

THE DENVER POST



RIDE THE
ROCKIES

FLEXENTIAL

20

21

Training for MultiDay Bike Events

Kathy Zawadzki, MS

USA Cycling Level 1 Coach

The Fast Lab

www.thefastlab.com

Kathy@thefastlab.com





6 days in June
418 Miles with 28,000' Elevation Gain



Relaxed Route: 155.10 Miles with 14,810' Elevation Gain
Challenge Route: 222.3 Miles with 21,747' Elevation Gain



3 days in October
194 Miles with 13,400' Elevation Gain



Know what you are getting yourself into

Ride the Rockies Route Information is Amazing!

How many days?

How many miles?

What is the elevation gain?

What is the most challenging day?

Temperature? Altitude?

How much time do I have to prepare?



Why Plan?

Riders following a structured plan can make the most of their training time and build fitness faster.

Consistency is the best way to build endurance for big events

- A plan allows every workout to have a purpose.
- Holds you Accountable
- Provides Motivation and Tracks Progress
- Allows for some flexibility

Planning allows for Overload



It's all about applying a training stress, bouncing back and then adding another training stress

Stress is a GOOD thing when done right

Recovery is key within a training cycle

Too much of a good thing will slow training progress.
It's really under-recovery, NOT over-training.



VOLUME

Increasing the length of the LONG LOW INTENSITY Rides
'Endurance' Ride with intensity less than 70% of threshold (HR or Power)
ADD approx. 10 miles a week to long rides each week



FREQUENCY

3 to 4 days a week in the beginning. UP to 5 to 6 days
Start with Single day rides
Back-to-back days become important 2 months out from event



INTENSITY

Start LOW - a little under is much better than a little over
After Base - start to layer on some Intensity within the longer rides. "ride the time, then ride the time with intensity"

Build
Endurance
Base
the
EASY way



Develop POWER along with
ENDURANCE for the challenging
climbs



Structure shorter, higher intensity
climbing workouts



Work to build leg and core strength
OFF the bike

CLIMBING

Stressing the muscles at a
higher LOAD, incorporate
in with longer rides

Have a Plan, then be ready to change it

TRAINING PLANS NEED TO BE DYNAMIC

TRAINING NEEDS TO REALISTIC

BE FLEXIBLE

REMEMBER, WE DO THIS FOR FUN

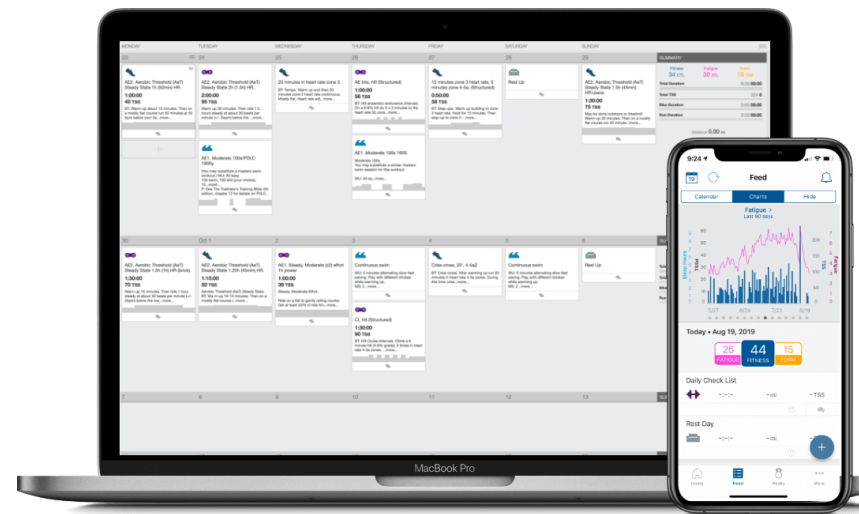


Training PLAN Options

SELF-GUIDED



TRAINING PEAKS PLANS FROM COACH KATHY Z



RIDETHEROCKIES.COM/TRAINING

Know your Zones

Dr. Coggan's Power Training Zones

<i>Level</i>	<i>Name/Purpose</i>	<i>% of Threshold Power</i>	<i>% of Threshold Heartrate</i>	<i>Rate of Perceived Exertion</i>	<i>Time</i>
1	Active Recovery	≤55%	≤68%	<2	70-80 years
2	Endurance	56-75%	69-83%	2-3	2.5 hours - 14 days
3	Tempo	76-90%	84-94%	3-4	2.5-8 hours
4	Lactate Threshold	91-105%	95-105%	4-5	10-60 min.
5	VO ₂ max	106-120%	>106%	6-7	3-8 min.
6	Anaerobic Capacity	121-150%	N/A	>7	30 sec. - 2 min.
7	Neuromuscular Power	N/A	N/A	(maximal)	5-15 sec.

