

## 2009 Emanu-El Century Training Plan

Created by:

***Endurance Performance Training Centers ([www.enduranceptc.com](http://www.enduranceptc.com))***

This plan is designed to help each participant get the most out of their training. By following this plan you can be confident that the August ride will be a memorable and enjoyable experience.

Proper preparation requires a proven step-by-step approach to training that is known as periodization. Periodized training structures training for an event into distinct phases. Each phase focuses on a particular type of training and delivering a specific physiological adaptation. Similar to building a house...you start with the foundation and build upwards.

### **What should you be focused on before the Emanu-El Century (or metric century)?**

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- **Get your bike and equipment ready** – if you're going to upgrade or buy a bike, this is the right time to do it. If you're not using shoe cages or "clipless" pedals, we recommend that you do. If you're going to switch over, now is the time to do that so can get used to the new shoes & pedals.
- **Get a bike fit!** – The single most beneficial and important step you can take to improve your comfort and performance.
- **Low intensity bike rides** - 2-4 per week, see the suggested weekly schedules below.
- **Build your core strength** - An essential part of any endurance training program is a core and stability maintenance program. Well-developed core strength will aid in optimal biomechanical function and keep you injury free through your training. Pilates and yoga are good options for building core strength.

### **Tips for your training**

- **Get consistent** - this is the period when you should be getting consistent with your training.
- **Live your life** - the schedule below is a guideline only and can be adapted to your needs. The goal is to fit in up to 4 rides in the week (with 2 of the rides being longer rides on the weekend), as well as 2 core workouts and at least 1 complete day off. You will progress the length of your rides from week to week. Remember- this is a best case scenario, you should not be discouraged if your schedule only permits 2 rides- just make them quality sessions!
- **Fuel your body** - practice good hydration and fueling while training. Drink a carbohydrate/electrolyte drink regularly (every 20-30 minutes) throughout your training rides. It's a common mistake to wait until you are well into a longer ride to start eating

(i.e. when you are hungry) but it is a better strategy to eat small amounts consistently from very early in the session.

## Key Terms

- **Volume** - is the amount of time you train during a particular period. The shorter your goal distance, the lower the required weekly training volume.

- **Cadence** - this is the speed at which your feet move through the pedal stroke. It is measured in RPM's ( revolutions per minute) - the number of times your pedal makes a circle per minute. You can measure cadence with a cadence meter or by counting the number of revolutions on one leg for 15 seconds and multiplying by 4.

- **Intensity** - setting the right intensity for each ride is an important aspect of your training but is often hard to do. The training plan below prescribes intensity on a scale of 1 to 10. This is a subjective scale referred to as your rate of perceived exertion (RPE) and, by its nature, is an estimate. If you would like a more accurate / precise measurement, Endurance PTC offers fitness assessments that will allow you to be very precise in setting your training intensities so that you get the most out of each training session. Contact [info@enduranceptc.com](mailto:info@enduranceptc.com) for more details.

- **Intervals** - increments of time during which various workout intensities are prescribed. Intervals are done in groups, or sets. Using intervals for training is a great way to add variety to a workout as well as stimulate a selection of the body's energy systems

- **Steady State** – refers to a homeostasis reached during various exercise intensities. Essentially, a steady state is reached when the body's energy systems (physiological environment) come into balance with the workload put upon it during physical exertion.

## How to use this plan

A season of training should be structured into specific phases of training, where each phase focuses on specific physiological adaptations. The objective is to build training volume and/or intensity across each phase of training in 3 week increments, where the third week is a **recovery week**, consisting of relatively low volume and/or intensity. A specific program is provided below.

Please note that this plan should be considered as a general guideline only! Do not feel disappointed if you lack the time to complete each workout for each phase of training or even if you miss a phase. These are suggested workouts, so do the best you can by applying the training principles below within a time frame that best suits your lifestyle, goals and objectives.

