# Training Zone

**The PMC is your opportunity to change someone's life forever. It will also change your life forever!**

**Sam Berry is your PMC/Fitcorp conditioning coach and he has put together a yearly training plan to help you achieve your riding and fitness goals. Whether you choose the one-day or the two-day ride, we want to make sure you are prepared to successfully complete the ride and enjoy the PMC experience.**

**Below are some training guidelines that you can follow throughout the year to help you train properly. Please feel free to contact Sam by clicking on "Ask the Coach" if you have any training questions.**

## IMPORTANT: Fitcorp highly recommends that you consult with your physician before starting any exercise routine and meet with a certified Personal Trainer.

## BASE TRAINING PHASE January- March

During this phase of your training program, focus on establishing your training base.

Start to build up your cardiovascular base by exercising 3-6 days per week, any mode of cardiovascular exercise will do. Most cyclists during this phase enjoy cross-country skiing, snow shoeing and skating. Other great ideas are indoor cycling classes and cross training machines like ellipticals and stair climbers.

Volume should be increased slowly; 8%-10% per week is the recommended increase. For example if you are riding 20 miles a week a 10% increase would be 2 miles for the following week.

Your intensities during this phase should be low to moderate. **Experts say that you will tax the cardiovascular system the most at about 70%-75% of maximum heart rate (HRmax).** (If you need any assistance with intensities and heart rate ranges please check in with Sam.)

Weight training, functional training, core training and flexibility are also highly recommended during this phase. It is very important that you meet with a trainer to assess underlying muscular imbalances and instability throughout your body. For a specific program you can meet with a Fitcorp Trainer for a complementary 30 minute session at anyone of there eleven location in the Greater Boston area.

**Seat Height Advice/**
**Proper saddle or seat height is crucial in efficient pedaling and in avoiding injuries to the knees and back. To estimate your seat height, ride slowly on a flat road surface; sit on the seat as you normally would with your feet on your pedals. Pedal slowly and stop when you have your pedal cranks perpendicular to the ground. Take the foot that is closest to the ground off the pedal and place your heel on the pedal. If you can do this without dropping your hip and your leg is straight you should have a comfortable and safe seat height. If your hip dropped you probably should lower your seat, and if your knee was bent you probably could raise your seat. Remember that everyone is different and**

**responds differently to a seat height. I would highly recommend getting a bike fit at a local bike shop. It is inexpensive and could be the difference in the way your bike handles and how you feel on the bike.**

**Specific cycling workouts during this phase:**

**High cadence pedaling:** 100+ RPM (Revolutions per minute), This workout is designed to increase pedaling efficiency and form.
**Heavy tension pedaling:** 50-70 RPM, This workout is designed to build power on the bike.
**Foundation riding:** This workout is designed to get the most out of your cardiovascular base development. Keep intensities at a low to moderate level.
**Tempo riding:** Holding a steady, moderate to hard intensity for 20 minutes, building up to about 60 minutes (this will help to build up your threshold so you will be able to ride faster and longer in the months to come).

***Example training week***

| | |
|---|---|
| **Monday** | Spin class (high cadence, heavy tension*):* 45 minutes |
| **Tuesday** | Rest day/ SMR and Stretching |
| **Wednesday** | Stairmaster: 45 min, Core Conditioning: 30 min |
| **Thursday** | Yoga class/ SMR and Stretching |
| **Friday** | Treadmill: 30 min, Stretching: 15 min |
| **Saturday** | Rest day/ SMR and Stretching |
| **Sunday** | Indoor bike trainer (tempo ride): 45 minutes, or Family Hike: 1 hour |

## Specific flexilbity and corrective exercises during this phase:

**½ kneeling hip flexor stretch:**




- Tighten glutes and perform a posterior pelvic tilt.
- Hold for 20-30 seconds, repeat for 2-3 reps.
- Avoid arching low back!
- Flex the down leg's toe up toward the shin (dorsiflex).
- Motion occurs predominately at the pelvis (posterior pelvic tilt), the back leg should not move.

**Downward Facing Dog:**




- Keeping your hands firmly in place, lift the knees off the floor.

- Drive the hips high into the air, extending the legs.
- Try to keep the heels on the floor
- Try to keep a straight line running from the arms, through the spine and through the tail bone.
- Straighten the legs as much as possible without letting the lower back round.
- It is acceptable to allow the heels to come off the floor as well as slightly bend the knees to keep the back in a straight line.
- Hold this position for 3 to 5 deep breaths.

### Outer Hip Stretch:




- Laterally flex away from stretching leg until stretch is felt, hold for 20-30 seconds, repeat 2-3 times.

### Piriformis Stretch:




- Flex at hip until stretch is noted, hold for 20-30 seconds.
- Repeat for 2-3 reps.

