

2007 Training

| Period     | Month  | Event          | Week | Form | Volume | Sunday                                     | Monday | Tuesday                   | Wednesday | Thursday                  | Friday | Saturday                     |
|------------|--------|----------------|------|------|--------|--|--------|---------------------------|-----------|---------------------------|--------|------------------------------|
| Off-Season | 24-Sep |                | -5   |      |        | Sporadic 1.5 hr+ at least every 2 days>>>> | WT     | WT                        | WT        |                           |        |                              |
|            | 1-Oct  |                | -4   |      |        | Sporadic 1.5 hr+ at least every 2 days>>>> | WT     | WT                        | WT        |                           |        |                              |
|            | 8-Oct  |                | -3   |      |        | Sporadic 1.5 hr+ at least every 2 days>>>> | WT     | WT                        | WT        |                           |        |                              |
|            | 15-Oct |                | -2   |      |        | Sporadic 1.5 hr+ at least every 2 days>>>> | WT     | WT                        | WT        |                           |        |                              |
|            | 22-Oct |                | -1   |      |        | Sporadic 1.5 hr+ at least every 2 days>>>> | WT     | WT                        | WT        |                           |        |                              |
|            | 29-Oct |                | 0    |      |        | Sporadic 1.5 hr+ at least every 2 days>>>> | WT     | WT                        | WT        | 1.00 Field Test: 17x TT   |        |                              |
| Foundation | 5-Nov  |                | 1    | 1    | 2.75   | FM w/30 min HR                             | 2.25   | FM w/8x14sec S, WT        | 1.50      | FM w/8x3min FP            | 1.75   | FM w/30 min HR, WT           |
|            | 12-Nov |                | 2    | 2    | 3.00   | FM w/1 hr RS                               | 2.50   | FM w/8x14sec S, WT        | 1.50      | FM w/8x4min FP            | 2.00   | FM w/4x5min FP, WT           |
|            | 19-Nov |                | 3    | 3    | 3.25   | FM w/30 min HR                             | 2.75   | FM w/8x14sec PS, WT       | 1.50      | FM w/8x3min FP            | 2.25   | FM w/30 min HR, WT           |
|            | 26-Nov | Thanksgiving   | 4    | 4    | 2.00   | RR   | 2.50   | FM w/8x14sec PS, WT       | 1.50      | FM w/8x3min FP            | 2.00   | FM w/8x3min FP, WT           |
|            | 3-Dec  |                | 5    | 5    | 3.25   | FM w/30 min HR                             | 2.75   | FM w/8x14sec PS, WT       | 1.50      | FM w/8x4min FP            | 2.25   | FM w/8x3min FP, WT           |
|            | 10-Dec |                | 6    | 6    | 4.00   | FM w/1 hr RS                               | 3.00   | FM w/8x14sec S, WT        | 1.50      | FM w/8x3min FP            | 2.50   | FM w/3x2 min OL, WT          |
|            | 17-Dec |                | 7    | 7    | 3.75   | FM w/30 min HR                             | 3.25   | FM w/8x14sec PS, WT       | 1.50      | FM w/8x3min FP            | 2.75   | FM w/3x2 min OL, WT          |
|            | 24-Dec | Christmas      | 8    | 8    | 4.00   | RR   | 3.00   | FM w/8x14sec PS, WT       | 1.50      | FM w/8x4min FP            | 2.50   | FM w/4x2 min OL, WT          |
