

IRON HORSE TRAINING.COM

Iron Horse Bicycle Classic 2011-2012 Training Program

The program starts with 17 weeks of indoor riding on spinning bikes and finishes with eight weeks of outdoor bike riding. This is a comprehensive fitness program incorporating aerobic bike sessions with strength training, core work and yoga for flexibility. Each week includes information designed to improve fitness with the ultimate goal of riding to Silverton in the Iron Horse or Purgatory in the Quarter Horse.

Week 1 – Week of December 4: Bike Set-up, Overview of Program

- Getting comfortable on the bike, benefits of the right set-up
- Benefits of proper position to aid in breathing and relaxation
- How you should feel when working out
- Review heart rate info and explain perceived level of exertion (PLE)
- Becoming familiar with the spin bikes (what do resistance ranges 1-10 feel like)
- Clothing/shoes needed for indoor training
- Road vs. mountain bike shoes
- How cleated shoes help with both leg speed and full circle power
- How indoor cycling helps prepare for outdoor riding
- What is Foundation Training and why we shouldn't go "all out" the first month
- The importance of hydration and how much water to bring to class
- Why we also focus on strength training, core exercises and flexibility

Core Exercises – Basic plank

Week 2 – Week of December 11: Petal Stroke, Heart Rate/PLE, Building a Foundation

- The perfect pedal stroke and why it is important
- What is proper cadence
- Heart rate monitors and how to use them
- Heart rate charts and how you should feel in colored zones
- Resting heart rate and how to determine it
- The benefits of keeping a training log
- Why each person should do their own ride and not compare themselves to others
- Begin working out in the 65-80% heart rate zones or PLE of 4 or 5

Core – Variations of plank; side plank, strait arm plank

Week 3 – Week of December 18 (no class on December 24): Field Testing and Strength Training and Flexibility

- Why we do field testing
- Field testing on Wednesday 12/21*
- Benefits of strength training, strong muscles=less fatigue

- Why it is important to maintain muscle mass as we age
- Ways to strength train – weights, bands, balls
- Benefits of yoga and stretching
- Benefits of core exercises
- How often should you strength train
- Recovering from strength training sessions
- When to stretch and for how long

*For those out of town for the holidays we'll offer another field testing opportunity the first week of January.

This week begins our focus on muscles involved in cycling and how to strengthen them. We'll start with upper body exercises and move on to lower body after our legs have adapted to indoor cycling.

Muscle Group - Biceps

Core – The boat and variations on basic boat

Week 4 – Week of December 25 (no class on Saturday 12/31): The Benefits of Cross Training and Staying Motivated to Exercise Over the Holidays and on Vacation

- Why cross training is important
- Best complimentary aerobic exercises to cycling
- Examples of cross training exercises to do over the holidays
- Nutrition and exercising over the holidays
- Focus on continuing to work in your 65-85% range
- Cross training: skiing, walking, cross country skiing
- Stay active 30-60 minutes a day
- Practice core exercises

Muscle Group - Triceps

Core – The bicycle

Week 5 – Week of January 1: Eating for Fitness

- What to eat before working out
- What to eat during exercise
- Best recovery foods, carb to protein balance
- Importance of hydration
- Energy drinks and supplements, should you use them?
- Weight loss and exercise, weight of muscle vs. fat
- Inflammation fighting foods

Muscle Group - Upper back (Latissimus Dorsi, Trapezius)

Core – Exercises using a ball

Week 6 – Week of January 8: Recovery

- Why recovery is important
- Benefits of taking a day off
- How much recovery do you need
- How to tell if you're recovered
- Signs of over training
- How stretching aids recovery
- Why staying hydrated aids in recovery

Muscle Group – Chest (Pectoral)

Core – Continue core exercises on the ball

Week 7 – Week of January 15: Mental Focus and Commitment

- “It’s all in your head,” strategies for eliminating negative thoughts
- Seeing yourself in Silverton or at Purg
- How to use your mind to overcome fatigue
- How to use your heart rate to gauge your progress
- How to stay motivated

