



2007 Paris to Ancaster 10-week Training Plan

Week 5

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Welcome to Week 5! This is our second week in the middle phase of our training plan, the power phase. As we discussed last week, the goal here is to build our maximum aerobic power (VO₂max) by performing lots of tough, short, high-intensity intervals. If you made it through the first week, congratulations! This phase is meant to be tough!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 Power Phase	12. Off	13. 2min VO ₂ max Intervals	14. 1min VO ₂ max Intervals	15. Off	16. Easy Endurance Ride	17. 4min VO ₂ max Intervals	18. 30s VO ₂ max Intervals

This week, a note about determining intensity. The ideal method of training in cycling is with a power meter, as it objectively allows you to quantify your effort independent of all other external conditions. But this method isn't cheap, costing over \$1000 for one of these measuring devices. The next best method is heart rate training. Here you can get a basic monitor for around \$100. Which ever you use, however, to use it properly you should have some physiological testing done so that your power or heart rate training zones can be established and that are *specific* to you. Those simple methods based on maximum heart rate are a major oversimplification, and do not take into account the wide variation we see in individuals in practice.

What ever method you use, the goal of this phase is HARD! You should be aiming to complete a total of 10-20 min of interval volume at a intensity that you can barely complete the workout at. If you are using a heart-rate monitor, you may find it a bit confusing for these short-intervals, as heart rate is slow to respond. I typically tell athletes who aren't using power, to just go on perceived exertion for these short intervals. Don't even look at your heart rate monitor – flip it upside or hide it on your wrist. It can be interesting to look at your data after your workout, but during the ride, the simple goal should be as hard as you can for each duration. Those short intervals should feel like a really hard effort in the middle of a race, or a tough climb, or in the case of the 30s efforts, almost like a sprint. Do a couple of them with 1:1 recovery, and when you get to the point where you just can't do another... take a longer break 1:2 – 1:5 work:rest ratio, and then try another interval or two. The more you can do, and the harder you can do them, the greater the response you will get.

Good luck, and work hard!

About the Author: Graydon Raymer is an associate coach with CoachChris.ca (www.coachchris.ca), currently living in London, Ontario. While not coaching his own road and MTB cyclists, or himself racing Sr.1/2 road and pro-elite MTB, Graydon is working hard to complete his PhD by the end of the March in Medical Biophysics – Exercise Physiology at the University of Western Ontario. Graydon can be reached by email at: ghraymer@uwo.ca.