## Pre-Season

Alright, it's time to get started! This is the first phase of training and it is designed to create a healthy structural (musculoskeletal) platform that we can build upon while also beginning to develop your aerobic fitness. It is vital to get your body in a healthy, well balanced state before we begin to focus on the training specific to your event. This phase is an opportunity to set your self up for the rest of the season. .

The training prescription for the Pre-season phase is very simple. Each week is structured to give you 4 rides at low to moderate intensity plus 2 core strength workouts. If you have questions on training, bike fit, nutrition, etc., feel free to contact us via email at [seasonplan@enduranceptc.com](mailto:seasonplan@enduranceptc.com).

- Do what you have time for and try to be as consistent as possible but don't fret it if you miss a workout here and there.
- The schedule below is a guideline only and can be adapted to your needs. The goal is to fit in 4 rides in the week (with one longer ride) as well as 2-3 core workouts.
- Practice good hydration and fueling when training. You should always be drinking an electrolyte drink with carbohydrate when you are training i.e. Clif Bar Electrolyte.
- Easy gearing is recommended below - small chain ring means that your chain is on the middle or smallest chain ring at the front beside your pedals. Gearing at rear wheel can be changed depending on the terrain.

**Week 1: March 2nd – March 8<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 hour easy ride in small chainring (i.e. easy gearing) focusing on keeping cadence above 90 RPM	Core strength work	1 hour easy ride in small chainring (easy gearing) focusing on keeping cadence above 90 RPM	1 hour medium intensity ride on rolling terrain, keeping cadence above 90 RPM	Core strength work	2 hours low intensity endurance ride on rolling terrain with a combined 30-60 minutes of medium intensity efforts	Day off

**Week 2: March 9<sup>th</sup> – March 15<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 hour easy ride in small chainring (easy gearing) focusing on keeping cadence above	Core strength work	1 hour easy ride in small chainring (easy gearing) focusing on keeping cadence above 90 RPM	1 hour medium intensity ride on rolling terrain, keeping cadence above	Core strength work	2 hours low intensity endurance ride on rolling terrain with a combined 30-60 minutes of medium intensity	Day off

90 RPM			90 RPM		efforts	
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**Week 3: March 16<sup>th</sup> – March 22<sup>nd</sup> RECOVERY WEEK**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Extra Day off	Core strength work	1.5 hour easy ride in small chainring (easy gearing) focusing on keeping cadence above 90 RPM	1 hour medium intensity ride on rolling terrain, keeping cadence above 90 RPM	Core strength work	2 hours low intensity endurance ride on rolling terrain with a combined 30-60 minutes of medium intensity efforts	Day off

**Week 4: March 23<sup>rd</sup> – March 29<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.5 hours easy ride in small chainring (easy gearing) focusing on keeping cadence above 90 RPM	Core strength work	1 hour easy ride in small chainring (easy gearing) focusing on keeping cadence above 90 RPM	1.5 hours medium intensity ride on rolling terrain, keeping cadence above 90 RPM	Core strength work	2-3 hours low intensity endurance ride on rolling terrain with a combined 30-60 minutes of medium intensity efforts	Day off

**Aerobic Foundation**

This is typically the second phase of training of the year. This phase builds the physiological components of your aerobic engine (your body's ability to sustain exercise for long periods of time). This phase is characterized by lower intensity, longer duration training. This type of training teaches your body to be more efficient at using oxygen for energy. Within this phase, aerobic endurance is added in the final weeks and is designed to increase your ability to withstand cardiorespiratory and muscular fatigue at the higher end of your long distance intensity.

Cyclists planning to participate in the Emanu-El Century who have been training consistently (at least 3 days per week) on the bike for at least 2 months, **can skip the pre-season phase and start with the Aerobic Foundation phase.** Cyclists who have recently participated in other long distance cycling events can skip the pre season phase as well, which is why this phase begins with a recovery week.

