

Workout Calendar for SCE Women's Racing [Close Window](#)

From this week's ATP: Period: Weights: Abilities: Bike

← 3/3/2008 → Week's goals: 1. none 2. none 3. none

Display Weeks Show Descriptions Show Comments ● = BT Workouts (BreakThrough)

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1 Bike 5:30 Day Off 0:00 Hours 5:30/0:00/0:00	3/3/2008 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.	3/4/2008 Workout 1 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!	3/5/2008 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.	3/6/2008 Workout 1 Bike 1:00 M1a BT: Tempo intervals. On road or trainer. Do 3 x 10 minutes in the HR 3 zone. Relax! Smooth pedaling. 80-90 rpm. Use Drops for intervals.	3/7/2008 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.	3/8/2008 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.	3/9/2008 Workout 1 Bike 1:30 F1c BT: Hilly course with long climbs. Stay in the heart rate 2-4 zones on hills. No anaerobic. Do not force the effort on hills. Hold back some on climbs. Mostly seated on climbs.
Week 2 Bike 6:30 Day Off 0:00 Hours 6:30/0:00/0:00	3/10/2008 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.	3/11/2008 Workout 1 Bike 1:00 S1f Ride in the HR 1-2 zones on a mostly flat course. Include pedaling drills such as: a) try to drive pedal straight forward from 9 to 3 o'clock, b) pedal with foot against the top inside of your shoe trying to avoid touching the insole, c) try to touch toes to end of your shoes at top of downstroke. Stay as relaxed as you can while doing these drills. No tension in feet, legs, hands, etc.	3/12/2008 Workout 1 Bike 1:00 M1a BT: Tempo intervals. On road or trainer. Do 3 x 15 minutes in HR Zone 3 (2 minute recoveries). Relax! Smooth pedaling. 80-90 rpm. Use Drops	3/13/2008 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 4 x 10 minutes in the "big gear"(or see comments), with 5 minute easy recoveries in between. CD: 15 minutes.	3/14/2008 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.	3/15/2008 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.	3/16/2008 Workout 1 Bike 1:30 F-MT WU: Warmup with easy spinning for at least 10-15 minutes, include 2-3 spinups to get legs loose. MS: On a long, moderate climb that takes at least 10 minutes to climb. 4 x 8-12 minute efforts, large chainring & small cog for a cadence of 50-60 rpm. (If you have maxed out on your gearing and are pedaling faster than 60rpm, find a steeper hill). Concentrate on a steady upper body & generating force from your legs. Good pedaling form over the top & through the bottom of the stroke. Stay seated. If HR climbs beyond Zone 3, or legs start to burn before end of interval, then reduce the intensity (easier gear, lower RPM or less steep hill) CD: Easy spinning for remainder of time, but at least 10-15 minutes.

<p>Week 3 Bike 5:00 Race 0:00 Day Off 0:00 Hours 5:00/0:00/0:00</p>	<p>3/17/2008 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.</p>	<p>3/18/2008 Workout 1 Bike 1:00 S1e Use the cadence mode if you have this available. Spin on the high end of your comfortable range in the small chain ring in the 1-2 heart rate zones on a flat to gently rolling course. Allow your feet and legs to relax while spinning. Note and record your average cadence for the ride when done.</p>	<p>3/19/2008 Workout 1 Bike 1:30 M1a BT: Tempo intervals. On road or trainer. Do 2 x 20 minutes in the 3 zone (2 minute recoveries). Relax! Smooth pedaling. 80-90 rpm. Use Drops</p>	<p>3/20/2008 Workout 1 Bike 1:00 E1e Ride in 1-2 zone, mostly 1 zone. Flat course. Low effort--light on pedals. Comfortably high rpm.</p>	<p>3/21/2008 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.</p>	<p>3/22/2008 Workout 1 Bike 1:30 M2f WU: 20 minutes Zone 1-2 MS: 15 minutes Tempo (Zone 3); recover with 5 minutes easy spinning in Zone 1; 3 accelerations from a moderate speed (15-20mph), for no more than 10 seconds, each separated by 3 minutes recovery. CD: 15 minutes easy spinning back home.</p>	<p>3/23/2008 Workout 1 Race R Steel City Crit</p>
<p>Week 4 Bike 2:45 Day Off 0:00 Hours 2:45/0:00/0:00</p>	<p>3/24/2008 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.</p>	<p>3/25/2008 Workout 1 Bike 1:00 S3b Warm-up well. Then on a curbed course, sprint in and out of corners several times. Work on body and bike positions for different scenarios--dry (lean bike, not body) and wet (lean body, not bike). If possible, also do some off-camber and 180 degree turns. Each cornering sprint should last no longer than about 8 seconds. Long recoveries between corners--3-5 minutes.</p>	<p>3/26/2008 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.</p>	<p>3/27/2008 Workout 1 Bike 1:00 M-Mtb BT: Warm up. Then ride 30 minutes non-stop in HR Zone 3, or an aggressive but not exhausting pace on a non-technical MTB course. This should feel like a fast ride. Cool down for 10-15 minutes on flat easy terrain.</p>	<p>3/28/2008 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.</p>	<p>3/29/2008 Workout 1 Bike 0:45 BT: Warm up well. Then bike a 30 minute time trial on flat course/track. Punch HR monitor 'lap' button 10 minutes into Time Trial. Average heart rate for last 20 minutes predicts Lactate threshold heart rate (LTHR). You should finish feeling like you gave this everything and could not have gone any harder. Don't start out too hard or you will lose steam partway into the test. Go as hard as you feel you can sustain for the entire 30 minutes after warmup.</p>	<p>3/30/2008 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.</p>

NOTE: Select "File -> Print" from your browser's menu to print this page