|            | 31-Dec | Florida        | 9    | 9    | 5.75   | FM w/40 min HR                             | 3.25   | FM w/4x2 min OL, WT       | 1.75      | FM w/8x3min FP            | 2.75   | FM w/30 min HR, WT           |
|            | 7-Jan  |                | 10   | 10   | 6.00   | FM w/1 hr RS                               | 3.50   | FM w/8x14sec PS, WT       | 1.75      | FM w/8x3min FP            | 3.00   | FM w/4x2 min OL, WT          |
|            | 14-Jan |                | 11   | 11   | 7.25   | FM w/40 min HR                             | 3.75   | FM w/4x2 min OL, WT       | 1.75      | FM w/8x4min FP            | 3.25   | FM w/30 min HR, WT           |
|            | 21-Jan |                | 12   | 12   | 4.00   | RR   | 3.00   | FM w/8x14sec PS, WT       | 1.75      | FM w/8x3min FP            | 3.00   | FM w/4x2 min OL, WT          |
| Transition | 28-Jan |                | 13   | 14   | 5.75   | EM w/4x5 min MT                            | 3.25   | EM w/30 min T, WT         | 1.50      | EM                        | 2.75   | EM w/30 min T, WT            |
|            | 4-Feb  |                | 14   | 16   | 6.00   | EM w/1 hr RS                               | 3.50   | EM w/40 min T             | 1.75      | EM w/40 min T             | 3.00   | EM w/3x10 min SS, WT         |
|            | 11-Feb |                | 15   | 18   | 7.25   | EM w/40 min T                              | 3.75   | EM w/4x8 min SS, WT       | 2.00      | EM w/40 min T             | 3.25   | EM w/2x8 min CR, WT          |
|            | 18-Feb |                | 16   | 20   | 6.00   | RR   | 3.50   | EM w/3x10 min SS, WT      | 2.00      | EM w/40 min T             | 3.00   | EM w/3x7 min CR, WT          |
|            | 25-Feb |                | 17   | 22   | 7.25   | EM w/1 hr RS                               | 3.75   | EM w/3x12 min SS, WT      | 2.00      | EM w/40 min T             | 3.25   | EM w/3x8 min CR, WT          |
|            | 4-Mar  |                | 18   | 24   | 8.50   | EM   | 4.00   | EM w/3x15 min SS, WT      | 2.00      | EM w/8x3min FP            | 3.50   | EM w/4x7 min CR, WT          |
|            | 11-Mar | Slammer        | 19   | 26   | 9.75   | EM w/1 hr RS                               | 4.25   | EM w/3x18 min SS, WT      | 3.00      | EM w/8x3min FP            | 3.75   | EM w/4x8 min CR, WT          |
|            | 18-Mar | Spring Break   | 20   | 28   | 7.00   | RR   | 3.75   | EM                        | 2.00      | EM w/30 min T             | 3.25   | EM w/3x8 min CR, WT          |
| Speed      | 25-Mar | Hillsdale      | 21   | 30   | 8.50   | EM w/2x30min CS, w/ 4 x 90 sec CA          | 3.00   | EM w/8 min U, 2 min O x 2 | 2.25      | EM w/8x3min SR, WT        | 1.50   | EM w/4x3 min PI              |
|            | 1-Apr  |                | 22   | 34   | 9.75   | EM w/2x30min CS, w/ 4 x 90 sec CA          | 3.25   | EM w/8 min U, 2 min O x 3 | 2.50      | EM w/8x3min SR, WT        | 1.50   | Field Test: 17x TT           |
|            | 8-Apr  | Black Creek    | 23   | 38   | 10.00  | EM w/2x30min CS, w/ 4 x 90 sec CA          | 3.50   | EM w/8 min U, 2 min O x 3 | 2.75      | EM w/8x4min SR, WT        | 1.50   | EM w/8x3min SR, WT           |
|            | 15-Apr |                | 24   | 42   | 7.00   | RR   | 3.25   | EM w/8x15 sec HSS         | 2.00      | EM w/75/60/45/30 x 3, DI  | 1.50   | Field Test: 17x TT           |
| Transition | 22-Apr | Emmett Roubaix | 25   | 44   | 8.50   | EM   | 4.00   | EM w/3x15 min SS, WT      | 2.00      | EM w/8x3min FP            | 3.50   | EM w/4x7 min CR, WT          |