**What should you be focused on during this phase?**

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- **Longer, moderate intensity bike rides** - the goal during the phase is to spend as much time as possible riding consistently at a moderate intensity. *The total duration of longer rides is dependant on the distance you plan to ride for the Emanu-El event in August. A*

range of time is provided for you to choose accordingly, the shorter rides for the shorter distances and the longest rides for century riders.

- **Maintain your core strength** - You will continue to build and maintain your core strength work through the entire training program. Pilates and yoga are still good options for maintaining core strength throughout the season.
- **Recovery** - your body adapts to training when it is allowed to recover following a period of training. Building in recovery weeks and recovery days within each week is critical.
- A *recovery day* is a day with NO TRAINING.
- During a *recovery week* you should do LESS training, the intensity of your training will remain the same but the amount of training will typically be half of the previous training week. Recovery weeks should be included every 3rd week.

**Week 1: March 30<sup>th</sup> – April 5<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 hour easy ride in small chainring (easy gearing) focusing on keeping cadence above 90 RPM	Core strength work	1 hour easy ride in small chainring (easy gearing) focusing on keeping cadence above 90 RPM	1.5 hours medium intensity ride on rolling terrain, keeping cadence above 90 RPM	Core strength work	2-3 hours low intensity endurance ride on rolling terrain with a combined 30-60 minutes of medium intensity efforts (5-6 out of 10)	Day off

**Week 2: April 6<sup>th</sup> – April 12<sup>th</sup> RECOVERY WEEK**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recovery day - Hydrate well - Sleep well - Go for a walk	1.5 hour ride  Keep intensity <b>consistently</b> in the range 5-7 out of 10	Core strength	1.5 hour ride  Keep intensity <b>consistently</b> in the range 5-7 out of 10	Core strength	2-3 hour ride  Keep intensity <b>consistently</b> in the range 4-5 out of 10.	Day off - extra recovery day this week

**Week 3: April 13<sup>th</sup> – April 19<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Recovery day</p> <ul style="list-style-type: none"> <li>- Hydrate well</li> <li>- Sleep well</li> <li>- Go for a walk</li> </ul>	<p>1.5 hour ride</p> <p>Keep intensity <b>consistently</b> in the range 5-7 out of 10</p>	<p>Core strength</p>	<p>1.5 hour ride</p> <p>Keep intensity <b>consistently</b> in the range 5-7 out of 10</p>	<p>Core strength</p>	<p>3-4 hour ride</p> <p>Keep intensity <b>consistently</b> in the range 5-7 out of 10.</p> <p>Include plenty of hills in this ride</p> <p>Include 2 x 15 min intervals with intensity 6-8 out of 10. Do these intervals on a hill keeping your cadence in the range 60-75 rpm</p>	<p><i>Optional ride, otherwise use as a rest day.</i></p> <p>2 hour ride</p> <p>Keep intensity <b>consistently</b> in the range 5-7 out of 10</p> <p>Keep your cadence in the 90-100 rpm throughout Maintain a feeling of "light feet" on the pedals.</p> <p>Focus on holding good form and technique</p>

**Week 4: April 20<sup>th</sup> – April 26<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Recovery day</p> <ul style="list-style-type: none"> <li>- Hydrate well</li> <li>- Sleep well</li> <li>- Go for a walk</li> </ul>	<p>1.5 hour ride</p> <p>Keep intensity <b>consistently</b> in the range 5-7 out of 10</p>	<p>Core strength</p>	<p>1.5 hour ride</p> <p>Keep intensity <b>consistently</b> in the range 5-7 out of 10</p>	<p>Core strength</p>	<p>3-4 hour ride</p> <p>Keep intensity <b>consistently</b> in the range 5-7 out of 10.</p> <p>Include plenty of hills in this ride</p> <p>Include 2 x 15 min intervals with intensity 6-8 out of 10. Do these intervals on a hill keeping your cadence in the range 60-75 rpm</p>	<p><i>Optional ride, otherwise use as a rest day.</i></p> <p>1-2 hour ride</p> <p>Keep intensity <b>consistently</b> in the range 5-7 out of 10</p> <p>Keep your cadence in the 90-100 rpm throughout Maintain a feeling of "light feet" on</p>

