

# 12 Week Paris Ancaster Program

## Training Plan Guidelines

- Each day has a specific workout prescription based on your Power zone from your Functional Threshold Power (FTP) or time in heart rate or perceived exertion zones and at a specific cadence
- Every ride should start the same way as follows:

5 min Z1 (in a light gear i.e. small ring on road bike, light gear on MTB)

10 min Z2 (usually also in small ring or light gear)

Stretch

5 min Z2

After you have completed the 20 min warmup you begin the outlined workout. The warmup is included in the total time for the ride.

- After you are done the prescribed pieces/intervals the remainder of your ride should as much as possible be in Z2. For rest between intervals and pieces ride in low Z2 in an easy gear (small ring on road bike, light gear on MTB)
- When you are riding in Z2 it is assumed that occasionally on climbs and in strong winds you may get into Z3. Attempt to get back into Z2 as soon as possible.

- As a general rule you should have a cadence of 90rpm. For an average rider this will mean you will use the big ring with little wind or with a tail wind and a lighter gear on the MTB with a headwind or on hilly terrain.
- Z4 intensity, sprints and power pieces should be done in the big ring unless on a hill. Spin pieces will usually be done in the small ring or lighter gear on the MTB.
- Every ride should finish the same way as follows:

5 min Z2 (small ring or lighter gear on the MTB)

5 min Z1 (small ring or lighter gear on the MTB)

This time does count toward total ride time as did the warm up.

## Appendix 1 Anaerobic Threshold Heart Rate or FTP Power Field Test and Zone Calculation

Perform a 20 min pre test warmup as follows:

5 min Z1 (in a light gear i.e. small ring on road bike,  
lighter gear on the MTB)

10 min Z2 (usually small to medium size gear)

### **Stretch**

5 min Z3

After you have completed the 20 min warmup spin easy in Z1  
For 2 minutes to allow your heart rate to come down

Start the time trial test in the big chain ring from a complete  
standstill or from a moderate spin on the fluid or smart trainer

The test is a 20 minute all out effort, as if in a 20 minute road or mountain time trial race.

For heart rate Time your test for the first 5 minutes, but do not start your heart rate monitor until after the first 5 minutes of the test. After 5 minutes start your heart rate monitor to enable it to calculate average heart rate. (You will be calculating the average heart rate only on the final 15 minutes of the 20 minute test).

As soon as the test is finished, stop your heart rate monitor and get your average heart rate reading.

Your average heart rate for the 15 minutes will equate to your anaerobic threshold heart rate

For FTP you want the power for the entire 20 minutes. Take your best 20 minute power average from the test and divide it by 104% to determine your Functional Threshold Power (FTP)

After the test ensure you spin in a light gear in Z2

For the calculation of your zones your result is your anaerobic threshold or FTP Simply calculate your zones as a percentage of your threshold or FTP

## HEART RATE SYSTEM OF TRAINING INTENSITY CATEGORIES

Intensity Category	Duration as Training (minutes)	Intensity Explanation	Heart Rate Zone	Goals of Intensity	Practical Examples
Zone 1	>45	Enjoyable, little or no pressure on peddles	Less than 72% of Anaerobic Threshold	Regeneration Enjoyment Technique	Bike Walk Rest Day
Zone 2	>45	Medium Pace  Talking is easy	72-84% of Anaerobic Threshold	Basic Endurance  Maintenance	Base Miles  Long Slow Distance
Zone 3	30-90	Talking is moderately difficult	85-93% of Anaerobic Threshold	Fat/Carbo mix  High Intensity Aerobic	30 minute session
Zone 4	5-10	Talking is possible but very difficult  Time Trial Pace	94-100% of Anaerobic Threshold	Increase Anaerobic Threshold  Time Trial Feeling	5-10 minute sessions
Zone 5	2-4	Talking Is Nearly Impossible	101-107% of Anaerobic Threshold	Race Speed Feeling  Ability to Jump/Bridge	2-4 minute Interval  3000m pursuit
Zone 6	45s-2min	All out  Talking not possible	101%+	Lactate Tolerance Anaerobic Capacity	Ladders

