

Coach Chris.ca

12 Week Paris Ancaster Program

Training Plan Guidelines

- Each day has a specific workout prescription based on your 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, middle ring on MTB)

10 min Z2 (usually also in small or middle ring)

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, middle ring 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 the small ring or middle ring 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 middle ring MTB.
- Every ride should finish the same way as follows:
 - 5 min Z2 (small ring or middle ring on MTB)
 - 5 min Z1 (small ring or middle ring on MTB)
 This time does count toward total ride time as did the warm up.

Appendix 1 Anaerobic Threshold 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, middle ring on MTB)
- 10 min Z2 (usually also in small or middle ring)

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.

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

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

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

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

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 |

Appendix 2 Rate of Perceived Exertion Training Plan Guidelines

- If you choose not to use heart rate 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.

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. | Thurs. | Friday | Saturday | Sunday |
|--|--------|--|---|--|--------|--|--|
| Week 1 Build 1 | OFF | 1:30 5*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | 1:00 Z2 basic endurance higher rpm (95-100) | 1:30 3*5 min Z3 power pieces 65-70 rpm 2*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | OFF | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 3*10 min Z3 regular rpm (90) Ride 5 minutes Z2 between efforts |
| Week 2 Build 1 | OFF | 1:30 6*15 second sprints Do sprints every 10 minutes starting at 20 minutes | 1:00 Z2 basic endurance higher rpm (95-100) | 1:30 5*5 min Z3 regular rpm (90) 1:1 work to rest ratio | OFF | 1:30 3*5 min Z3 power pieces 65-70 rpm 2*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | 1:30 5*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio |
| Week 3 Build 3 | OFF | 1:30 5*5 min Z3 regular rpm (90) 1:1 work to rest ratio | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 5*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | OFF | 1:30 3*10 min Z3 regular rpm (90) Ride 5 minutes Z2 between efforts | 1:30 6*15 second sprints 2*5 min Z3 spin pieces 110 rpm Ride 5 minutes Z2 between efforts |
| Week 4 Regen Week | OFF | 1:30 5*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | 1:00 Z2 basic endurance higher rpm (95-100) | 1:30 6*15 second sprints Do sprints every 10 minutes starting at 20 minutes | OFF | OFF | 1:30 2*15 minute Z3 regular rpm (90) Ride 10 minutes Z2 between efforts |
| Week 5 Build 1 | OFF | 1:30 5*5 min Z3 regular rpm (90) 1:1 work to rest ratio | 1:00 Z2 basic endurance higher rpm (95-100) | 1:30 3*5 min Z3 power pieces 65-70 rpm 2*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | OFF | 1:30 6*15 second sprints Do sprints every 10 minutes starting at 20 minutes | 1:30 3*10 min Z3 regular rpm (90) Ride 5 minutes Z2 between efforts |

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| Week 6 Build 2 | OFF | 1:30 6*30 second intervals. Do intervals as 95% efforts. HR should get up to Z4 by end. Do intervals every 10 minutes starting at 20 minutes | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 2*15 minute Z3 regular rpm (90) Ride 10 minutes Z2 between efforts | OFF | 1:30 5*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | 2:00 6*30 second intervals. Do intervals as 95% efforts. HR should get up to Z4 by end. Do intervals every 10 minutes starting at 20 minutes |
| Week 7 Build 3 | OFF | 1:30 6*30 second intervals. Do intervals as 95% efforts. HR should get up to Z4 by end. Do intervals every 10 minutes starting at 20 minutes | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 3*5 min Z3 power pieces 65-70 rpm 2*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | OFF | 1:30 3*10 min Z3 regular rpm (90) Ride 5 minutes Z2 between efforts | 2:00 6*30 second intervals. Do intervals as 95% efforts. HR should get up to Z4 by end. Do intervals every 10 minutes starting at 20 minutes |
| Week 8 Regen Week | OFF | 1:30 5*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 4*5 min Z3 power pieces 65-70 rpm 1:1 work to rest ratio | OFF | OFF | 1:30 6*30 second intervals. Do intervals as 95% efforts. HR should get up to Z4 by end. Do intervals every 10 minutes starting at 20 minutes |
| Week 9 Build 1 | OFF | 1:30 5*5 min Z4 regular rpm (90) 1:1 work to rest ratio | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 5*5 min Z3 regular rpm (90) 1:1 work to rest ratio OR 1:30 Z2/Z3 MTB Ride. Aim for 20 minutes total of Z3 | OFF | 2:00 2*15 minute Z3 regular rpm (90) Ride 10 minutes Z2 between efforts | 2:30 5*5 min Z4 regular rpm (90) 1:1 work to rest ratio OR 2:30 MTB Ride 5*5 min Z4 race sim pieces. 1:1 work to rest ratio |

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| Week 10 Build 2 | OFF | 1:30 5*5 min Z4 regular rpm (90) 1:1 work to rest ratio | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 3*5 min Z3 power pieces 65-70 rpm 2*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio OR 1:30 Z2/Z3 MTB Ride. Aim for 20 minutes total of Z3 | OFF | 2:00 3*10 min Z3 regular rpm (90) Ride 5 minutes Z2 between efforts | 2:30 3*10 min Z4 regular rpm (90) 2*5 min Z4 regular rpm (90) 1:1 work to rest ratio OR 2:30 MTB Ride 5*5 min Z4 race sim pieces. 1:1 work to rest ratio |
| Week 11 Regen Week to Peak for Race | OFF | 1:30 2*10 minute Z4 regular rpm (90) 1:1 work to rest ratio | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 5*5 min Z3 regular rpm (90) 1:1 work to rest ratio OR 1:30 Z2/Z3 MTB Ride. Aim for 20 minutes total of Z3 | OFF | OFF | 2:00 5*5 min Z4 regular rpm (90) 1:1 work to rest ratio OR 2:00 MTB Ride 5*5 min Z4 race sim pieces. 1:1 work to rest ratio |
| Week 12 Taper for Race | OFF | 1:30 5*5 min Z4 regular rpm (90) 1:1 work to rest ratio | 1:30 Z2 basic endurance higher rpm (95-100) | 1:30 5*5 min Z3 spin pieces 110 rpm 1:1 work to rest ratio OR 1:30 Z2/Z3 MTB Ride. Aim for 20 minutes total of Z3 | OFF | 1:30 Race Prep 2*8 min first 5 min Z3, last 3 min Z4. Ride 10 min Z2 between efforts | Paris Ancaster Race Warm up with 5 min Z1 5 min Z2 stretch 3 min Z3 2 min Z4 5 min Z2 3 min Z3 2 min Z4 2 min Z2 |