



## 2007 Paris to Ancaster 10-week Training Plan

### Week 9

Prepared by Graydon Raymer PhD

Welcome to Week 9! This is our last week in the Endurance Phase, and nearly the end of our training plan. Next week we will have a Taper week, where we ease off on the training, fine tune with a few intervals, and generally rest up for the big race ahead!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9 Endurance Phase	9. Off	10. 5min Low Cadence Drills	11. Easy Endurance Ride	12. 8min Threshold Intervals	13. Off	14. Endurance Ride with Sprints	15. 16min Threshold Intervals

A quick note about sports nutrition. There is a plethora of information out there on this topic, undeniably due to the fact that it is also a million dollar industry. After many years of scientific research and study, I have seen all kinds of products come on to the market, and as yet I've still to see any legal product that is worth spending your hard earned cash on. Our human bodies are wonderfully constructed engines, and remarkably well adept at extracting energy from the food we eat. The most important thing you can do for yourself as an athlete is to train hard and eat a good variety of whole, non-processed foods which contain a balance of carbohydrates, proteins, and fats. Beyond that, the simple goal is to eat in a manner which supports your training. This includes eating enough calories in the 1-2 hours before your workout/event, which is the single most important thing you can do from a sports nutrition perspective. The second thing to ensure is adequate consumption of food and water during your workouts, and the third thing is to replenish your energy with good wholesome food after your workouts. You don't need to spend exorbitant amounts of money on highly-processed energy shakes and bars and drinks unless they are your best option from a convenience perspective (i.e. if you travel a lot or train between work or meetings, those pre-packaged meals can be a real time-saver). There are also not magic pills or potions... if you read something about vitamin-x or supplement-y claiming to boost your endurance, strength, or VO<sub>2</sub>max, don't believe it! The sports nutrition industry is not regulated, and thus they can make any claim they want on their labels. Don't waste your money on some powder that is 99% containing nothing but maltodextrin and cellulose!

Thus, thinking ahead to the Paris-Ancaster race, a good strategy might be a large breakfast containing carbohydrates and protein about 3 hours before the race. Then follow up until about 30min before the race with light snacking on some wholesome carbohydrates and water. I often tell people to avoid fruit or juices unless they know they can race well on them, as the acids and fibre in the fruits can sometimes disrupt your digestive system and interfere with absorption of other nutrients. During the race, drink a modest amount of fluid, about 200-400mL per hour (don't overdrink) and eat 50-60 grams of carbohydrate per hour. This could come from water, a sports drink, a sandwich, cookie, bagel, or a commercially made energy bar. What ever you use, you should try it in training this week to ensure it doesn't cause any undesirable side effects! Lastly, after the race, replenish with some food first, and resist the urge to down a gallon of water as soon as you finish. That can lead to disastrous consequences at worst, or at best can interfere with the absorption of the much needed food energy.

Work hard this last week!

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).