### Calf Stretch w/Leg Lateral Leg Swing:




- Draw your belly button inward toward your spine.
- Keep rear foot on ground, with opposite hip flexed.
- Next, slowly move through hips creating controlled arch collapse and elevation through the foot.
- Controllably move in and out of stretch position for recommended time (approximately 30 seconds).
- Switch sides and repeat directions.

***Hip Flexor Self Myofascial Release (SMR):**



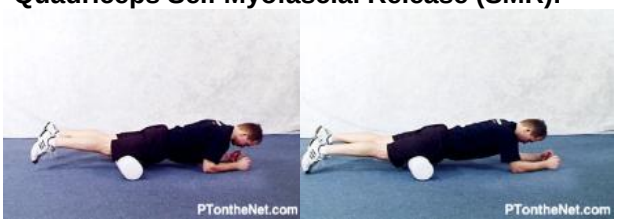

- Foam roll is placed just lateral to the anterior pelvic bone (ASIS).
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.

***Piriformis Self Myofascial Release (SMR):**




- Roll on the posterior hip area.
- Increase the stretch by pulling the knee toward the opposite shoulder.
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.

***Quadriceps Self Myofascial Release (SMR):**




- Roll from pelvic bone to knee, emphasizing the lateral thigh
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.

***Calf Self Myofascial Release (SMR):**




- Slowly roll calve area to find the most tender area.
- If a tender point is located, stop rolling, and rest on the tender point until pain decreases by 75%.

***IT Band Self Myofascial Release (SMR):**






- Roll just below hip joint down the lateral thigh to the knee.
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.

***Low Back Self Myofascial Release (SMR):**




- If you have ANY lower back pain or orthopedic conditions in the spine … if so AVOID THIS RELEASE.
- Roll slightly to one side (so that they are on the muscle that runs parallel to the spine and not the spine itself) and HOLD.
- SLOWLY, the client should roll the foam roller down the side of the spine toward to pelvis, feeling for an area of increased tension.
- Once found, the client should HOLD on this area for 30 sec - 1 min or until the muscle has relaxed about 50% (AVOID rolling over this trigger point area).
- Once released, roll to another spot and HOLD.

**Note: SMR should be conducted with caution and should be avoided by people with congestive heart failure, kidney failure, bleeding disorders, and contagious skin conditions. If you have cancer consult with your physician before using SMR due to circumstances of particular treatments i.e. massage and pressure may damage the tissue that is delicate from chemo or radiation treatment.**

**Perform SMR and stretches prior to and immediately after resistance training and cardiovascular conditioning. For more specific stretches and SMR techniques contact Sam or a Fitcorp Trainer. Foam Rollers can be found at most sporting goods stores. All photos courtesy of PTontheNet.com.**

## PREPARATION TRAINING PHASE April- July

During this phase of your training program, focus on cycling specific performance. The preparation phase is exactly what the name says. It will prepare you for your challenges ahead.

Frequency of training should be about 4-6 days per week.

Your volume will continue to increase; this is usually a time when riders start to build up longer endurance miles once per week. Please take a look at the long ride schedule that is provided. The long ride schedules are guidelines to help you build up your miles gradually over time to increase fitness and avoid injury. Long rides will vary depending on the distance you will be doing the weekend of the PMC.

Intensity during this phase can be increased to moderate or high 1-2 times per week to begin training the body for the intensities to come. Even if your goal is to ride slow and take your time, you still need to prepare for hills, winds, rolling terrain, intersections, long miles, and random intensity increases while on the roads.

It is important that you can continue to perform you resistance training program and even more importantly your corrective/flexibility program however you should slightly decrease the resistance and increase your repetitions to focus more on muscular endurance.

**Specific cycling workouts during this phase:**

**High cadence pedaling:** 100+ RPM, This workout is designed to increase pedaling efficiency and form.
**Heavy tension pedaling:** 50-70 RPM, This workout is designed to build power on the bike.
**Foundation riding:** This workout is designed to get the most out of your cardiovascular base development. Keep intensities at a low to moderate level.
**Tempo riding:** Holding a steady moderate to hard intensity for 20 minutes building up to about 60 minutes (this will help to build up your threshold so you will be able to ride faster and longer)
**Endurance Riding** / **Group Riding:** This ride will be the key to having a successful PMC. If you can follow our long ride schedule you will be well on your way to building enough endurance to complete the Challenge. Duration of endurance rides will range from 2 hrs- 6+ hrs. Try to do your endurance ride with a group to get used to riding with others and for the camaraderie.
**Recovery riding:** This workout is designed to give you active recovery. Your body will need to rest to get stronger, so during the preparation phase and specialized phase this is a crucial workout.

