



Multisport Endurance Coaching

Logout: Suzanne Atkinson

Athlete:

SCE Women's Racing

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Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p>Plan Time: Bike 5:00 Plan Dist: Bike 0mi Strength 0mi Hours [?] Sched 5:20 Actual 0:00</p>	<p>12/31/2007 Log Workout 1 Strength 0:10 Core1a WU:5-15 minutes light aerobic warmup such as spinning, elliptical or jogging MS: Basic core set of 4 exercises (abs, back extensions, left side obliques, right side obliques). CD: Light stretching as needed Add Workout</p>	<p>1/1/2008 Log Workout 1 Bike 1:00 S2a WU: 10-15 minutes easy MS: Spin-ups. Stay RELAXED! 5 minutes at rpm 100 3 minutes at rpm 110 2 minutes at highest rpm you can sustain for 2 minutes 30 sec - 1 min recovery between each CD: 10 minutes minimum Add Workout</p>	<p>1/2/2008 Log Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Add Workout</p>	<p>1/3/2008 Log Workout 1 Bike 1:00 F1e WU: Warmup with easy spinning for at least 10-15 minutes, include 2-3 spinups to get legs loose. MS: Shift to a gear that allows you to pedal only 60-70rpm. Do 3 x 10 minutes in the "big gear"(or see comments), with 5 minute easy recoveries in between. CD: 10 minutes. Workout 2 Strength 0:10 Core1a WU:5-15 minutes light aerobic warmup such as spinning, elliptical or jogging MS: Basic core set of 4 exercises (abs, back extensions, left side obliques, right side obliques). CD: Light stretching as needed Add Workout</p>	<p>1/4/2008 Log Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Add Workout</p>	<p>1/5/2008 Log Workout 1 Bike 2:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>	<p>1/6/2008 Log Workout 1 Bike 1:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>
<p>Plan Time: Bike 5:00 X-Train 1:00 Plan Dist:</p>	<p>1/7/2008 Log Workout 1</p>	<p>1/8/2008 Log Workout 1</p>	<p>1/9/2008 Log Workout 1</p>	<p>1/10/2008 Log Workout 1</p>	<p>1/11/2008 Log Workout 1</p>	<p>1/12/2008 Log Workout 1</p>	<p>1/13/2008 Log Workout 1</p>

<p>Bike Omi X-Train Omi Strength Omi Hours </p> <p>Sched 6:20 Actual 0:00</p>	<p>Strength 0:10 Core1a WU:5-15 minutes light aerobic warmup such as spinning, elliptical or jogging MS: Basic core set of 4 exercises (abs, back extensions, left side obliques, right side obliques). CD: Light stretching as needed Add Workout</p>	<p>Bike 1:00 S1b Spin-ups. Slowly spin-up to max rpm over 30 seconds. When you begin to bounce, back off and then hold it for several seconds. Recover completely and repeat several times. Stay RELAXED! Add Workout</p>	<p>X-Train 1:00 StairCyc Cathedral Stairs: The Cathedral of Learning Stairs are an outstanding way to build strength in your legs that translates well to cycling when begun early in the base building season. One "set" is from the basement to the 36th floor. Keep your effort in the "conversational" zone. Walk, don't run up the stairs. This is a leg strength workout, not a cardiovascular workout. Wear running shoes, may wear a light bookbag with your street clothes in it if needed for security. There is no time limits for this workout. Add Workout</p>	<p>Bike 1:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Workout 2 </p> <p>Strength 0:10 Core1a WU:5-15 minutes light aerobic warmup such as spinning, elliptical or jogging MS: Basic core set of 4 exercises (abs, back extensions, left side obliques, right side obliques). CD: Light stretching as needed Add Workout</p>	<p>Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Add Workout</p>	<p>Bike 2:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>	<p>Bike 1:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>
<p>Plan Time: Bike 5:30 X-Train 1:00 Plan Dist: Bike Omi X-Train Omi Strength Omi Hours </p> <p>Sched 6:50 Actual 0:00</p>	<p> 1/14/2008 Log Workout 1 </p> <p>Strength 0:10 Core1a WU:5-15 minutes light aerobic warmup such as spinning, elliptical or jogging MS: Basic core set of 4 exercises (abs, back extensions, left side obliques, right side obliques). CD: Light stretching as needed Add Workout</p>	<p>1/15/2008 Log Workout 1 </p> <p>Bike 1:00 S1a Isolated Leg Training on trainer. After warm-up, alternate 20-60 seconds with 1 leg--other on a chair. Get a total of 7-10 minutes of ILT on each leg in workout. Alternate legs as you feel like it. Comfortably high cadence. Focus on eliminating dead spot at top of stroke</p>	<p>1/16/2008 Log Workout 1 </p> <p>X-Train 1:00 StairCyc Cathedral Stairs: The Cathedral of Learning Stairs are an outstanding way to build strength in your legs that translates well to cycling when begun early in the base building season. One "set" is from the basement to the 36th floor. Keep your effort in the "conversational"</p>	<p>1/17/2008 Log Workout 1 </p> <p>Bike 1:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Workout 2 </p> <p>Strength 0:10 Core1a WU:5-15 minutes light aerobic warmup such as spinning, elliptical or jogging MS:</p>	<p>1/18/2008 Log Workout 1 </p> <p>Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and</p>	<p>1/19/2008 Log Workout 1 </p> <p>Bike 2:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>	<p>1/20/2008 Log Workout 1 </p> <p>Bike 1:30 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>

		by pushing toes forward in shoes at top. Add Workout	zone. Walk, don't run up the stairs. This is a leg strength workout, not a cardiovascular workout. Wear running shoes, may wear a light bookbag with your street clothes in it if needed for security. There is no time limits for this workout. Add Workout	Basic core set of 4 exercises (abs, back extensions, left side obliques, right side obliques). CD: Light stretching as needed Add Workout	listening to music. Add Workout		
<p>Plan Time: Bike 4:30 Plan Dist: Bike 0mi Strength 0mi Hours [?] Sched 4:50 Actual 0:00</p>	<p>✱ 1/21/2008 Log Workout 1 Strength 0:10 Core1a WU:5-15 minutes light aerobic warmup such as spinning, elliptical or jogging MS: Basic core set of 4 exercises (abs, back extensions, left side obliques, right side obliques). CD: Light stretching as needed Add Workout</p>	<p>1/22/2008 Log Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Add Workout</p>	<p>1/23/2008 Log Workout 1 Bike 1:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>	<p>1/24/2008 Log Workout 1 Strength 0:10 Core1a WU:5-15 minutes light aerobic warmup such as spinning, elliptical or jogging MS: Basic core set of 4 exercises (abs, back extensions, left side obliques, right side obliques). CD: Light stretching as needed Add Workout</p>	<p>1/25/2008 Log Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Add Workout</p>	<p>1/26/2008 Log Workout 1 Bike 2:00 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>	<p>1/27/2008 Log Workout 1 Bike 1:30 E2d Ride primarily at 1-2 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. Add Workout</p>