

# PYRAMID COACHING INTL., LLC

El Tour de Tucson Training Calendar-Intermediate 35 miler

September 1st to November 22nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> September Off day completely, it is time to start preparing for El Tour and recovery days are just as important	<b>2</b> 1/zone 1, 2/3 x 8 min zone 3 at 86 rpm in the drops w/ 4 off, roll out the power smoothly, flat terrain	<b>3</b> Off day today-use this time to rest up and take good care of yourself, fuel up, hydrate, and get plenty of rest	<b>4</b> 1.5/zone 1, 2/5 min zone 3/4 x 3 min zone 4 hill repeats w/ 4 off/5 min zone 3 and save a good cool down	<b>5</b> Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	<b>6</b> 1.5/zone 1, 2, 3, 4, 5 longer, hard group ride to work on pack skills and being forced to train hard	<b>7</b> 1-1.5/zone 1, 2, 3 moderate pace endurance ride and do 5 x 5 min 80 rpm on flat terrain w/ 2.5 off
<b>8</b> Off day completely to rest and recover and make sure you are still taking great care of nutrition all the time!!	<b>9</b> 1.5/zone 1, 2/3 x 10 min mid zone 3 on rolling terrain in the drops at 88-90 rpm w/ 5 off, cool down	<b>10</b> Off day completely here, just rest up and save it for the next ride coming up, eat up now and hydrate!!	<b>11</b> 1.5/zone 1, 2/5 min zone 3/4 x 4 min zone 4 hill repeats w/ 4 off/5 min zone 3 and save a good cool down	<b>12</b> Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	<b>13</b> 2/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!	<b>14</b> 1.5/zone 1, 2, 3 moderate endurance miles only, also do 1 x 40 min zone 3 tempo on flats at 88+ rpm
<b>15</b> Off day totally here, time to get recovered as fast as you can so we can get on with training	<b>16</b> 1-1.5/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	<b>17</b> 1/zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue levels	<b>18</b> 1.5/zone 1, 2/5 min zone 3/5 x 4 min zone 4 hill repeats w/ 4 off/5 min zone 3, keep it low zone 4 today!	<b>19</b> Off day here as well, conserve your energy for the upcoming weekend, extra sleep if possible	<b>20</b> 2/zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can	<b>21</b> 1.5/zone 1, 2/5 min zone 3/10 min zone 2/5 x :45 sec all out w/ 1 min off/hit these hard! Do the rest easy
<b>22</b> Off day here to rest and relax the best you can, take care of hydration and nutrition and get plenty of sleep	<b>23</b> 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	<b>24</b> Off day here too so spend the time taking care of yourself and all the details...	<b>25</b> 1.5/zone 1, 2/10 min zone 3/5 x 3 min zone 5 hard intervals w/ 3 off at 95+ rpm, use good form!	<b>26</b> 1/zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue	<b>27</b> 2/zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can	<b>28</b> 1.5/zone 1, 2, 3 moderate endurance miles only, also do 25 min zone 3 tempo on flats at 88+ rpm

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<b>29</b>	<b>30</b>	<b>1 October</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Off day today, let yourself rest and recover so we can go hard when we need to, fuel up and hydrate well	1/zone 1, 2, 3 moderate miles only, just get the time in today and not too hard, save it for tomorrow	1.5/zone 1, 2/5 min zone 3/3 x 7.5 min mid zone 5 to threshold pace hard efforts w/ 4 off, Mt terrain	Off day totally today or you can do a 1/zone 1 easy, easy active recovery spin only, nothing hard	1/zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue	2/zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can	1-1.5/zone 1, 2, 3 moderate recovery spin only, just get a little time in and if you are tired head on home
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Off day today, take it easy, it is all about the recovery on these days, take advantage of them	1.5/zone 1, 2 moderate miles and do 2 x 20 min zone 3 w/ 10 min off between, cool down	1.5/zone 1, 2/5 min zone 3/4, 3, 2, 1 zone 4 & 5 w/ 1/2 time off at 90+ rpm on rolling terrain, 5 min z3, hammer!	Off day completely here to get 100% rested and ready to come into the weekend hot	1/zone 1, 2, 3 just spin your legs out and save the big efforts for tomorrow, make the quality count	2-2.5/zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can	1.5-2/zone 1, 2, 3/1 x 45 min zone 3 & 4 Mt climb and focus on form and relaxation, roll home easy