Muscle Group – Shoulders (Deltoids)

Core – Exercises using a band

Week 8 – Week of January 22: Pain and Injuries

- How to tell if pain is an injury or over training
- Common cycling injuries and what causes them
- Importance of proper bike fit in avoiding injuries
- What to do if you have a major injury
- How to avoid over use injuries
- Exercising when sick

Muscle Group – Quadriceps

Core – Balancing exercises

Week 9 – Week of January 29: Cadence and Climbing

- Start working harder, heart rate up to 75-85% of max, PLE 7 or 8
- What is proper cadence and why it is important
- How to achieve a higher cadence
- Standing vs. sitting on climbs
- How to relax when climbing

Muscle Group – Gluteus Maximus

Core – Exercises with weights

Week 10 – Week of February 5: Cadence Building

- How to maintain a faster cadence
- Ways to use tension on the bike to achieve cadence and increase it
- Heart rate and higher cadence
- Cadence on a road bike vs. spinning bike

Muscle Group – Hamstrings

Core – Crunches

Week 11 – Week of February 12: Muscle Overload and Getting Stronger

- Maintaining strength and power by adding resistance
- Importance of challenging your muscles to get stronger
- Why you won't bulk up but get leaner
- How strong muscles increase your metabolism
- How strong muscles reduce fatigue on longer rides

Muscle Group – Adductor/Abductor

Core – Exercises that focus on back muscles

This week we will do optional field testing for those wanting to know if their heart rate numbers have changed after ten weeks of training.

Week 12 – Week of February 19: Intervals

- The importance of intervals
- What is the difference between aerobic and anaerobic
- How anaerobic efforts improve your body's ability to use oxygen
- Burning more fat at higher intensities
- How you should feel during intervals
- How to recover from intervals
- Frequency of hard interval workouts
- Heart rate zones 85-95% of max during intervals or PLE of 9 or 10

Muscle Group - Calves

Core - Begin exercises that work on the core and other muscle groups i.e. shoulder press on the ball

Week 13 – Week of February 26: Pre-ride and Ride Nutrition

- How many calories are needed for a four to six hour ride
- Frequency of food/drink intake
- How electrolyte replenishment will help to avoid cramps
- The importance of hydrating early and often

- What type of electrolyte replacement products are available

Major muscle groups have been covered to this point, we will start doing strength training exercises that target multiple muscle groups i.e. lunges, push-ups.

Continue exercises that work multiple muscle groups and core

Week 14 – Week of March 4: Clothing

- How proper clothing helps with comfort, performance and safety
- Helmets, gloves and eyewear
- Dressing for the elements and temperatures
- Dressing in layers to control body temperature
- Types of clothing for varying weather conditions
- Chamois cream to prevent chafing
- How to carry everything

Continue exercises that work multiple muscle groups and core

Week 15 – Week of March 11: Bike Maintenance

- Anatomy of a bike
- Why it's important to have a properly maintained bike
- Essential tools to keep in your bike bag
- Common bike maintenance problems
- Routine bike maintenance

Continue exercises that work multiple muscle groups and core

Week 16 – Week of March 18: Gearing and Group Riding

- Benefits of having proper gearing to enhance cadence and climbing
- When to shift gears
- How to avoid chain drop
- Road riding skills
- Group riding etiquette
- Riding in a paceline
- Communication during group rides

Continue multiple muscle group exercises

Week 17 – Week of March 25: What to Expect in the Iron Horse and Quarter Horse

- Where and when to start based on your expected ride time
- Location of aid stations and when to stop
- Pacing yourself through the valley
- When to eat and drink

- Preparing for the weather

This is the final week of strength training and core exercises. Continue to do these exercises on your own during the two months of outdoor riding.

Outdoor rides begin on Tuesday April 3rd.

There will be an optional outdoor session on 4/1 to review basic road riding skills like gearing, clipping in and out, climbing, and descending.