|            | 29-Apr | Deschutes TT   | 26   | 46   | 9.75   | EM w/1 hr RS                               | 4.25   | EM w/3x18 min SS, WT      | 3.00      | EM w/8x3min FP            | 3.75   | EM w/4x8 min CR, WT          |
|            | 6-May  |                | 27   | 48   | 10.00  | EM w/2x30min CS                            | 4.50   | EM w/4x10 min CR, WT      | 3.00      | Field Test: Long Climb    | 4.00   | EM w/4x10 min CR, WT         |
|            | 13-May |                | 28   | 50   | 11.25  | EM w/2x30min CS, w/ 4 x 90 sec CA          | 4.75   | EM w/8 min U, 2 min O x 3 | 3.25      | EM w/8x3min SR, WT        | 3.75   | EM w/4x10 min CR, WT         |
| Speed      | 20-May |                | 29   | 52   | 9.00   | RR   | 4.25   | EM w/8x4min SR            | 2.00      | EM w/8 min U, 2 min O x 3 | 3.75   | EM w/75/60/45/30 x 3, DI, WT |
| Taper      | 27-May |                | 30   | 56   | 7.50   | EM w/15sec HSS                             | 2.50   | EM w/75/60/45/30 x 1 DI   | 1.25      | EM w/75/60/45/30 x 1 DI   | 1.00   | EM w/3x2 min PI              |
| Peak       | 3-Jun  | Mt Hood        | 31   | 60   | 9.75   | EM w/4x30sec x 2 SI                        | 4.25   | EM w/8x4min SR            | 2.00      | EM w/8 min U, 2 min O x 3 | 3.75   | EM w/75/60/45/30 x 3, DI, WT |
|            | 10-Jun | Final Exams    | 32   | 64   | 10.00  | EM w/15sec HSS                             | 4.50   | EM w/8x4min SR            | 2.00      | EM w/8 min U, 2 min O x 3 | 4.00   | EM w/75/60/45/30 x 3, DI, WT |
| Taper      | 17-Jun |                | 33   | 68   | 8.50   | EM w/15sec HSS                             | 2.50   | EM w/75/60/45/30 x 1 DI   | 1.25      | EM w/75/60/45/30 x 1 DI   | 1.00   | EM w/3x2 min PI              |
| Peak       | 24-Jun | Elkhorn        | 34   | 72   | 9.75   | EM   | 4.25   | EM w/8x4min SR            | 2.00      | EM w/8 min U, 2 min O x 3 | 3.75   | EM w/75/60/45/30 x 3, DI, WT |
|            | 1-Jul  |                | 35   | 76   | 10.00  | EM   | 4.50   | EM w/8x4min SR            | 2.00      | EM w/8 min U, 2 min O x 3 | 4.00   | EM w/75/60/45/30 x 3, DI, WT |
| Taper      | 8-Jul  |                | 36   | 80   | 8.50   | EM w/15sec HSS                             | 2.50   | EM w/8x4min SR            | 2.00      | EM w/8 min U, 2 min O x 3 | 3.75   | EM w/75/60/45/30 x 3, DI, WT |
| Peak       | 15-Jul | Cascade        | 37   | 84   | 7.00   | RR   | 3.25   | EM w/8 min U, 2 min O x 3 | 2.00      | EM w/8 min U, 2 min O x 3 | 2.50   | EM w/12x30 sec TS            |
|            | 22-Jul |                | 38   | 84   | 8.50   | EM w/8 min U, 2 min O x 3                  | 4.00   | EM w/8x3 min PI           | 2.00      | EM w/8x3 min PI           | 3.50   | Field Test: 40x TT           |
| Taper      | 29-Jul |                | 39   | 84   | 7.50   | EM w/8 min U, 2 min O x 3                  | 3.25   | EM w/12x30 sec TS         | 2.00      | EM w/8x3 min PI           | 3.25   | EM                           |
| Peak       | 5-Aug  | State TT       | 40   | 84   |        |  |        |                           |           |                           | 1.50   | EM w/75/60/45/30 x 1 DI      |
|            | 12-Aug |                | 41   |      |        |  |        |                           |           |                           |        |                              |
