



## TOUR DE VICTORIA PLAN February 24 \_August 22 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1-3</b>							
<b>February 24- March 15</b>  <b>B= 8½ hrs ADV =12½hrs</b>	OFF	(CAN BE INDOOR) <b>THRESHOLD</b> efforts Total 1 hr work 3 x 5 min efforts on climb <b>w 5 min rest between</b> 1 hr work of 2 hrs ride or <b>INDOOR CYCLING</b> B/INT = 1 hr ADV=2 hr	<b>ENDURANCE RIDE</b> on easy consistent flattish terrain. Efficient cadence 85-100rpm  B = 1hr INT/ADV=2 hrs	<b>TEMPO RIDE Or INDOOR W/OUT w TEMPO</b>  B= 1 ½ hr INT/ADV=2 hr	<b>ACTIVE RECOVERY</b> 1 hr all levels  Means that...anything just for blood flow..hike..swim	<b>RIDE TEMPO</b>  1-2 * x 20 mins at Tempo effort with 10 mins easy between. Flatter terrain  B*=1 X 20 min. 2 hrs INT/ADV=2 x 20min. 2 ½ hrs	<b>ENDURANCE RIDE</b>  Road not too hilly rolling hills to give natural efforts with the terrain  B=2 hrs INT/ADV=3 hrs
<b>Week 4</b>  <b>REST WEEK</b> <b>March 16-22</b> <b>Goal don't overgear!</b>	OFF	<b>ACTIVE RECOVERY</b> 1 - 2 HRS	<b>ENDURANCE RIDE</b> on easy consistent terrain. Efficient cadence 85-100rpm and gearing. B = 1 ½ hr INT/ADV=2 ½ hrs	Road ride Flat to rolling terrain  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY CAN BE OFF</b>	<b>RIDE TEMPO</b> 1-2 * x 10 mins at Tempo effort with 10 mins easy between. Flatter terrain B=1 X 10 min. 2 hrs INT/ADV=2 x 10. 2 ½ hrs	<b>ENDURANCE RIDE</b>  FUN RIDE WHATEVER YOU WANT B=1 ½ hrs INT/ADV=2 hrs

<b>Week 5-7</b>							
<b>March 23- April 12</b>  <b>B= 9 ½ hrs ADV=13½ hrs</b>	<b>OFF</b>	(CAN BE INDOOR) <b>THRESHOLD</b> efforts Total 1 hr work 3-4 x 5 min efforts on climb <b>w 3 min rest between</b> 1 hr work of 2 hrs ride  Or <b>INDOOR CYCLING</b>  B/INT = 1 hr ADV=2 hr	<b>ENDURANCE RIDE</b> on easy consistent flattish terrain Efficient cadence range  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>TEMPO RIDE Or INDOOR W/OUT w TEMPO</b>  B= 2 hr INT/ADV= 2 ½ hrs	<b>ACTIVE RECOVERY</b>  1 ½ hrs	<b>RIDE TEMPO BUILD TO MAP</b> Climb or TT 40 mins .Ride progressively harder to the top (of climb) or through the TT Start at Tempo first half Push to Threshold with 6-8 mins to go and finish last 2 minutes at Max Power  B=1 X 40 min. 2 hrs INT&ADV=1x40. 2 ½ hrs	<b>ENDURANCE RIDE</b>  Ride with flow of terrain no aggressive climbs  B=2 ½ hrs INT/ADV=3-3 ½ hrs
<b>Week 8</b>  <b>REST WEEK April 13-19</b>	<b>OFF</b>	<b>ACTIVE RECOVERY</b> 1 - 2 HRS	<b>ENDURANCE RIDE</b> on easy consistent terrain B = 1 ½ hr INT/ADV=2 ½ hrs	Road ride Flat to rolling terrain  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY CAN BE OFF</b>	<b>RIDE TEMPO</b> 1-2 * x 10 mins at Tempo effort with 8 mins easy between. Flatter terrain  B=1 X 10 min. 2 ½ hrs INT&ADV=2x 10. 3 hrs	<b>ENDURANCE RIDE</b> <b>FUN RIDE WHATEVER YOU WANT</b>  B=1 ½ hrs INT/ADV=2 hrs
<b>Week 9-11</b>							
<b>April 20- May 10</b>  <b>B= 10 ADV =14 hrs</b>	<b>OFF</b>	(CAN BE INDOOR) <b>THRESHOLD</b> efforts Total 1 hr work 2 x 8- 10 min efforts on climb <b>w 5 min rest between</b> 1 hr work of 2 hrs ride  Or <b>INDOOR CYCLING</b>  B/INT = 1 hr ADV=2 hr	<b>ENDURANCE RIDE</b> on flat to rolling terrain  B = 2 hr INT/ADV=3 hrs	5 x 3 min LaT efforts wt 4 mins recovery <b>(LACTATE THRESHOLD)</b> flat terrain  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY 1 hr</b>	<b>TEMPO GROUP RIDE</b> Practise preparation..eating &hydration  B=3hrs INT/ADV=3 ½-4 hrs	<b>ENDURANCE</b> Road ride Endurance Pace  1-2 ½ hrs