						the pedals.  Focus on holding good form and technique
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**Week 5 April 27<sup>th</sup> – May 3<sup>rd</sup> RECOVERY WEEK**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recovery day - Hydrate well - Sleep well - Go for a walk	1.5 hour ride  Keep intensity <b>consistently</b> in the range 5-7 out of 10	Core strength	1.5 hour ride  Keep intensity <b>consistently</b> in the range 5-7 out of 10	Core strength	3 hour ride  Keep intensity <b>consistently</b> in the range 4-5 out of 10.	Day off - extra recovery day this week

**\*Repeat as another 4 week progression as outlined and increase the volume in small increments. For example, build to 4.5 -5hr Saturday ride by the end of the month if you're feeling energized!**

**Lactate Tolerance**

LT is the third phase of training. Demands at higher intensity (climbing for example) cycling require the body to metabolize glycogen quickly. Glycogen is the carbohydrate source of energy that your body stores for use when exercising. A by-product of this metabolism is lactate which at first appears and eventually begins to accumulate in the blood. The lactate tolerance phase increases your ability to re-circulate lactate and therefore delay the onset of blood lactate accumulation.

For Emanu-El Century riders, **the Lactate Tolerance phase is from June through July.**

**What should you be focused on during this phase?**

- **Shorter, higher intensity bike rides** - the goal during the phase is to increase the time spent riding at a higher intensity twice per week while still maintaining the longer, moderate intensity rides.

- **Maintain your core strength** - You will continue to build and maintain your core strength work through the entire training program. Pilates and yoga are still good options for maintaining core strength throughout the season.

- **Recovery** - your body adapts to training when it is allowed to recover following a period of training. Building in recovery weeks and recovery days within each week is critical.

- A *recovery day* is a day with NO TRAINING.
- During a *recovery week* you should do LESS training, the intensity of your training during this phase will be reduced but the volume of training will be the similar to your normal weeks. Recovery weeks should be included every 3rd week.

**Week 1: June 1<sup>st</sup> – June 7<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Recovery Day</b></p> <p>-Hydrate Well</p> <p>-Sleep Well</p> <p>-Go for a walk</p>	<p><b>1.5 hour Ride</b></p> <p>Intensity Day--</p> <p>Warm up 20 minutes</p> <p>Then add 4x6minute intervals working between 8-9 out of 10 effort using RPE.</p> <p>Take 5 minutes recovery, riding very easy, between each 6 minute effort.</p> <p>Cool down the remaining time!</p>	<p><b>Core strength</b></p>	<p><b>1.5 hour ride</b></p> <p>Intensity Day--</p> <p>Warm up 20 minutes</p> <p>Then add 4x2minute hill intervals working at 9 out of 10 effort using RPE.</p> <p>Take 3 minutes recovery between each 2 minute effort.</p> <p>During interval drop cadence to 70-75 rpms, recovery at an easy spin.</p>	<p><b>Core strength</b></p>	<p><b>3-4 hour ride</b></p> <p>Keep intensity in the range of 4-6 out of 10. Be consistent in this effort!</p> <p>Include plenty of hill work in this ride.</p>	<p><b>1-2 hour ride</b></p> <p>Keep intensity consistently in the range 5-7 out of 10</p> <p>Keep your cadence in the 90-100 rpm range throughout.</p> <p>Maintain a feeling of "light feet" on the pedals</p> <p>Focus on holding good form and technique</p>