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<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Off day completely today, we have 6 weeks left so let's get ready to roll on this training!	1.5/zone 1, 2, 3, 4, 5 and hit the Tues group ride or your local hard ride, ramp it up and go hard today	1/zone 1, 2 easy, easy day, just spin out the legs and take care of recovery throughout the day	Off day today, use this time to rest up and take good care of yourself, eat and drink!!	1.5/zone 1, 2/2 x 10 min low zone 3 on rolling terrain w/ 5 off, use the drops and at 90+ rpm	2.5/zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can	1.5-2/zone 1, 2, 3/1 x 45 min zone 3 & 4 Mt climb and focus on form and relaxation, roll home easy
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Off day completely to rest and recover and make sure you are still taking great care of nutrition all the time!!	1/zone 1, 2/2 x 10 min zone 3 on rolling terrain in the drops at 60 rpm w/ 5 off, be efficient and smooth all the time	1.5/zone 1, 2/10 min zone 3/3 x 10 min zone 4 & 5 in the drops w/ 5 off at 86+ rpm/10 min zone 3, cool down	Off day here so just take care of yourself and start to get rested for some hard weekend rides	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	2.5/zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can	2/zone 1, 2, 3/1 x 50 min zone 3 & 4 Mt climb and focus on form and relaxation, roll home easy

<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1 November</b>	<b>2</b>
Off day today, take it easy, it is all about the recovery on these days, take advantage of them	1.5/zone 1, 2, 3, 4, 5 and hit the Tues group ride or your local hard ride, ramp it up and go hard today	1-2/zone 1, 2 easy, easy active recovery spin only, no efforts at all, no pressure on the pedals, easy!	1.5/zone 1, 2/5 min zone 3/5 x 3 min zone 4 & 5 hard hill repeats w/ 4 off/5 min zone 3, keep it low zone 4 today!	1/zone 1, 2 easy, easy active recovery spin or off day completely, base it on fatigue	2.5/zone 1, 2, 3, 4, 5 hard group ride again here, try to keep getting this experience when you can	2/zone 1, 2/5 min zone 3/10 min zone 2/8 x :45 sec all out w/ 1 min off/hit these hard and save a good cool down
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Off day here to rest and relax the best you can, things are getting closer so really dial this recovery in	1-1.5/zone 1, 2 active recovery ride only, no hills, no drills just spin easy and get those legs going	1.5/zone 1, 2/5 min zone 3/5 x 3 min low to mid zone 5 w/ 3 off at 90+ on rolling to hilly terrain	Off day completely here to rest up and get your mind and body relaxed and ready for the next training session	1.5/zone 1, 2 and also do 2 x 12 min zone 3 on flatter to rolling terrain w/ 6 off and at 90+ rpm, save the big efforts for tomorrow	3/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	2/zone 1, 2, 3 and up to 60 min zone 3 & 4 Mt climbing, standing drills, and descending skill work would be great
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Off day today, let yourself rest and recover and we'll begin to taper down this week as we lead into the race	1-1.5/zone 1, 2, 3 moderate miles only today, you can do some zone 3 on a few climbs but nothing harder until tomorrow	1.5/zone 1, 2/5 min zone 3/5 min easy/4 x 4 min zone 4 & 5 hard intervals w/ 3 off on rolling terrain and 87+ rpm	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/zone 1, 2, 3, 4, 5 hard group ride again here but avoid anaerobic efforts and keep this one a little shorter like 2ish	1-2/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!
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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	1.5/zone 1, 2/5 min zone 3/5 min easy/4 x 3 min zone 4 & 5 moderate hard w/ 4 off and at 90+ rpm	Off day completely here to get 100% rested and ready to rip it up in EI Tour, get as much sleep as you can and fuel up	1-1.5/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	<b>2008 EI Tour de Tucson-Good luck! Ride smart, be safe, and most of all...have fun!</b>	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- $220 - \text{age}$  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](http://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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