

September and October: Fundamentals

General	Physical / physiological	Technical/biomechanical	Tactical/strategically	Psychological/behavioral
Terrain: flat/indoor trainer Intensity: below 86% MHR Volume: Time Daily ride: 2 to 5 hours Weekly ride: 12 to 21 hours Frequency: 3 to 6 rides Pedal cadence: 90-120 Gearing: 39+ 16-23	Strength training (s.t) 2 to 4 times/wk Squats Chest Press Dead lifts Lat Pulldowns Lunges Dips 3 sets of every exercise 1st set@15rep of 65%1RM 2nd set@12rep of 67%1RM 3rd set@11rep of 70%1RM Always abdominals, back and obliques between sets	Bike fit Proper falling technique Mounting/ dismounting Pedaling mechanics Shifting Balance while looking back Riding in group Touching/bumping Eating/drinking Basic bike cleaning	Team concepts Ride solo Ride routine Warm up stretching Ride Cool down Hydration/nutrition stretching	Fun Goal setting Relaxation balance school/training

Suggested weekly training sessions

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning:	s.t.	ride 2h	s.t	ride 2h	s.t	stretching	off
Afternoon:							

(*) increase the time by 5% every week for every ride

Suggested daily training session

day	volume	terrain	intensity	cadence	gearing	goal of the ride
mon	120min	flat	below 86%MHR	90-120 rpm	39* 17-23	riding 60 min in the drops riding in group eating&drinking while riding

November and December: Train to Train

General	Physical/physiological	Technical/biomechanical	Tactical/strategically	Psychological/behavioral
Terrain: flat to rolling hills/indoor trainer	Strength training	Cornering	understand how to assist teammates	breathing
Intensity: below 88%MHR	same routine&frequency	looking over shoulder	maintains contact with peloton	positive self talk
Volume: Distance		aerodynamic position		tolerance discomfort in training imagery
eating&drinking while riding 30 to 70 miles	1st set@10rep of 75%1RM	pace line		
Weekly rides: 120 to 210 miles	2nd set@9rep of 77%1RM	echelons		
Frequency: 3 to 6 rides	3rd set@8rep of 80%1RM	drafting		
Pedal cadence: 90-120		selection of clothing		
Gearing: 39+16-23/53+19-23				

Suggested weekly training sessions (*)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning:	ride 40miles	stretching	ride 40miles	stretching	ride 20	ride 55	off
Afternoon:	s.t	ride 25miles	s.t	ride 25miles	s.t	stretching	off

(*) increase the distance by 3miles every week for every ride

Suggested daily training session

day	volume	terrain	intensity	cadence	gearing	goal of the ride
wed	40 min	flat/rolling hills	below 88%MHR	90-120 rpm	39*16-23/53*19-23	group cornering

January and February: Train to Compete

General	Physical/physiological	Technical/biomechanical	Tactical/strategically	Psychological/behavioral
Terrain: flat/ short&long hills	Strength Training	feed zone	work/not to work	develop courage
Intensity: below 93%MHR	same routine	climbing	breaks	assesse strength/weaknesses
Volume: distance/speed Daily ride: 20 to 40 miles	only twice a week	descending hopping	role within the team improve sprint with lead out	accept criticism markers of overtraining
Weekly rides: 60 to 100 miles Frequency: 4 to 6 rides	1st set@6rep of 85%1RM 2nd set@5rep of 87%1RM	sprint rotation echelons		develop patience
Pedal cadence: 60-120	3rd set@4rep of 90%1RM	high speed cornering		
Gearing: open		mass start clip in technique time trial		

Suggested weekly training sessions

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning:	40m@18m/h	stretch.	30m@19m/h	stretch.	20@18m/h	40m@22m/h	Off
Afternoon:	s.t	20m@21m/h	s.t	15m@25m/h	stretch.	Stretch.	Off

Suggested daily training session (*)

day	volume	terrain	intensity	cadence	gearing	goal of the ride
tue	20m@21m/h(*)	flat/hills	93%mhr	60 to 120	open	sprint/attack/chasing

(*) long intervalls 5miles- 4 times @21m/h with 1mile recovery- not below 65%MHR

March - July: Train to Win

General	Physical/physiological	Technical/biomechanical	Tactical/strategically	Psychological/behavioral
Terrain: race profile Intensity: 97%MHR Volume: speed/ time daily ride: 1 to 3 hours	plymetrics stretching massage Strength Training	wheel change equipments appropriate to the race gearing selection for the event	team meetings tactics strategies	fun winning is your goal 100% dedicated to the team
weekly ride: 8 to 16 hours frequency: 4 to 6 rides pedal cadence: 60 to 120 Gearing: specific to the event	same routine once a week Monday or Tuesday 1st set @3rep of 93%1RM 2nd set @2rep of 95%1RM 3rd set @1rep of 100%1RM longer warm up& cool down always have a teammate(s) for spotting	event specific skills		

Suggested daily training session

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning:	s.t.	ride 2h@23m/r	race specific ride	race sp.ride	ride 1h	race	off
Afternoon:	team meeting	stretching	off	stretching	off	off	off