**Week 2: June 8<sup>th</sup> – June 14<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Recovery Day:</b></p> <p>-Hydrate Well</p> <p>-Sleep Well</p> <p>-Go for a walk</p>	<p><b>1.5 hour Ride</b></p> <p>Intensity Day--</p> <p>Warm up 20 minutes</p> <p>Then add 4x7minute intervals working between 8-9 out of 10 effort using</p>	<p><b>CORE STRENGTH</b></p>	<p><b>1.5 hour ride</b></p> <p>Intensity Day--</p> <p>Warm up 20 minutes</p> <p>Then add 4x3minute hill intervals working at 9 out of 10 effort using RPE.</p>	<p><b>CORE STRENGTH</b></p>	<p><b>3-4 hour ride</b></p> <p>Keep intensity in the range of 4-6 out of 10. Include plenty of hill work in this ride.</p>	<p><b>1-2 hour ride</b></p> <p>Keep intensity consistently in the range 5-7 out of 10</p> <p>Keep your cadence in the 90-100 rpm range throughout.</p> <p>Maintain a feeling</p>

	RPE.  Take 5 minutes recovery, riding very easy, between each 7 minute effort. Cool down the remaining time!		Take 3 minutes recovery between each 3 minute effort. During interval drop cadence to 70-75 rpms, recovery at an easy spin.			of "light feet" on the pedals  Focus on holding good form and technique
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**Week 3 June 15<sup>th</sup> – June 21<sup>st</sup> RECOVERY WEEK**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Recovery Day:</b>  -Hydrate Well  -Sleep Well  -Go for a walk	<b>1.5 hour ride</b>  Keep intensity consistently in the range 5-7 out of 10  Focus on a steady cadence with good pedaling technique!	<b>Core strength</b>	<b>1.5 hour ride</b>  Keep intensity consistently in the range 5-7 out of 10	<b>Core Strength</b>	<b>2-3 hour ride</b> Keep intensity in the range of 4-5 out of 10. Be consistent in this effort!  Stay in the flats. Include 4-6x30 second intervals at 100+ rpm cadence. Take 1:30 recovery between each interval. The focus is on maintaining constant chain tension throughout your pedal stroke. Smooth accelerations!	<b>Day Off--</b> Extra recovery day this week!

**Week 4: June 22<sup>nd</sup> – June 28<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Recovery Day:</b>  -Hydrate Well  -Sleep Well  -Go for a walk	<b>1.5 hour Ride Intensity Day--</b> Warm up 20 minutes  Then add 4x8minute intervals working between 8-9 out of 10	<b>Core Strength</b>	<b>1.5 hour ride Intensity Day--</b> Warm up 20 minutes  Then add 4x4minute hill intervals working at 9 out of 10 effort using	<b>Core Strength</b>	<b>3-4 hour ride</b>  Keep intensity in the range of 4-6 out of 10. Be consistent in this effort!  Include plenty of hill work in this ride.	<b>1-2 hour ride</b>  Keep intensity consistently in the range 5-7 out of 10  Keep your cadence in the 90-100 rpm range throughout.

	<p>effort using RPE.</p> <p>Take 5 minutes recovery, riding very easy, between each 8 minute effort.</p> <p>Cool down the remaining time!</p>		<p>RPE.</p> <p>Take 3 minutes recovery between each 4 minute effort.</p> <p>During interval drop cadence to 70-75 rpms, recovery at an easy spin.</p>			<p>Maintain a feeling of "light feet" on the pedals</p> <p>Focus on holding good form and technique</p>
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### Week 5 June 29<sup>th</sup> – July 5<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>1.5 hour Ride</b> Intensity Day-- Warm up 20 minutes</p> <p>Then add 3x12 minute intervals working between 8-9 out of 10 effort using RPE.</p> <p>Take 5 minutes recovery, riding very easy, between each 8 minute effort.</p> <p>Cool down the remaining time!</p>	<p><b>Core Strength</b></p>	<p><b>1.5 hour ride</b> Intensity Day-- Warm up 20 minutes</p> <p>Then add 4x5minute hill intervals working at 9 out of 10 effort using RPE.</p> <p>Take 3 minutes recovery between each 4 minute effort.</p> <p>During interval drop cadence to 70-75 rpms, recovery at an easy spin.</p>	<p><b>Core Strength</b></p>	<p><b>3-4 hour ride</b></p> <p>Keep intensity in the range of 4-6 out of 10. Be consistent in this effort!</p> <p>Include plenty of hill work in this ride.</p>	<p><b>1-2 hour ride</b></p> <p>Keep intensity consistently in the range 5-7 out of 10</p> <p>Keep your cadence in the 90-100 rpm range throughout.</p> <p>Maintain a feeling of "light feet" on the pedals</p> <p>Focus on holding good form and technique</p>

