

Cycling Fusion Winter Training

Objective

This winter training program follows Cycling Fusion principles which are designed to provide training to anyone who rides outside (or wishes to do so) with optimal tools available from the indoor environment. By having control over our environment, we can design and execute very specific training protocols with specific targeted results. By employing heart monitors, cadence counters, power meters, videos, metabolic testing equipment, and training software, we will be able to keep track of our progress, motivate our students, and bring the overall understanding of our own bodies and how to train them to a whole new level.

Requirements

The following is required of all students signing up for the 12 week program

- They must have a race or cycling event they are training for. This is a cycling specific training program, and a cycling specific goal will be a key motivator.
 - They must own a heart monitor that can measure their time in 5 separate zones. The zones must be able to be set by the user/student, and not “hard coded” into the monitor.
 - They must agree to follow a workout routine between the group sessions, and record all of their results in the software provided (web or iPhone/iPod accessible)
 - They must agree to the financial costs up front, as there are no refunds or pro-ration after the session begins. There are a limited number of spaces, and thus this policy must be in effect.
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Weekly Agenda

Below is a sample agenda for our 12 weeks of training. The first week shows more detail in order to give you a feel for how the day will flow. This is designed to be conducted from 8am to 12pm (PST or West Coast Time) every Saturday, but In general, as the weeks press on, we will work up to 120 minutes of cycling and we will decrease our time in other areas as needed. However, knowledge is power, and we will strengthen our understanding of how to train as we build up our fitness for maximum performance.

Every 4 weeks our Clinical Dietitian will hold a session which focuses on nutrition, diet, proper fueling, and other issues related to our diet and nutrition for cyclists.

Pre Workshop Homework:

- Threshold Assessment
 - Login & Account established with Ride Journal
 - Personal Heart Rate monitor configured for student’s 5 Heart Zones
 - Specific personal goal related to cycling selected (race, charity event, other...)
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Week 1: What to Expect & Heart Zones®

Class Room Work: The Science of Training, Heart Zones® Foundations

On-Bike Work: 60 min. Heart Zones®; A 5 Zone Tour

Yoga & Pilates: Breath Work, Body Awareness, & Yoga Foundations

8:00 - 9:00	Class room	Instructor: Gene Nacey. founder of Cycling Fusion & Global Ride Review Syllabus, Be True To Thyself, The Science of Training, Logging All Workouts in Ride Journal, Stress & Adaptation, Key Heart Zones Principals.
9:15 - 10:15	Cycling Rm	Instructor: Gene Nacey leads. We will spend time in each Heart Zone, learning and experiencing each one in different durations and positions on the bike. Cycling Workout Name: <i>“Tour de Heart Zones®”</i>
10:30 – 11:30	Yoga Rm	Instructor: Lindsay Peters, Certified in multiple yoga styles This week we start out with Yoga Foundations

Week 2: Training Load & Power Training Foundations

Class Room Work: Training Load, Work Load Planning; Using the Workout Planner to Plan Your Personal Workouts, Foundational Principals of Power Training,

On-Bike Work: 60 min. The Tour de Power

Yoga & Pilates: Pilates Foundations

Week 3: Limiters & The Unique Advantages of Indoor Training

Class Room Work: Smart Goals, VO2 & Lactate Threshold, DeCoupling, Unique Advantages of Indoor Training, Periodization

On-Bike Work: 80 min. 2 X 20 Power Baseline Tests – MSP for Sustainable Power

Yoga & Pilates: Alignment: Proper Anatomical Alignment

Week 4: Sports Nutrition Building Blocks

Class Room Work: **Instructor: Beth Shutt, RD CNSC LDN**
Optimal Nutrition and Weight Management for Endurance Athletes

On-Bike Work: 80 min: Finishing Power Baseline Tests.

Yoga & Pilates: Yoga - Keeping Our Breath Connected to Our Movement

Week 5: Periodization & More About Heart Rate Training

Class Room Work: The Concept of Periodization, Your Resting, Ambient & Recovery Heart Rate; what they mean, how to use them

On-Bike Work: 90 min. Steady State Work in Zone 2 & Zone 3,

Yoga & Pilates: Pilates - Core Strength & Posture

Week 6: The Science of Training; Physical & Mental

Class Room Work: The Aerobic vs Anaerobic Energy System, Muscle fibers employed for Endurance & Power, Mental Training & Using Music

On-Bike Work: 90 min. 20 minute warmup followed by: Aerobic Intervals, Heart Rate Recovery Training

Yoga & Pilates: Opening the Bottom Chakras (Quads, Hip Flexors, and Pelvic Girdle) with **Alignment** - Injury Prevention

Week 7: It's All About Power & The Concept of Efficiency

Class Room Work: Sustainable & Climbing Power Zones, Interval Training, Structuring Your Warmup

On-Bike Work: 100 min. 20 min warmup, Decoupling & Efficiency work; specifically tracking our Power Slide in Zones 3 -

Yoga & Pilates: Yoga - Maximizing Our Stretch & Flow

Week 8: Pre Thru Post Ride/Race Nutrition

Class Room Work: Discussions of the “before, during and after” nutritional needs of Races & Long Rides of all kinds

On-Bike Work: 100 min. Sustainable Power workouts, 2 X 20, 5 min between, followed by 30 min of Efficiency work

Yoga & Pilates: Pilates - Strong Abdominals and Backs

Week 9: Race Day - Putting HR & Power Together

Class Room Work: Preventing Indoor Cycling Injuries, Cadence Matters, Training with and for Power, Explosive Power Tests

On-Bike Work: 110 min. Race Day - Putting HR & Power Together

Yoga & Pilates: **Alignment** - Exercises for Pre and Post Cycling

Week 10: Specialization Training

Class Room Work: Types of Riding & Racing, Limiters, Target or Specific Training, How to structure your season & train for specific events and riding skills

On-Bike Work: 110 min. Explosive Power Testing, Steady State work

Yoga & Pilates: Yoga - Positions of Power

Week 11: Improving Power & Cross Training

Class Room Work: Nutrition During Training & Racing for Endurance Athletes s Training, Instructor(s)

On-Bike Work: 120 min. Structured warmup followed by 60 min Tempo ride

Yoga & Pilates: **Pilates** - Planks Are Our Friends

Week 12: Recovery & Over-Training

Class Room Work: Importance of Recovery, Identifying Over-Training, Resolving an Overtrained State

On-Bike Work: 120 min. 2 by 20 Sustainable Power & Heart Rate Recovery intervals

Yoga & Pilates: **Alignment** - How To Keep The Improvements Coming