should be realistic and attainable
- Clearly defined and written down
- Decide on key events, set priorities for races

### **Performance Testing (if available)**

- Establish LT power/HR
- Base zones off of testing
- Repeat testing every 1-2 months depending on periodization
- Identify strengths and weaknesses

### **Periodization of the Season (This is KEY!)**

#### **Transition**

- **Flexibility**
- **Cross-training**
- **Relaxation**
- **Housework**
- **Physical**
- **Bike fit**
- **Equipment check**

#### **Base Training (8 to 16 weeks)**

- Steady increase in mileage/time on the bike to accustom joints, muscles, butt
- Step-wise increase with no more than 10% per week up to 1 hour longer than longest event
- Focus on endurance and recovery ~90% of time
- Include short accelerations, sprints, speed intervals
- Good time for weight loss (no more than 2 pounds per week)

#### **Build Period (2 to 8 weeks)**

- Continue building endurance
- 15 to 20% Shift focus to include tempo rides (80-90 RPM, 45 min to 2 hours +) and LT intervals (90-110 RPM, 10-30 minutes)

- Include city and county sign sprints

### **Peaking Period (2 to 4 weeks)**

- Training volume decreases due to high stress factor
- Competition level intervals
- Short VO<sub>2</sub>'s 2 to 5 minutes as hard as sustainable for the duration, equal rest in between
- Power intervals, 1 to 2 minutes maximum with complete recovery in between
- Sprints 10-15 with 5 minute recoveries

### **Tapering Phase (1 to 2 weeks prior to important event)**

- Decrease total volume even more
- Maintain intensity with tempo and short interval session (keep the motor hot)
- Focus on warm-up and cool-down, sleep, eating and hydration
- Get full recovery

### **Important things to remember**

- (Weekly) No more than 3 days intense training, followed by at least 2-3 days recovery, depends on race, family, travel schedule
- General step-wise increase in volume and intensity, 3 weeks build, followed by 1-2 weeks of recovery depending on age (35+ at least 7 days)
- Injuries, sickness, family, bad weather happen...don't stress out if a workout is missed, just continue on
- Schedules always change
- Listen to your body and coach
- The weekend before is too late to gain fitness for a race
- Train hard, rest hard
- Strength training for general health
- Avoid "shop talk"

### **Coaching guidelines: Who needs a coach?**

- Everyone that wants to get better can benefit from coaching, not just elite racers
- The best cyclists don't always make the best coaches, however it's important that the coach knows how to win races...(tactics, prep, etc)
- Cycling trainers vs. cycling coaches
- Provides an objective viewpoint
- Easy to talk to, communication, honesty