**\*\*Repeat as another 4 week progression as outlined. Maintain volume but if you're feeling good, increase weekly intensity; for example, you can build Tuesday intervals up to 15min.**

### Ride Specific

This final phase is all about tuning your metabolic engine and adapting to the specific demands of the Emanu-El Century ride. Here, we teach your body to produce the greatest amount of sustainable power and simulate specific characteristics of the

Emanu-El Century ride to teach your body to quickly reach steady state and recover from a variety of terrain and intensities.

**The Ride Specific phase is for the first two weeks of August.**

**What should you be focused on during this phase?**

- **Mixed intensity bike rides** - the goal during the phase is to maintain time spent doing the higher intensity workouts twice per week, while mixing in longer, moderate intensity workouts. Overall volume of training will increase this month then gradually come down as you start the Taper phase in September.

- **Maintain your core strength** - You will continue maintain your core strength work. Pilates and yoga are still good options for maintaining core strength throughout the season.

- **Recovery** - your body adapts to training when it is allowed to recover following a period of training. Building in recovery weeks and recovery days within each week is critical.

- A *recovery day* is a day with NO TRAINING.

- During a *recovery week* you should do LESS training, the intensity of your training during this phase will be reduced but the volume of training will be the similar to your normal weeks. Recovery weeks should be included every 3rd week.

**WEEK 1 August 3rd – August 9th**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Recovery Day</b> -Hydrate Well -Sleep Well -Go for a walk</p>	<p><b>1-2 hour(s) Ride</b> Moderate Intensity Day Warm up 20 minutes</p> <p>Then add 3x20 minute intervals working between 6-8 out of 10 effort using RPE.</p> <p>Take 8 minutes recovery, riding very easy, between each</p>	<p><b>Core strength</b></p>	<p><b>1.5 hour ride Intensity Day-</b> Warm up 20 minutes</p> <p>Then add 4x4minute hill intervals working at 9 out of 10 effort using RPE.</p> <p>Take 3 minutes recovery between each 4 minute effort. During interval drop</p>	<p><b>Core strength</b></p>	<p><b>3-5 hour ride</b> Varied Intensity Day Alternate 3 minutes at 8-9 out of 10 effort with 4 minutes at 6-7 out of 10 effort. Repeat this 5 times in the heart of the ride</p> <p>Continue to include plenty of hills. Ideally completing intervals while climbing, or on the flats at a lower cadence</p>	<p><b>1-2 hour ride</b> Keep intensity consistently in the range 5-7 out of 10</p> <p>Keep your cadence in the 90-100 rpm range throughout. Maintain a feeling of "light feet" on the pedals</p> <p>Focus on holding good form and technique</p>

	20 minute effort. Cool down the remaining time!		cadence to 70-75 rpms, recovery at an easy spin..		75-85 rpm in your big chainring	
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**WEEK 2: August 10<sup>th</sup> – August 16<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Recovery Day</b> -Hydrate Well -Sleep Well -Go for a walk</p>	<p><b>1-2 hour(s) Ride</b> Moderate Intensity Day Warm up 20 minutes</p> <p>Then add 3x20 minute intervals working between 6-8 out of 10 effort using RPE.</p> <p>Take 8 minutes recovery, riding very easy, between each 20 minute effort. Cool down the remaining time!</p>	<p><b>Core strength</b></p>	<p><b>1.5 hour ride Intensity Day-</b> Warm up 20 minutes</p> <p>Then add 4x4minute hill intervals working at 9 out of 10 effort using RPE.</p> <p>Take 3 minutes recovery between each 4 minute effort. During interval drop cadence to 70-75 rpms, recovery at an easy spin..</p>	<p><b>Core strength</b></p>	<p><b>3-5 hour ride Varied Intensity Day</b> Alternate 4 minutes at 8-9 out of 10 effort with 5 minutes at 6-7 out of 10 effort. Repeat this 5 times in the heart of the ride</p> <p>Continue to include plenty of hills. Ideally completing intervals while climbing, or on the flats at a lower cadence 75-85 rpm in your big chainring</p>	<p><b>1-2 hour ride</b> Keep intensity consistently in the range 5-7 out of 10</p> <p>Keep your cadence in the 90-100 rpm range throughout. Maintain a feeling of "light feet" on the pedals</p> <p>Focus on holding good form and technique</p>