**Proper nutrition and hydration during longer bouts of exercise (1+hours) is a must. Research suggests that endurance athletes take in 30- 60 grams of carbohydrates per hour and drink 6-8 oz. of a carbohydrate solution every 15 minutes or 24-32 oz. per hour. Other solutions would be to take a carbohydrate/protein solution with at ration of 3:1 carbs to protein with similar consumption as the just carbohydrate solution. The most resent research suggest that a carbohydrate/protein solution has a greater improvement on hydration and recovery post event or conditioning. For more information go to www.strengthpronutrition.com**

**To keep it simple plan on drinking about one water bottle per hour and eating some type of energy bar or gel per hour during your event. This will help you spare your glycogen**

**(Energy) for the long haul ahead. Please be sure to click on "Ask the Nutritionist" if you have any questions about nutrition. Our Nutritionists are Registered Dietitians and would be happy to work with you.**

***Example training week***

| | |
|---|---|
| **Monday** | Recovery ride: 45 minutes |
| **Tuesday** | Tempo ride (outside): 1.5 hours |
| **Wednesday** | Stairmaster: 45min, Core Conditioning: 30 min |
| **Thursday** | Rest day/ SMR and Stretch |
| **Friday** | Foundation ride: 1.5 hours |
| **Saturday** | Endurance ride: 3 hours |
| **Sunday** | Group ride: 2.5 hours |

## SPECIALIZED TRAINING PHASE July-PMC

During this phase of your training schedule you will fine tune your riding skills and your fitness. Your fitness level and riding ability should be at an all time season high at this point. Make sure that you increase the amount of rest during this phase. This is a tricky part in your program because when you begin to reach your personal peaking fitness you are also at a high risk of breaking down. John Furey, exercise physiologist and expert marathon coach at Fitcorp puts it this way, "There is a fine line between being in the best shape of your life and being on the sidelines injured." Listen to your body and be smart about your training.

Frequency of your weekly training can drop to 3-5 days per week because of added rest days.

Volume of your weekly riding can also drop, but it is ok to keep up the intensity.

Muscle condition at this point should be in a maintenance phase, 1-2 days per week. Research as also shown that low intensity/ low volume plyometric exercise has been proven to increase strength on hills in endurance cycling events. To receive the right blend of these type of exercises meet with a certified trainer from Fitcorp or at your nearest fitness center.

**Specific cycling workouts during this phase:**

**Hill riding:** This workout is designed to get your body use to riding in the hills. Concentrate on keeping good form by sitting toward the back of your saddle, spinning smooth and keeping your chest out to allow for efficient breathing. If the hill gets steep enough, practice riding out of the saddle. (Tip: Be sure to alert the rider behind you that you are going to stand to avoid a possible crash. The split second it takes for you to stand slows your bike down and the rider on your wheel will potentially ride into your back wheel.)

**Speed riding:** This workout is designed to go faster than your PMC riding pace so you can handle short hard intensities of rolling hills, intersections, rotaries, and oh yes to pass your friend at a town line sign. Try to add some 30- 60 second hard efforts into your weekly rides.

**Tempo riding:** Holding a steady, moderate to hard intensity pace for 30 minutes building to about 90minutes (this will help to build up your threshold so you will be able to ride faster and longer).

**Endurance riding:** During the specialized phase, the long ride schedule will come to a close to allow your body to recover and be fresh for the PMC.

**Recovery riding:** This workout is designed to give you active recovery. Your body will need to rest to get stronger so during the preparation phase and specialized phase this is a crucial workout.

***Example training week***

| | |
|---|---|
| **Monday** | Core and stretching workout |
| **Tuesday** | Recovery ride: 1 hour |
| **Wednesday** | Group ride: 1.5 hours |
| **Thursday** | Rest day/SMR and Flexibility |
| **Friday** | Endurance ride: 1.5 hours |
| **Saturday** | Hill ride: 2 hours |
| **Sunday** | Group ride, Speed riding: 2.5 hours |

## TRANSITIONAL TRAINING PHASE September-December

This phase is your off season, but we recommend that you should still make activity an important part of your lifestyle. Some good examples of activity are:

Group fitness classes
Hiking/Walking
Resistance Training
Bike touring
Running
Yoga
Stretching

**This is a great time to take off the heart rate monitor, forget about speed and mileage and just enjoy exercise with your friends and family!**

***Example training week***

| | |
|---|---|
| **Monday** | Spin class: 45 minutes |
| **Tuesday** | Rest day/SMR and Flexibility |
| **Wednesday** | Yoga class/ Functional Training |
| **Thursday** | Rest day |
| **Friday** | Walk: 45 min |
| **Saturday** | Bike ride with family or friends |
| **Sunday** | Hike with family or friends |