

PYRAMID COACHING INTL., LLC

El Tour de Tucson Training Calendar-Advanced 109 miler

September 1st to November 22nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 September This is a long event and to do well have you to train hard, go long, and put in the time, there is no shortcut. Muscle endurance, strength & aerobic capacity are critical	2 2+ /zone 1, 2/3 x 8 min zone 3 at 86-90 rpm in the drops w/ 4 off, roll out the power smoothly, flats	3 4+ /zone 1, 2, 3, 4, 5 hard group ride like the Wed ride from the U of A, do the hard parts hard and the slower parts be conservative!!	4 2-3 /zone 1, 2, 3 base pace and you will need to do about 60 min zone 3 & 4 climbing today, it can be Mt or repeats	5 Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	6 4-5 /zone 1, 2, 3, 4, 5 longer, hard group ride to work on pack skills and being forced to train hard, in Tucson this would be the shootout	7 4 /zone 1, 2, 3 moderate pace endurance ride and keep it zone 1, 2, 3, 4 for the most part on these Sun rides, try to do 4000ft climbing
8 Off day completely to rest and recover and make sure you are still taking great care of nutrition all the time!!	9 1.5 /zone 1, 2/3 x 10 min mid zone 3 on rolling terrain in the drops at 88+ rpm w/ 5 off, cool down	10 4+ /zone 1, 2, 3, 4, 5 hard group ride like the Wed ride from the U of A, do the hard parts hard and the slower parts be conservative!!	11 2-3 /zone 1, 2/5 min zone 3/5 x 4 min zone 3 & 4 hill repeats or 60-70 min sustained Mt climbing zone 3/4	12 Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	13 4-5 /zone 1, 2, 3, 4, 5 longer, hard group ride and try to get at least 1 group ride a week in, they will help a lot! Shootout and really go for it!	14 4 /zone 1, 2, 3, 4 moderate endurance and hit Lemmon for a 6 mile 53 x 21 zone 4 gear set and then roll up to MP 12, flip it and come in easy
15 Off day totally here, time to get recovered as fast as you can so we can get on with training	16 1.5 /zone 1, 2/3 x 12 min mid zone 3 on rolling terrain in the drops at 88+ rpm w/ 6 min off, cool down well	17 4+ /zone 1, 2, 3, 4, 5 hard group ride as above, you need to go hard on these rides! Climb hard, pacelines, etc. jam these out!	18 2-3 /zone 1, 2, 3 base pace and you will need to do about 60 min zone 3 & 4 climbing today, it can be Mt or repeats	19 Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	20 4.5-5 /zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can, shootout	21 4 /zone 1, 2, 3, 4 moderate endurance and hit Lemmon for a 6 mile 53 x 21 zone 4 gear set and then roll up to MP 14, flip it and come in easy
22 Off day here to rest and relax the best you can, take care of hydration and nutrition and get plenty of sleep	23 2 /zone 1, 2/3 x 15 min mid zone 3 on rolling terrain in the drops at 88+ rpm w/ 7.5 min off, cool down well	24 3 /zone 1, 2, 3 endurance ride only, just roll out the time, also do 3 x 15 min in your 53 x 12 & 13 on flatter to rolling terrain w/ 5 off	25 2-3 /zone 1, 2/10 min zone 3/5 x 3 min zone 5-5a near all out/20 min easy and repeat interval set, easy	26 1 /zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue	27 5 /zone 1, 2, 3, 4, 5 hard group ride like the shootout and go long to Madera or the caves, these need to 100, after the fast part go moderate	28 4 /zone 1, 2, 3, 4 moderate endurance and hit Lemmon for a 6 mile 53 x 21 zone 4 gear set and then roll up to MP 16, flip it and come in easy