**Taper**

The taper is the art of prescribing just enough intensity and volume in the last 10 days of training to keep you trained/tuned and at the same time allow you to arrive on the day of the event as refreshed and rested as possible. This phase is critical and often ignored. Rest and Recovery are just as important in your training program as the training itself.

**The Taper phase is the two weeks leading up to the event.**

**What should you be focused on during this phase?**

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- **Recovery** - your body adapts to training when it is allowed to recover following a period of training. The next two weeks have a reduction in overall volume, but with short intensity workouts to maintain your body's readiness for the upcoming event. Hydration and fueling still remain key despite the reduction in training volume. Continue to maintain the standards in nutrition that have carried you to this point. Now relax and enjoy event!

**WEEK 1: August 17<sup>th</sup> – August 23<sup>rd</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Recovery Day:</b></p> <p>-Hydrate Well</p> <p>-Sleep Well</p> <p>-Go for a walk</p>	<p><b>1 hour ride</b></p> <p>Moderate intensity day. Warm up 20 minutes.</p> <p>Then add 1x10 minute interval working between 6-8 out of 10 effort using RPE.</p> <p>Cool down the remaining time.</p>	<p><b>Core strength</b></p>	<p><b>1 hour ride</b></p> <p>Warm up 20 minutes</p> <p>Then add 2x2 minute hill intervals working at 9 out of 10 effort using RPE.</p> <p>Take 4 minutes recovery between each 2 minute effort. During interval drop cadence to 70-75 rpms, recovery at an easy spin.</p>	<p><b>Core Strength</b></p>	<p><b>2-3 hour ride</b></p> <p>Varied Intensity Day</p> <p>Alternate 1 minutes at 8-9 out of 10 effort with 4 minutes at 6-7 out of 10 effort. Repeat this 3 times in the heart of the ride</p> <p>Stay in the flats today, keep the legs fresh for next weekend.</p>	<p><b>Day Off--</b></p> <p>Extra recovery day this week!</p>

**WEEK 2: August 23<sup>rd</sup> - August 30<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Recovery Day:</b></p> <p>-Hydrate Well</p> <p>-Sleep Well</p> <p>-Go for a walk</p>	<p><b>1 hour ride</b></p> <p>Moderate Intensity Day</p> <p>Warm up 20 minutes</p> <p>Then add 1X10 minute interval working between 6-8 out of 10 effort using RPE.</p>	<p><b>Core strength</b></p>	<p><b>1 hour ride</b></p> <p>Keep intensity in the range of 3-4 out of 10.</p> <p>Stay in the flats. Include 2X2 minute intervals working between 6-8 out of 10 effort using RPE.</p> <p>Recover between each 2 minute interval for 4</p>	<p><b>Core strength</b></p>	<p><b>30min ride</b></p> <p>Keep intensity in the range of 3-4 out of 10.</p> <p>Stay in the flats.</p>	<p><b>EMANU-EL CENTURY</b></p>

			minutes at an easy spin.			
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**Please feel free to call or email EndurancePTC with any questions - 415.445.9115 (San Francisco) or 415.380.9629 (Mill Valley). More information can be found at [www.enduranceptc.com](http://www.enduranceptc.com).**