Week 12 <b>REST WEEK</b> May 11-17	OFF	<b>ACTIVE RECOVERY</b> 1-2 hrs	<b>ENDURANCE RIDE</b> on easy consistent terrain  B = 2 hr INT/ADV=2 ½- hrs	2-3 x 5 min ( <b>LACTATE THRESHOLD</b> )  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY</b> <b>CAN BE OFF</b>	<b>RIDE TEMPO</b> 1-2 * x 15 mins at Tempo effort with 10 mins easy between. Flatter terrain B=1 X 20 min. 2 hrs INT&AD=2x 20. 2 ½ hrs	<b>ENDURANCE RIDE</b>  FUN RIDE WHATEVER YOU WANT B=1 1/2 hrs INT/ADV=2 hrs
Week 13-15						<b>June 6</b>	
May 18 – June 7  B= 10hrs ADV =14 hrs	OFF	(CAN BE INDOOR) <b>THRESHOLD</b> efforts Total 1 hr work 2 x 8-10 min efforts on climb <b>w 4 min rest between</b> 1 hr work of 2 hrs ride  Or <b>INDOOR CYCLING</b>  B/INT = 1 hr ADV=2 hr	<b>TEMPO RIDE</b> B= 1 1/2 hr  INT/ADV= 2 hr	5-6 x 3 min efforts at ( <b>LACTATE THRESHOLD</b> ) w 3 mins recovery  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY</b> <b>1 hr</b>  CAN BE OFF	<b>RIDE RACE OR SIMULATION TEMPO GROUP RIDE</b>  B=3 ½ hrs INT/ADV=-4 ½ hrs <b>OR</b> 3 * x 15 mins at Tempo effort with 7 mins easy. Flatter terrain  B=2 X 15 min. 2 hrs INT/ADV=3 x 15 min 2 ½ hrs	<b>ENDURANCE RIDE</b>  FUN RIDE WHATEVER YOU WANT  B=1 ½ hrs INT/ADV=2 hrs
Week 16 <b>REST WEEK</b> June 8-14	OFF	<b>ACTIVE RECOVERY</b> <b>CAN BE OFF</b>	<b>ENDURANCE RIDE</b> B = 1 ½ hr INT/ADV=2 ½ hrs	<b>TEMPO</b> Flat to rolling terrain  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY</b> <b>CAN BE OFF</b>	<b>RIDE TEMPO</b> 2-3 * x 15 mins at Tempo effort with 7-8 mins easy between. Flatter terrain B=2 X 15 min. 2 hrs INT/ADV=3 x 15. 2 ½ hrs	<b>ENDURANCE RIDE</b>  FUN RIDE WHATEVER YOU WANT B=1 ½ hrs INT/ADV=2 hrs
Week 17-19				B= 2 hr <b>TEMPO RIDE</b>			
June 15- July 5  B=10 ½ ADV=14 ½hrs	OFF	<b>RACE 1 hr</b> Or (CAN BE INDOOR) <b>THRESHOLD</b> efforts Total 1 hr work 2 x 10-12 min efforts on climb <b>w 4 min rest between</b> 1 hr work of 2 hrs ride  Or	<b>ENDURANCE RIDE</b> on easy consistent terrain	INT/ADV= <b>SHORT MAX AEROBIC POWER EFFORTS</b> 6-8 x 30 secs hard /90secs-2 min easy. =-2hrs	<b>ACTIVE RECOVERY</b>	<b>RIDE TEMPO BUILD TO MAP</b> Climb or TT 40 mins .Ride progressively harder to the top (of climb) or through the TT Start at Tempo to 10mins to go Push to Threshold and finish last 3 minutes at Max Power	<b>ENDURANCE RIDE</b>  RIDE ride with flow of terrain no aggressive climbs