|            | 19-Aug |                | 42   |      |        |  |        |                           |           |                           |        |                              |
|            | 26-Aug |                | 43   |      |        |  |        |                           |           |                           |        |                              |
|            | 2-Sep  |                | 44   |      |        |  |        |                           |           |                           |        |                              |
|            | 9-Sep  |                | 45   |      |        |  |        |                           |           |                           |        |                              |

| Count | RPM |
|-------|-----|
| 11    | 66  |
| 12    | 72  |
| 13    | 78  |
| 14    | 84  |
| 15    | 90  |
| 16    | 96  |
| 17    | 102 |
| 18    | 108 |
| 19    | 114 |
| 20    | 120 |
| 21    | 126 |
| 22    | 132 |
| 23    | 138 |

Field Test HR

175

|        |   |
|--------|---|
| 155.75 | WT=Weight Training, 2x10 squats, 2x30 one leg press, leg pull, step-up, abs, back & 2x8 bicep, tricep, lat, pull, pectoralis. Plus jump rope.<br>FM= 89% heart rate ceiling, 85-95 RPM.<br>OL= One leg, 3x2 min pedaling with alternating one leg each 30 sec. Work on mechanics.<br>PS=PowerStart: 10 pedal strokes out of the saddle from a stopped position. Allow full recovery.<br>FP=FastPedal: 105 to 130+ RPM concentrate on pedal technique. Equal duration for work and recovery.<br>S=Stomps: Begin at moderate speed in a large gear. Mash pedals while seated. Recover 5 mins<br>HR= Hill Repeats: 91% heart rate ceiling, several > 3 min hills up to 6%, stay seated, 70+ cadence<br>CT= Cross Training: Snowshoeing, running, swimming can replace any workout or any hours at a 2:1 ratio.<br>RS=Race Simulation<br>EM= 91% heart rate ceiling, 85-95 RPM.<br>MT= Use 12-15 gear for 2-4 efforts of 5-12 min with half time of recovery, uphill recommended, 50-55 rpm. HR should not get above 88%.<br>T= 88% (154-158) heart rate continuous for 20-120 min, 70-75 RPM.<br>SS= 92% (161-165) two four efforts of 8-20 minute with equal recovery, 85-95 RPM.<br>CR= 95% (166) 2-4 efforts of 8-20 min with 1:1 recovery, 70-85 RPM.<br>F1= Five & One: 103% (180) heart rate, 4-12 efforts of 5 min with 1 min recovery.<br>CS= Climbing Simulation: 2-4 climbs of 30+ min at race tempos.<br>TT= Single effort of 20-50 min on TT bike, warmup first with 20 EM, 10 T, 2 R, 4 SS, 2 R, 2x2min PI, 2 R, 2x2min PI, 8 R.<br>SR= Sleep Repeats: Max effort, 5 efforts of 3-4 min with 3-5 min recovery, grades of 6-8%, in and out of saddle, 70+ cadence<br>PI= Maximal effort 3-8 efforts of 3-5 min with 1:1 to 1:1.5 recovery, 110-120 RPM. Best on indoor trainer.<br>DI= Max effort at RPM. Jump out and sprint to start, 1:1 recovery between reps, 10-15 min recovery between sets, 110+ RPM.<br>OU= Under is SS 92% (161-165) and over is CR 95% (166) Under followed by half-time of over, 100-115 RPM.<br>TS= Thirty & Five: Max effort, 12 efforts of 30 seconds with 5 minutes of recovery. Recommended for TT by Jeukendrup<br>HSS= Max effort with high start speed, 4-8 times with 10-20 min recovery between, 100+ RPM.<br>CA= Climb Accelerations: 4-8 efforts of 60 sec build to 92%(161-165) then 30 sec standing sprint after shifting to higher gear with 4 min recovery, grades of 6-8%<br>SI= Max effort at RPM, 6-24 efforts of 30-50 sec with 1:1 recovery, 110-130 RPM.<br>RR=RecoveryRide: 60-70% (102-119) and 75-85 RPM. |
| 154    |   |
| 161    |   |
| 166.25 |   |
| 105    |   |