Know your Zones

FTP Based Zones	% of FTP	% of Max Heart Rate	Intensity
Zone 1 Recovery	<55%	50-64%	Easy - Conversation pace
Zone 2 Endurance	56-75%	65-74%	Easy - Conversation pace
Zone 3 Tempo	76-90%	75-84%	Moderate - Talk in short sentences
Zone 4 Threshold	91-105%	85-91%	Hard - Difficult to speak
Zone 5 VO2 Max	106-120%	92-100%	Very Hard - Can't speak
Zone 6 Anaerobic Capacity	121-150%	N/A	Maximal - Can't speak
Zone 7 Neuromuscular Power	>151%	N/A	Maximal - Can't speak

Polarized Zones
Zone 1 Low Intensity
Zone 2 Tempo
Zone 3 High Intensity

FTP

Variety of Definitions

Stay consistent with your terminology

HOW TO DETERMINE YOUR ZONES

RPE SCALE	RATE OF PERCEIVED EXERTION
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, slow walk, etc.

PERCEIVED EXERTION
RPE SCALE OF 1-10
(FREE)

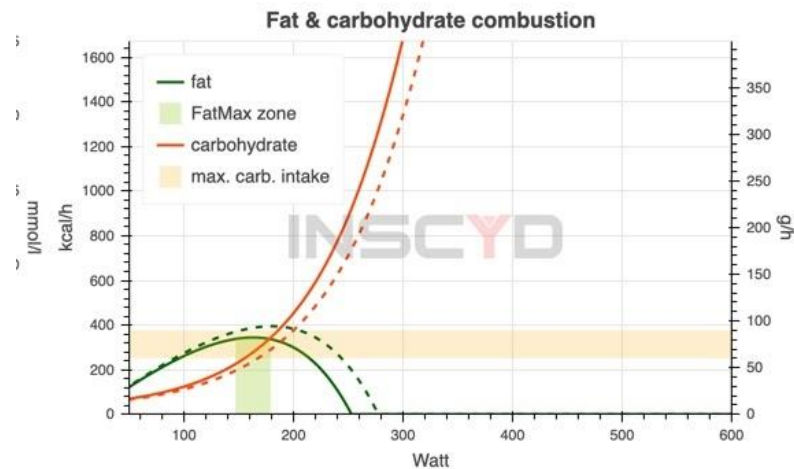


FUNCTIONAL TESTING ON THE ROAD OR
ON THE TRAINER FOR HEART RATE &
POWER ZONES



PHYSIOLOGICAL TESTING IN
A TESTING LAB OR 'VIRTUAL' LAB FOR
VO2 AND LACTATE PROFILES

INSCYD STEVE NEAL PERFORMANCE



Power: 7.32 Watt

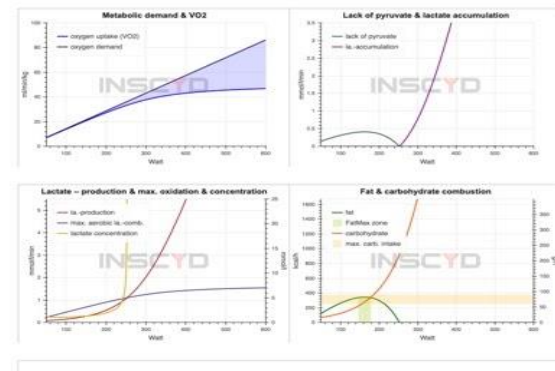
Test Date: 2020-12-24, Test ID: 37734

fat: 0 kcal/h , carbohydrate: 50.9 kcal/h , : 12.2 g/h

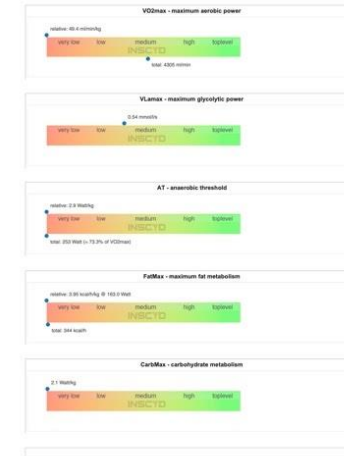
Test Date: 2020-12-24, Test ID: 37775

fat: 0 kcal/h , carbohydrate: 49.6 kcal/h , : 11.9 g/h

Load Characteristics



Metabolic Capacities



PLEASE CONTACT KATHY FOR MORE INFORMATION ON TESTING OPTIONS

The Complete Picture

Training is ONLY the first part.

What we do OFF the bike is just as important.

- Nutrition
- Functional Strength and Core Training
- Recovery and Sleep
- The Mental Game





Time for the EVENT

Taper Well. Take the week before the event to relax and let your body get STRONGER.

Ride Smart - PACING is key. Plan for 70-80% on first day and build from there.

Save energy and ride in groups when appropriate.

TRUST your FITNESS and HAVE FUN!

Be confident that you WILL get stronger as the week progresses.





For more information

As the official Training Partner of Ride the Rockies, we are here to help.

Kathy Zawadzki

Kathy@thefastlab.com

USA Cycling Level 1 Coach

ACSM Certified Exercise Physiologist

Training Peaks Level 2 Accredited Coach



Ridetherockies.com/training