

On line training program
Iron Horse Training.com
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Iron Horse Bicycle Classic 2010-2011 Training Program

December 2010

Welcome,

Have you always wanted to ride the Iron Horse Bicycle Classic road ride but never knew how?

We can help you learn how to train and ride the 50 miles to Silverton!! You can do it!

Our 2010-2011 Iron Horse Bicycle Classic training program was a great success, with 97% of the participants reaching Silverton. More importantly, many of them have continued on with healthy lifestyle changes. Our goal is to help you have a successful ride against the train on May 29th 2011, and on into the future.

The program starts with 12 weeks of indoor riding on spinning bikes and finishes with 7 weeks of outdoor bike riding. Each week includes important areas of education to improve your enjoyment of riding to Silverton. We recommend that you enroll in a spin class in your neighborhood or get that indoor trainer dusted off! We recommend riding 3 hours a week, however, you can do more or less as your schedule dictates. Information will be e-mailed on Sundays with follow up during the week. **E-mails and phone calls to your coach are unlimited**, we are assuming you are busy people and will use your coach wisely. The course outline is tailored to develop the skills and techniques that will make your ride to Silverton a fulfilling and enjoyable experience. So mount up, it's going to be a great ride!

The price for five months of training is \$275.00

Goal is to ride 3 days a week!!

Week of January 2: **Pedal Stroke, Heart rate, & building a foundation**

1. Importance of a round pedal stroke
2. What are the goals of the program
3. How can building a foundation help your cycling
4. Plan for 100-120 hours of preparation to get there in comfort
5. Why use a heart rate monitor
6. How to use a heart rate monitor
7. Adapt a training log with morning heart rate and exercise heart rate
8. Heart rates at **65% - 75%** of max/ yellow zone
- 9. Recruit some of your friends**

Week of January 9: **Proper bike position and bike shoes**

1. Importance of proper position for comfort and strength, your ride will be 4 – 6 hours in the saddle
2. Benefits of proper position to aid in breathing and relaxation
3. Difference between road & mountain bike shoes
4. How cleated shoes help with both leg speed and full circle power
5. Feet problems and how to fix them
- 6. Recruit some of your friends**

Week of January 16: **Eating for fitness**

1. What to eat for exercise
2. Benefits of eating the right stuff
3. How to insure you're eating the right stuff

4. What and when to eat after exercise
5. Benefits of being at a good weight

Week of January 23: Strength Training and Mental Focus

1. Importance of strength training with weights
2. 30 minute program to focus on overall health
3. Benefits of weight training
4. Core strength and exercises for your core – EASY 30 minute workout that can be done at home!!
5. Importance of positive thoughts
6. “Seeing yourself in Silverton”
7. How to let the mind help when body gets tired
8. Feeling proud of the commitment you have made to YOURSELF!!

Week of January 30: Recovery, relaxation, & stretching

1. Benefits of recovery and how to use heart rate to determine if recovered
2. Importance of relaxing on the bike for comfort and longevity
3. Stretching, how much before and after exercise
4. Staying hydrated to help with recovery
5. What to do if you are not recovering enough

Week of February 6: Pain, Injury & Bike Fit

1. Benefits of a properly fitted bike
2. How to get a proper fit for comfort and performance
3. How to fine tune your fit
4. How does your body feel at this time in the program
5. Fine tuning fit and form to alleviate any tension and pain
6. What to do if you have a major injury and you must rest off the bike
7. Avoiding overuse injury's

Week of February 13: Cadence & Climbing

1. What is proper cadence and why is it important
2. How to count your cadence on indoor bike
3. How to achieve a higher cadence
4. Proper position for climbing
5. Relaxation techniques for climbing long distances
6. Start working a little harder, heart rate up to **75% - 85%** max / pink zone

Week of February 20: Muscle Overload & Getting Stronger

1. Importance of challenging your muscles to get stronger
2. Will you bulk up? NO! You will get fitter and leaner
3. Best position on bike for climbing steep hills
4. Great Job! You are halfway through the program, time to set new goals!

Week of February 27: Cadence Building

1. How to maintain a faster cadence
2. Ways to use tension on bike to achieve cadence and increase it
3. Heart rate issues and higher cadence

Week of March 6: Intervals

1. Importance of intervals
2. What is the difference between aerobic and anaerobic
3. What you should be feeling during an interval
4. How to recover after a interval workout
5. Start working a harder, heart rates at **85%-90% max** during intervals / red zone

Week of March 11: **Pre ride and Ride Nutrition**

1. What to eat the days and night before big ride
2. How many calories will I need for a 4 – 6 hour ride
3. How often & what should I eat and drink
4. Avoid bonking (what is bonking?)
5. Electrolyte replenishment to avoid cramping
6. **HYDRATE, HYDRATE, HYDRATE!!**

Week of March 20: **Clothing**

1. How proper clothing helps with comfort, performance, and safety
2. Safety: helmets and gloves
3. Dressing for the elements and temperature
4. Controlling body temperature, dressing in layers
5. Padded clothing for comfort

Week of March 27: **Gearing**

1. Benefits of having the proper gearing
2. Proper gearing to enhance cadence and climbing
3. When to shift gears
4. How to avoid chain drop
5. What is the right gearing - Triples!!

Week of April 3: **Bike Maintenance**

1. Safety & performance issues of having a properly running bike
2. How to fix minor problems
3. How to change a flat
4. What tools you should keep in your bike bag
5. * **goal is to ride 3 -7 hours a week***

April – time to move outside!! Great job with your indoor training!!

Goal is to ride 3 – 7 hours a week. We will help you tailor rides in your area that will help you get to Silverton!

Week of April 10 – May 28: Articles and information to make your ride to Silverton successful!!

May 28, 2011 – Iron Horse Bicycle Classic ride from Durango to Silverton!!!!