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29 Off day today, let yourself rest and recover so we can go hard when we need to, fuel up and hydrate well	30 1.5-2.5/zone 1, 2, 3 moderate miles only, just get the time in today and not too hard, save it for tomorrow	1 October 4+/zone 1, 2, 3, 4, 5 hard group ride like the Wed ride and if you do not have this try to spend a good portion of the ride climbing	2 3/zone 1, 2, 3 base pace and you will need to do about 70 min zone 3 & 4 climbing today, it can be Mt or repeats	3 1/zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue	4 5/zone 1, 2, 3, 4, 5 hard group ride again here and the same deal as above applies, get in the miles	5 4-5/zone 1, 2, 3 moderate endurance miles only, take it easier today and you can climb but nothing over zone 3, mostly zone 1, 2
6 Off day today, take it easy, it is all about the recovery on these days, take advantage of them	7 2/zone 1, 2 moderate miles and do 2 x 20 min zone 3 w/ 10 min off between, cool down	8 4+/zone 1, 2, 3, 4, 5 hard group ride like the Wed ride from the U of A, do the hard parts hard and the slower parts be conservative!!	9 3/zone 1, 2, 3 base pace and you will need to do about 80 min zone 3 & 4 climbing today, it can be Mt or repeats	10 1/zone 1 active recovery spin or off day completely is fine too if you are tired, big weekends to come...	11 5/zone 1, 2, 3, 4, 5 hard group ride again here, these are super important for many reasons, do them!	12 4/zone 1, 2, 3, 4 moderate endurance and hit Lemmon for a 6 mile 53 x 21 zone 4 gear set and then roll up to MP 16, flip it and come in easy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 Off day completely today, we have 6 weeks left so let's get ready to roll on this training!	14 2/zone 1, 2 easy to moderate miles only, make sure these are easy like 15-17 mph easy, save it for when it's time to go hard	15 3/zone 1, 2, 3 endurance ride only, just roll out the time, also do 3 x 15 min in your 53 x 12 & 13 on flatter to rolling terrain w/ 5 off	16 2-3/zone 1, 2, 3 base pace and do 2 x 20k TT efforts in the drops or on a TT bike at threshold pace w/ 15 off between	17 Off day today, use this time to rest up and take good care of yourself, eat and drink!! These days are as important as any!	18 5/zone 1, 2, 3, 4, 5 shootout and go long to Madera or the caves, you can cut up Lemmon too if you like keep the post-shootout moderate	19 4-5/zone 1, 2, 3, 4 moderate endurance ride and you can do the Mammoth ride, 100 miles and 12 miles climbing, do the climb in 53 x 21 & 19
20 Off day completely to rest and recover and make sure you are still taking great care of nutrition all the time!!	21 2-3/zone 1, 2/2 x 10 min low zone 3 on rolling terrain in the drops at 60 rpm w/ 5 off, be efficient and smooth all the time	22 4+/zone 1, 2, 3, 4, 5 hard group ride like the Wed ride from the U of A, do the hard parts hard and the slower parts be conservative!!	23 3/zone 1, 2 endurance miles only, no efforts and try to keep it mostly flat, do 10 x 3 min 55 rpm w/ 3 off	24 1/zone 1, 2 easy spin just to keep the legs going or you can take the day off totally if you are still tired	25 4/zone 1, 2, 3, 4, 5 hard group ride again here, only the group portion needs to be hard, keep the rest moderate only	26 4-5/zone 1, 2, 3/1 x 120 min zone 3 & 4 Mt climb, relax, do 10 x 1 min standing w/ 1 off, zone 3 & 4 climbing is plenty

27	28	29	30	31	1 November	2
Off day today, take it easy, it is all about the recovery on these days, take advantage of them	2-3/zone 1, 2 easy to moderate miles only, make sure these are easy like 15-17 mph easy, save it for when it's time to go hard	2-3/zone 1, 2, 3 base pace and do 4 x 10 min TT efforts in the drops or on a TT bike at threshold pace w/ 6 off between	3/zone 1, 2, 3 base pace and do about 80 min zone 3 & 4 climbing today and if on Lemmon you can do the first 6 in your 53 x 21 low zone 3 only	1/zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue	5-6/zone 1, 2, 3, 4, 5 hard group ride again and after the race portion head out long, you can do miles prior to the shootout too	4/zone 1, 2, 3, 4 moderate endurance and hit Lemmon for a 6 mile 53 x 21 zone 4 gear set and then roll up to MP 16, flip it and come in easy
3	4	5	6	7	8	9
Off day here to rest and relax the best you can, things are getting closer so really dial this recovery in	1.5-3/zone 1, 2 active recovery ride only, no hills, no drills just spin easy and get those legs going and ready for tomorrow	4+/zone 1, 2, 3, 4, 5 hard group ride like the Wed ride from the U of A, do the hard parts hard and the slower parts be conservative!!	1.5/zone 1, 2 and also do 3 x 12 min zone 3 on flatter to rolling terrain w/ 6 off and at 90+ rpm, save the big efforts for tomorrow	1/zone 1 active recovery spin or off day completely is fine too if you are tired, adaptation is critical, fuel up and hydrate	5-6/zone 1, 2, 3, 4, 5 hard group ride again here, not too much time left now so make sure you are getting these Sat rides in, shootout + Caves or Madera	4-5/zone 1, 2, 3, 4 moderate endurance ride and you can do the Mammoth ride, 100 miles and 12 miles climbing, do the climb in 53 x 21 & 19
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	11	12	13	14	15	16
Off day today, let yourself rest and recover and we'll begin to taper down this week as we lead into the race	1.5/zone 1, 2, 3 moderate miles only today, you can do some zone 3 on a few climbs but nothing harder until tomorrow	3-4/zone 1, 2, 3, 4, 5 hard group ride like the Wed ride from the U of A, do the hard parts hard and the slower parts be conservative!!	Off day totally today or you can do a 1/zone 1 easy, easy active recovery spin only, nothing hard	1.5/zone 1, 2/2 x 12 min low to mid zone 3 on rolling terrain w/ 10 off, keep a 90+ cadence, cool down well	3-4/zone 1, 2, 3, 4, 5 hard group ride again and the shootout is fine but sit in and don't go anaerobic except in short bursts	3/zone 1, 2, 3 moderate recovery spin only, just get a little time in and if you are tired head on home and rest up!
17	18	19	20	21	22	23
Off day today, the work is done now, the only thing to do is rest, keep the legs going, and mentally prepare of the race	1/zone 1, 2 easy cruise only today, just spin and let all the training sink in and the adaptations take place	2-3/zone 1, 2/5 min zone 3/5 min easy/4 x 4 min zone 4 & 5 moderate hard w/ 4 off and at 90+ rpm, or group ok	Off day completely here to get 100% rested and ready to rip it up in El Tour, get as much sleep as you can and fuel up	2-3/zone 1, 2 just get out and spin the legs, you can do a couple short efforts to get the hr up and blood pumping	2008 El Tour de Tucson-Good luck! Ride smart, be safe, and most of all...have fun!	Off day to sit back and take pride in your accomplishment. Good work!