## POWER ZONES BASED ON FTP

Intensity Category	Duration as Training (minutes)	Intensity Explanation	Heart Rate Zone	Goals of Intensity	Practical Examples
Zone 1	>45	Enjoyable, little or no pressure on peddles	Less than 55% of FTP	Regeneration Enjoyment Technique	Bike Walk Rest Day
Zone 2	>45	Medium Pace  Talking is easy	55-75% of FTP	Basic Endurance  Maintenance	Base Miles Long Slow Distance
Zone 3	30-90	Talking is moderately difficult	75-90% of FTP	Fat/Carbo mix  High Intensity Aerobic	30 minute session
Zone 4	5-10	Talking is possible but very difficult  Time Trial Pace	91-105% Of FTP	Increase Anaerobic Threshold  Time Trial Feeling	5-10 minute sessions
Zone 5	2-4	Talking Is Nearly Impossible	106-120% Of FTP	Race Speed Feeling  Ability to Jump/Bridge	2-4 minute Interval  3000m pursuit
Zone 6	45s-2min	All out  Talking not possible	121% + Of FTP	Lactate Tolerance Anaerobic Capacity	Ladders  30 second intervals

## **Appendix 2 Rate of Perceived Exertion Training Plan Guidelines**

- If you choose not to use heart rate or power you can train based on rate of perceived exertion as follows.
- Each day has a specific workout prescription based on your perceived exertion zones
- Every ride outside should start the same way as follows:

**5 min 4-5 exertion (out of 10)**  
(in a light gear i.e. small ring on road bike,  
middle ring on MTB)

**10 min 5-6 exertion (out of 10)**  
(usually also in small or middle ring)

**Stretch**

**5 min 5-6 exertion (out of 10)**

After you have completed the 20 min warmup you begin the outlined workout. The warmup is included in the total time for the ride. RPE = Rate of Perceived Exertion

- After you are done the prescribed pieces/intervals the remainder of your ride should as much as possible be between 6-7 RPE. For rest between intervals and pieces ride at 5-6 RPE in an easy gear
- When you are riding at 6-7 RPE it is assumed that occasionally on climbs and in strong winds you may get up to 8 RPE Attempt to get back down to 6-7 RPE as soon as possible
- Every ride outside should finish the same way as follows:

**5 min RPE 5-6**  
**5 min RPE 4-5**

**This time does count toward total ride time as did the warm up.**

## RPE SYSTEM OF TRAINING INTENSITY CATEGORIES

Intensity Category	Duration as Training (minutes)	Intensity Explanation	Exertion Rating on a scale of 1-20	Goals of Intensity	Practical Examples
Zone 1	>45	Enjoyable, little or no pressure on peddles	1-4	Regeneration Enjoyment Technique	Active Recovery Rest Day
Zone 2	>45	Medium Pace  Talking is easy	5-6	Basic Endurance  Maintenance	Base Miles  Long Slow Distance
Zone 3	30-90	Talking is moderately difficult	7	Fat/Carbo mix  High Intensity Aerobic	30 minute session
Zone 4	5-20	Talking is possible but very difficult  Time Trial Pace	8	Increase Anaerobic Threshold  Time Trial Feeling	5-10 minute sessions
Zone 5	2-4	Talking Is Nearly Impossible	9	Race Speed Feeling  Ability to Jump/Bridge	2-4 minute Interval  3000m pursuit
Zone 6	45s-2min	All out  Talking not possible	10	Lactate Tolerance Anaerobic Capacity	Ladders

