

PYRAMID COACHING INTL., LLC

El Tour de Tucson Training Calendar-Beginner 109 miler

September 1st to November 22nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 September	2	3	4	5	6	7
This is a long event and in order to finish you have to put in the time, there is no shortcut. Muscle endurance, strength & aerobic capacity are critical so go do some training!	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+zone 1, 2, 3, 4, 5 hard group ride like the Wed ride from the U, do the best you can and then finish up easy to moderate, as much time as poss?	2/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	Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	3/zone 1, 2, 3, 4, 5 longer, hard group ride to work on pack skills and comfort in a larger group, it also forces you to go harder than you may	2-3/zone 1, 2, 3 moderate pace endurance ride and this can be with a group like GABA so you have people to ride with, experience
8	9	10	11	12	13	14
Off day completely to rest and recover and make sure you are still taking great care of nutrition all the time	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	3+zone 1, 2, 3, 4, 5 hard group ride like the Wed ride from the U, do the best you can and then finish up easy to moderate, as much time as poss	1.5/zone 1, 2 easy to moderate miles only, just roll out some time and let your legs rest up for the weekend	Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	3/zone 1, 2, 3, 4, 5 longer, hard group ride every Sat so find one that suits your ability, from GABA to the shootout and all in between, 50 miles	2-3/zone 1, 2, 3, 4 moderate endurance and do the first 6 miles of Lemmon at 65-75 rpm zone 3 & 4, then roll up to MP 9 zone 3
15	16	17	18	19	20	21
Off day totally here, time to get recovered as fast as you can so we can get on with training	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	3/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!	1.5/zone 1, 2 easy to moderate ride only, just roll out the time and let your legs come around from yesterday	Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	3-4/zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can, the whole ride doesn't have to be hard, just sections, keep the rest moderate only	2.5-3/zone 1, 2, 3, 4 moderate endurance and hit Lemmon, 6 miles 65-75 rpm zone 3 & 4 HR and then roll up to MP 10, flip it and cool down
22	23	24	25	26	27	28
Off day here to rest and relax the best you can, take care of hydration and nutrition and get plenty of sleep	1.5/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	3/zone 1, 2, 3 endurance ride only, just roll out the time, also do 3 x 15 min at 65-70 rpm on flatter to rolling terrain w/ 5 off, cool down well	2/zone 1, 2/10 min zone 3/5 x 5 min zone 4 & 5 hard efforts as hill repeats w/ 3 min off, fun!	1/zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue	3-4/zone 1, 2, 3, 4, 5 hard group again and try to get in about 65 miles today, do some sections hard, work on fuel and hydration	3/zone 1, 2, 3, 4 moderate endurance and hit Lemmon, 6 miles 65-75 rpm zone 3 & 4 HR and then roll up to MP 12, or group is fine too?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1 October	2	3	4	5
Off day today, let yourself rest and recover so we can go hard when we need to, fuel up and hydrate well	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	3/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/zone 1, 2, 3 base pace and you will need to do about 40 min zone 3 & 4 climbing today, it can be Mt or repeats	1/zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue	4/zone 1, 2, 3, 4, 5 hard group ride again here and shoot for getting in 70+ miles and some hills too	3.5/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-GABA?
6	7	8	9	10	11	12
Off day today, take it easy, it is all about the recovery on these days, take advantage of them	2/zone 1, 2 moderate miles and do 2 x 20 min zone 3 w/ 10 min off between, cool down	3/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!!	2/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	1/zone 1 active recovery spin or off day completely is fine too if you are tired, big weekends to come	4/zone 1, 2, 3, 4, 5 hard group ride again here, these are super important for many reasons. 75+ miles	3.5/zone 1, 2, 3, 4 moderate endurance ride and you can do a group ride or Lemmon and try to climb about 12-14 miles zone 3 & 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	14	15	16	17	18	19
Off day completely today, we have 6 weeks left so let's get ready to roll on this training!	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	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	2-3/zone 1, 2, 3 base pace and do 3 x 10 min mid zone 4 on flat to rolling terrain at 86+ rpm w/ 5 off between	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!	4+/zone 1, 2, 3, 4, 5 hard endurance ride and really shoot for 80 miles today but focus more on time and do the best you can, recover well!	3.5/zone 1, 2, 3, 4 moderate endurance ride and you can do a group ride or Lemmon and try to climb about 12-14 miles zone 3 & 4
20	21	22	23	24	25	26
Off day completely to rest and recover and make sure you are still taking great care of nutrition all the time!!	2/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	3/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!!	1.5-2/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	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	4-5/zone 1, 2, 3, 4, 5 hard group ride again here, only the group portion needs to be hard, keep the rest moderate only	3-4/zone 1, 2, 3/1 x 90 min zone 3 & 4 Mt climb, relax, do 10 x 1 min standing w/ 1 off, zone 3 & 4 on climbs, group ok

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 mph easy, save it for when it's time to go hard	2/zone 1, 2, 3 base pace and do 3 x 10 min hard zone 4 & 5 efforts w/ 6 off between, do on flat terrain at 88+ rpm, cool down	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 at 60 rpm & the rest low zone 3 only	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 and after the hard sections keep it moderate, do some climbing and shoot for 90 miles	3.5-4/zone 1, 2, 3, 4 moderate endurance and hit Lemmon, 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	1.5-2/zone 1, 2 active recovery ride only, no hills, no drills just spin easy and get those legs going and ready for tomorrow	3/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/zone 1, 2, 3, 4, 5 hard group ride again here, not too much time left now so make sure you get in a good one today, 90+ would be great! Climb some and rest	3.5-4/zone 1, 2, 3, 4 moderate endurance ride and you can do a group ride or Lemmon and try to climb about 12-14 miles zone 3 & 4
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/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	2-3/zone 1, 2, 3, 4 moderate group ride and just have fun out there, no big efforts just roll out some miles and rest up!	2/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/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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