Specifics:

Prior to beginning this or any exercise program or doing any physiological testing procedures it is required that you consult with, and are released by, your physician to do so.

All the workouts read as follows: The first number is always the total workout time so 2/zone 1, 2/5 x 5 min zone 4 w/ 3 off means the ride is 2 hours with a base pace of zone 1, 2 and within that ride you will do 5 intervals of 5 minutes each in heart rate zone 4 with 3 min rest between each interval. The intervals will always read the number of intervals x the amount of time for each w/ some amount of off time. Everything reads the same including hill repeats, drills, etc.

You will notice the HR training zones 1 through 5. If you do not have HR training zones you can use perceived effort to gauge output. Option #1-Let Easy represent zone 1, 2, Moderate represent zone 3, Moderate/Hard represent zone 4, and Hard represent zone 5. Option #2-You can relate these zones to Max HR but you have to know your max in order to do so. If you know your max you can relate zone 1 to 50-60% of max HR, zone 2 60-70% of max HR, zone 3 70-80% max HR, zone 4 80-90% max HR, and zone 5 90-100% of max HR

Option for calculating Max HR- 220 minus age or $(205 - (.5 \times \text{your age})) = \text{Max HR}$ although these may or may not be accurate but they are easy and safe.

Option #2 for calculating Max HR-The highest HR you have ever seen (in recent years and on the bike).

Option #3 for calculating Max HR-Perform a ramp test on a trainer or on a progressive climb. Continue to increase the intensity over a 10-12 min period of time and sprint all out the last 30-40 sec and note HR.

Option #4 for calculating Max HR-Perform two 2 mile all out time trials on flat to 2% uphill terrain and average the HR's

Option #5 for calculating Max HR-Find a 3-5% uphill grade and continue to increase your intensity over a 10 min period of time.

Near the end stand up and sprint all out and note HR.

None of these methods are perfect. They all have countless variables. It is best to have an experienced coach or lab perform some basic physiological testing to determine either Max or Anaerobic Threshold HR's. It is simply more accurate and safer.

Pyramid Coaching can be reached at 603-4874 or www.pyramidcoaching.com if you are interested in having an Anaerobic Threshold Test done and accurate HR Training Zones established.

Details are everything in cycling. Make sure you are taking care of recovery along the way. This includes sleep, hydration, nutrition, rest, low stress, and proper on the bike and post workout supplementation.

Review portions of the course especially the river crossings so you are familiar with the upcoming terrain and obstacles

The hours are flexible and if you have any additional time to devote to riding take advantage of it. It will only serve to contribute to your aerobic base, economy, and endurance. Just make sure any additional volume you do is easy to moderate pace only. Understand that these schedules are written in general and given a perfect situation. Not everyone is the same. Some respond to workloads and intensity very differently. You will have to be objective with yourself and take into account these are guidelines and may very well have to be adjusted and adapted to your specific training situation. Life happens. Take into account stress and recovery. Stress is stress no matter if it's physical, mental, emotional, etc., and it needs to be dealt with accordingly. If stress increases in one area it HAS to be reduced in another. To make gains you have to recover and make the adaptations. You can't be in the hole all the time and make progress. Just some things to consider.

Group rides are a critical component to success in this event. You will be surrounded by riders most of the time and you want to be safe, aware, comfortable, and not cause any harm to yourself or others. Aside from that, group rides will push you outside of your comfort zone and force you to answer the pace changes much like you will experience in the event. It is also a great opportunity to work on which nutritional and hydration products work well in your system.

Mostly just have fun and enjoy the journey!!!

Good Luck!!

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