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
<p>Total Hours: 8:00 6:00 Bike 2:00 Strength  <b>Week 1</b></p>	<p>1:00 Total Body and Core Coordination 3x12</p>	<p>1:30 Z2 basic endurance higher rpm (95-100)</p>	<p>1:30 5*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	<p>1:00 Total Body and Core Coordination 3x12</p>	OFF	<p>1:30 5*5 minute Z3 regular rpm (90) 1:1 work to rest ratio</p>	<p>1:30 8*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>
<p>Total Hours: 8:30 6:30 Bike 2:00 Strength  <b>Week 2</b></p>	<p>1:00 Total Body and Core Coordination 3x12</p>	<p>1:30 5*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	<p>1:30 8*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>1:00 Total Body and Core Coordination 3x12</p>	OFF	<p>1:30 3*10 minute Z3 regular rpm (90) Ride 5 minutes Z2 between efforts.</p>	<p>2:00 10*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>
<p>Total Hours: 9:00 7:00 Bike 2:00 Strength  <b>Week 3</b></p>	<p>1:00 Total Body and Core Coordination 3x12</p>	<p>1:30 5*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	<p>1:30 8*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>1:00 Total Body and Core Coordination 3x12</p>	OFF	<p>2:00 3*5 minute Z3 power pieces 65-70 rpm 3*5 minute Z3 spin pieces 110 rpm. 1:1 work to rest ratio</p>	<p>2:00 10*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>
<p>Total Hours: 6:30 4:30 Bike 2:00 Strength  <b>Week 4 Regen Week</b></p>	<p>1:00 Total Body and Core Coordination 3x12</p>	OFF	<p>1:30 3*10 minute Z3 regular rpm (90) Ride 5 minutes Z2 between efforts.</p>	<p>1:00 Total Body and Core Coordination 3x12</p>	OFF	<p>1:30 Z2 Basic Endurance higher rpm 95-100</p>	<p>1:30 8*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>
<p>Total Hours: 8:30 6:30 Bike 2:00 Strength  <b>Week 5</b></p>	<p>1:00 Total Body and Core Hypertrophy 12-10-8</p>	<p>1:30 4*5 minute Z3 regular rpm (90) 1:1 work to rest ratio</p>	<p>1:30 8*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>1:00 Total Body and Core Hypertrophy 12-10-8</p>	OFF	<p>1:30 3*5 minute Z3 power pieces 65-70 rpm 2*5 minute Z3 spin pieces 110 rpm. 1:1 work to rest ratio</p>	<p>2:00 10*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>



<p>Total Hours: 8:30 6:30 Bike 2:00 Strength  Week 6</p>	<p>1:00 Total Body and Core Hypertrophy 12-10-8</p>	<p>1:30 5*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	<p>1:00 FTP Test Adjust zones after test. OR 1:30 8*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>1:00 Total Body and Core Hypertrophy 12-10-8</p>	<p>OFF</p>	<p>2:00 8*20 second sprints at 220-250% of FTP. Do intervals every 5 minutes.</p>	<p>2:00 6*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>
<p>Total Hours: 9:00 7:00 Bike 2:00 Strength  Week 7</p>	<p>1:00 Total Body and Core Hypertrophy 12-10-8</p>	<p>1:30 5*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	<p>1:30 5*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>	<p>1:00 Total Body and Core Hypertrophy 12-10-8</p>	<p>OFF</p>	<p>2:00 3*15 minute Z3 regular rpm (90) Ride 10 minutes Z2 between efforts.</p>	<p>2:00 6*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>
<p>Total Hours: 9:00-10:00 7:00-8:00 Bike 2:00 Strength  Week 8</p>	<p>1:00 Total Body and Core Power 10-8-6</p>	<p>1:30 5*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	<p>1:30 3*10 minute Z4 regular rpm (90) Ride 5 minutes Z2 between efforts.</p>	<p>1:00 Total Body and Core Power 10-8-6</p>	<p>OFF</p>	<p>2:00 8*20 second sprints at 220-250% of FTP. Do intervals every 5 minutes.</p>	<p>3:00 (2:00 Indoors) 4*10 minute Z4 regular rpm (90) Ride 5 minutes Z2 between efforts.</p>
<p>Total Hours: 6:30 4:30 Bike 2:00 Strength  Week 9 Regen Week</p>	<p>1:00 Total Body and Core Power 10-8-6</p>	<p>OFF  OR  Yoga</p>	<p>1:30 3*5 minute Z3 power pieces 65-70 rpm 2*5 minute Z3 spin pieces 110 rpm. 1:1 work to rest ratio</p>	<p>1:00 Total Body and Core Power 10-8-6</p>	<p>OFF</p>	<p>1:30 Z2 basic endurance higher rpm 95-100</p>	<p>1:30 3*10 minute Z4 regular rpm (90) Ride 5 minutes Z2 between efforts.</p>

