



## 2007 Paris to Ancaster 10-week Training Plan

### Week 10

Prepared by Graydon Raymer PhD

Welcome to the final week of our training plan! This is a Taper week, with the template shown below. The goal is to reduce our overall volume, include a bit of intensity of different types, and get ready and rested for the big race.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10 Race Week	16. Off	17. 2min VO <sub>2</sub> max Intervals	18. Easy Endurance Ride	19. 8min Threshold Intervals	20. Off	21. Race Prep	22. 2007 Paris- Ancaster Race

On Tuesday, we begin with some 2min intervals similar to how you did in the Power Phase. These should be at the same high-intensity, but do only 50-75% of the number of intervals you did previously. On Wednesday, you have just an easy spin, and the goal here is recovery so if an hour is all you want to do, listen to your body! On Thursday, we have some 8min Intervals which should be at your target Paris-Ancaster race pace. Do 2-3 of these, and give yourself 8min of recovery between them. Friday we have off, and then our last effort is a Race Prep on Saturday. This is just a light short ride, maybe only 45-60min, and should include a few short efforts of about 5 min that start moderate, and ramp up to a little above your target race pace by the end. Allow yourself good recovery, and spin easy the rest of the time. One or two short accelerations (like a sprint that starts gradually) of about 10-15s can be thrown in as well. When you get home from your ride on Saturday, have a good carbohydrate meal, and then clean your bike and pack your gear for tomorrow. Double check everything you need is ready to go in the car, water bottles are filled and in the fridge the night before, and then relax. Don't go to bed too early, as that can leave you restless. Stick to your normal bed time schedule, and plan your wake up in the morning according to your eating needs based on the race start time.

Good luck on Sunday! Race hard, but most importantly, when it gets tough, smile to someone racing beside you and encourage them along. It is amazing how the generous act of being polite can not only help those around you, but it can distract you from your own suffering and can actually improve your own performance!

I hope you have enjoyed the 2007 Paris-Ancaster training program brought to you by [CoachChris.ca](http://CoachChris.ca). Good luck with the rest of your training and racing endeavours in 2007!

*About the Author: Graydon Raymer is an associate coach with CoachChris.ca ([www.coachchris.ca](http://www.coachchris.ca)), currently living in London, Ontario. Graydon races Sr. 1/2 road and Pro-elite MTB, but also just completed his PhD in Exercise Physiology through the department of Medical Biophysics at the University of Western Ontario. Graydon can be reached by email at: [ghraymer@uwo.ca](mailto:ghraymer@uwo.ca).*