		<b>INDOOR CYCLING</b> B/INT = 1 hr ADV=2 hr	B = 1 ½ hr INT/ADV=2 ½ hrs		1 ½ hrs	B=1 X 40 min. 2 hrs INT/ADV=1x40. 2 ½ hrs	B=2 ½ hrs INT/ADV=3-3 ½ hrs
<b>Week 20</b>  <b>REST WEEK</b> <b>July 6-12</b>	<b>OFF</b>	<b>ACTIVE RECOVERY</b> <b>CAN BE OFF</b>	<b>MAX POWER RIDE</b> 2(5 x 30 secs hard max effort.90secs rest) 5 mins between the 2 sets On a climb is easiest in a hard gear B = 1 ½ hr INT/ADV=2 ½ hrs	Flat to rolling terrain  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY</b> <b>CAN BE OFF</b>	<b>RIDE TEMPO IF NOT SUNDAY RACE</b> 1-2 * x 15 mins at Tempo effort with 5-8 mins easy between . Flatter terrain  B=1 X 15 min. 2 hrs INT/ADV=2x 15. 2 ½ hrs  <b>ENDURANCE ride If racing SUN</b>	<b>JULY 12 RACE OR TEMPO GROUP RIDE</b> Practise preparation..eating &hydration  B=3hrs INT/ADV=3 ½-4 ½ hrs
<b>Week 21-23</b>							
<b>July 13-Aug 2</b>  <b>B=9 -10hrs</b> <b>ADV=14 hrs</b>	<b>OFF</b>	<b>RACE 1 hr</b> OR SIMULATION WORKOUT(CAN BE INDOOR) <b>THRESHOLD efforts</b> Total 1 hr work 2 x 5 min efforts as 15 secs hard/15 secs easy w 5 min rest between Or <b>INDOOR CYCLING</b> B/INT = 1 hr ADV=2 hr	<b>ENDURANCE RIDE</b> on easy consistent terrain  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>MAX POWER RIDE</b> 2(7 x 30 secs hard max effort.90secs rest) 5 mins between the 2 sets On a climb is easiest in a hard gear  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY</b>  1 hr	<b>RIDE TEMPO</b>  1 x 50 min climb or TT  Start at Tempo first half Push to Threshold and past with about 15 mins to go if you can to finish last 5 minutes at close to Max Power B=1 X 50 min. 2 hrs INT/ADV=1 x 50. 2-3 hrs	<b>ENDURANCE RIDE</b>  RIDE with flow of terrain no aggressive climbs  B=2hrs INT/ADV= 2 ½ hrs
<b>Week 24</b>  <b>REST WEEK</b> <b>August 3-9</b>	<b>OFF</b>	<b>ACTIVE RECOVERY</b> <b>CAN BE OFF</b>	<b>ENDURANCE RIDE</b>  B = 1 ½ hr INT/ADV=2 ½ hrs	Flat to rolling terrain  B= 1 ½ hr INT/ADV=2 ½ hrs	<b>ACTIVE RECOVERY</b> <b>CAN BE OFF</b>	<b>RIDE TEMPO</b> 1-2 * x 20 mins at Tempo effort with 10 mins easy between . Flatter terrain B=1 X 20 min. 2 hrs INT/ADV=2 x 20. 2 ½ hrs	<b>ENDURANCE RIDE</b> <b>FUN RIDE WHATEVER YOU WANT</b> B=1 ½ hrs INT/ADV=2 hrs
<b>Week 25</b> <b>Prep Week</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>August 10-16</b>	<b>OFF</b>	2 x 5-7 min efforts as 15 secs hard/15 secs easy w 5 min rest between Or	<b>ENDURANCE RIDE</b> on easy consistent terrain	<b>MAX POWER RIDE</b>	<b>ACTIVE RECOVERY</b>  1 hr	<b>TEMPO GROUP RIDE</b>  B=3 hrs INT/ADV=-3 ½ hrs	<b>ENDURANCE RIDE</b>