<p>Total Hours: 9:30-11:00 7:30-9:00 Bike</p> <p>2:00 Strength</p> <p><b>Week 10</b></p>	<p>1:00 Total Body and Core Power 10-8-6</p>	<p>1:30 3*10 minute Z3 regular rpm (90) Ride 5 minutes Z2 between efforts.</p>	<p>1:30 FTP Test Adjust zones after test. OR 1:30 8*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>1:00 Total Body and Core Power 10-8-6</p>	<p>OFF</p>	<p>2:30 (2:00 Indoors) 10*20 second sprints at 220-250% of FTP. Do intervals every 5 minutes.</p>	<p>3:30 (2:30 Indoors) 3*15 minute Z4 regular rpm (90) Ride 10 minutes Z2 between efforts.</p>
<p>Total Hours: 8:00 7:30 Bike</p> <p>0:30 Core</p> <p><b>Week 11</b></p> <p><b>Taper</b></p>	<p>0:15 Core</p>	<p>1:30 2*15 minute Z4 regular rpm (90) Ride 10 minutes Z2 between efforts.</p>	<p>1:00 Z2 basic endurance higher rpm 95-100</p> <p>0:15 Core</p>	<p>1:30 6*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>OFF</p>	<p>1:30 Z2 basic endurance higher rpm 95-100</p>	<p>2:00 3*10 minute Z4 regular rpm (90) Ride 5 minutes Z2 between efforts</p>
<p>Total Hours: <b>Week 12</b></p> <p><b>Taper</b></p>	<p>0:15 Core</p>	<p>1:30 5*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>	<p>1:00 Z2 basic endurance higher rpm 95-100</p> <p>0:15 Core</p>	<p>1:30 4*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	<p>OFF</p>	<p>1:30 Race Prep 2*8 minutes. First 5 minutes Z3, last 3 minutes Z4. Remainder or ride in fairly strict Z2.</p>	<p>Paris To Ancaster!! Warm up with 5 min Z1 5 min Z2 3 min Z3 2 min Z4 2 min Z2</p>

## **Strength and Conditioning Plan Guidelines**

- For Total Body and Strength programs start with a 10 minute cardiovascular warm-up (bike, cross trainer, fast paced walking on treadmill etc.)
- Each workouts is based on sets of exercises and repetitions. When you perform 12 repetitions of a squat you have just completed one set of 12 reps. If you repeat the 12 squats 3 times that is 3 sets of 12 reps.
- Rest between sets is time taken between each set. This time is usually 45 seconds – 1.5 minutes. Take this time to change the weights, take a drink and prepare for the next set
- A superset is when two exercises are done back to back. After completing both exercises you take a small 20 second rest. For example if you did a superset with squats and ball crunches you would do 1 set of squats, immediately do 1 set of crunches then take a 20 second break and repeat
- If you are doing weights for the first time **START LIGHT**. When in doubt go even lighter than you would normally consider. Athletes often will get very sore after their first couple strength sessions unless they temper their enthusiasm and start light.
- Reps in reserve is meant to help you start fairly light. Reps in reserve means the number of reps you could have completed in good form when you stop the exercise. For instance if you are doing 12 reps of squats with 3 reps in reserve this means you are picking a weight that you could fairly easily perform 15 times, but you stop at 12. After your 12 rep you feel like you could still do 3 more.

- Tempo is the speed of the exercise. A tempo of 3-0-2 means it takes 3 seconds for the eccentric (muscles lengthening or releasing), there is 0 pause and then it takes 2 seconds for the concentric motion (muscles shortening). For example a squat done at 3-0-2 means it takes 3 seconds to lower, there is 0 pause at the bottom and it takes 2 seconds to come up. Another example would be a Lat Pulldown done at 3-0-2. This means it takes 3 seconds to let the bar up, 0 pause at the top and 2 seconds to bring the bar down
- Always perform exercises in good form. Never sacrifice form for weight.

## Strength & Conditioning Program-Coordination

Exercise	Sets	Reps	Rest Between sets	Reps in Reserve	Tempo
Squats	3 Sets	12 Reps	45 seconds	3 1 <sup>st</sup> week 2 2 <sup>nd</sup> week 1 3 <sup>rd</sup> week 0 4 <sup>th</sup> &5 <sup>th</sup> wk	302



Leg Press 3 Sets 12 Reps  
(Single Leg)



Superset Same 302





Superset 2 sets of Ball Burpees 10-12 reps between leg press sets



Prone Leg Curl  
(Single leg)

3 sets 12 Reps

Superset

Same

302



Superset Leg Curl and Calf Raise. 30 seconds rest after each superset

**Standing  
Calf Raise**

**3 sets**

**12 Reps**

**Superset**

**Same**

**202**



**Chest Fly**

**3 sets 12 Reps**

**45 seconds**

**Same**

**302**



**Seated Row**

**3 sets**

**12 Reps**

**Superset**

**Same**

**3-0-2**



**Superset 2 sets of Back Extensions 8-10 Reps**





**Biceps Dumbbell Curl**    **3 sets**    **12**    **Superset**    **Same**    **302**



## **Superset Bis and Tris**

**Triceps Rope Pressdown**    **3 sets**    **12 Reps**    **Superset**    **Same**    **302**



**Cross Over Crunch      3 sets 12-max reps**  
**Superset with walkout**  
**Crunch**



**Walkout      2 sets      6-8 Reps      Superset with Cross over crunch**



**Roll Outs 2 sets 10-15 reps**

**Rest 45 seconds**





## Total Body Hypertrophy Phase

Exercise	Sets	Reps	Rest Between sets	Reps in Reserve	Tempo
Squats	3 Sets	12-10-8	1 minute	1-2	302



Leg Press  
(single leg)

3 sets

12-10-8

1:00

Same as  
Above

302



**Hip Flexor  
Knee Ups**

**3 sets 12-10-8**

**1 minute**

**Same as 3-0-2  
Above**



**Superset 2 sets of Ball Shoulder Balance 4x5 second hold**



**Stiff Legged Deadlifts    3 sets 12-10-8    1:00 min    Same 3-0-2**



**Ball Pushups    3 sets    Max    Superset    Same    2-0-2**





**Superset Push ups & Dumbbell Back row. 30 seconds rest after each superset**

**Prone Bench Dumbbell 3 sets 12-10-8 Superset Same 3-0-2  
Back Row**



**Barbell Biceps Curl 3 sets 12-10-8 Superset Same 302**



## Superset Bis and Tris

**Bench Dips**

**3 sets**

**12**

**Superset Same as 202  
Above**



**V Sits**

**2 sets**

**8-10 Rest 45 seconds**





**2 point bridge    2 sets    20 second hold    Rest 45 seconds  
each side**



## Total Body Power Phase

Exercise	Sets	Reps	Rest Between sets	Reps in Reserve	Tempo
Squats	3 Sets	12-10-8	1 minute	1-2	302



Front loaded split Squat	3 sets	10-8-6	Superset	Same	301
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Superset 2 sets of advanced ball burpees 5-6 reps each side



**Jump Squats      3 sets 12 reps**

**1 minute      Same as .5-0-.5  
Above**





**Prone Leg Curl  
(single Leg)**

**3 sets**

**10-8-6 Superset**

**Same as 3-0-2  
Above**



**Superset Prone Leg Curl and Calf Raise**

**Calf Raise**

**3 sets**

**12 Reps**

**Superset**

**Same**

**2-0-2**



**Chest Floor  
Press**

**3 sets 10-8-6**

**Superset**

**Same**

**2-0-2**



**Superset 3 Sets 10-8-6 2-0-2 T Bar Rows with Chest Floor Press**



**Biceps Dumbbell Curl**

**3 sets**

**10-8-6**

**Superset**

**Same as 302  
Above**



**Superset Biceps Curls with Triceps Rope Pressdown**

**Triceps Rope  
Pressdown**

**3 sets**

**10-8-6**

**Superset**

**Same as 202  
Above**





**Ball Knee Balance    2x10-15 sec per side    Superset with prone  
Back**



**Prone Low    2 sets    4x5 second hold    Superset Ball Balance  
Back**



**2 point plank 2 sets 20 second hold each side 45 secs rest**



**Side Plank 2 sets 30 sec. hold each side. 45 seconds rest**





**Core Strength Program Advanced**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest Between sets</b>
<b>Advanced Walkout</b>	<b>3 sets</b>	<b>6-8 reps</b>	<b>45 seconds</b>



<b>Back Extensions</b>	<b>3 sets</b>	<b>10-12 reps</b>	<b>45 seconds rest</b>
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**Ball Knee Balance    2x10-15 sec per side    Superset  
with Russian Twists**



**Russian Twists 2 sets 8-10 each side    Superset Ball Balance**



**Ball Pikes 2 sets 6-8 reps 45 seconds rest**



**Advanced Ball Plank 2 sets 20 second hold each side 45 secs rest**





**Supine Ball 1 Foot Balance 2 sets 4x5 second hold 45 secs rest**