		<b>INDOOR CYCLING</b> B/INT = 1 hr ADV=2 hr	B = 1 ½ hr INT/ADV=2 ½ hrs	2(6 x 30 secs hard max effort.90secs rest) 5 mins between the 2 sets B = 1 ½ hr INT/ADV=2 ½ hrs		<b>OR</b> 3 * x 15 mins at Tempo effort with 7 mins easy. B=2 X 15 min. 2 hrs INT/ADV=3 x 15 min 2 ½ hrs	RIDE with flow of terrain no aggressive climbs  B=2hrs INT/ADV= 2 ½ hrs
<b>Week 26 Tour de Victoria</b>	17	18	1	20	21	22	23
<b>August 17-23</b>	<b>OFF</b>	<b>ENDURANCE RIDE</b>  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>MAX POWER RIDE</b> 2(5 x 30 secs hard max effort.90secs rest) 5 mins between the 2 sets On a climb in a hard gear  B = 1 ½ hr INT/ADV=2 ½ hrs	<b>OFF</b>	Easy Ride with short accels for 15- 30 secs x 5	<b>TOUR DE VICTORIA</b>	

## KEY FOR EFFORTS

### ENDURANCE PACE ZONE 2

= Able to talk. In this range you are still working with enough Oxygen that you are able to clear lactic acid. It is a wide range and PE perceived effort is often the best test. Spitting out words likely means you are going too hard. **A good guideline is 6/10 effort or fluctuating around 60% of Max Aerobic Power (55-70%)**. This will move around with the terrain, which is why consistent flat rides are good to achieve this training affect

### TEMPO ZONE 3

= **effort is about 8/10 perceived exertion, 85% power output** starting to build a significant amount of lactic acid but forcing your body to buffer it and clear effectively Tempo is an excellent workout for developing aerobic power and endurance. Jumping up and down on the pedals in these efforts tends to push you up into Lactate Threshold which is the range above this where we play with developing that threshold

## LACTATE THRESHOLD ZONE 4

= Steady State Intervals 80-85%+ of MAP Challenging the threshold level and teaching the body to process and deal with lactic acid...which makes us feel like crap and have to stop. Quite often it is your brain telling you to give up when it hurts. As we learn to understand the feeling, we can better deal with it. Telling the brain it's ok..Have that discussion in training..And teach yourself to push through by experiencing the feeling in training. These intervals can be done on flats or a hill but will challenge you differently on each. Don't rely on hill repeats alone. Learn to generate this amount of effort on the flats

## MAX AEROBIC POWER ZONE 5

= Efforts are short intense efforts at your highest range of capability. **10/10 Perceived effort. 100% of Max Power.** As pertains to the upcoming race, this will help put you over the top of hard climbs still pedaling your bike and allow you to

## ACTIVE RECOVERY

= any activity or cross train that is low intensity and gets your blood flowing. Examples hike, swim light run.

**REST=** enjoy your day this is where your hard work gets to take affect

**LEVEL =      B = BEGINNER/NEW RIDER      INT/ADV= INTERMEDIATE / ADVANCED**