

Training Program

Preparing you for the RBC GranFondo Whistler



Objective: 25km/hour average speed - Finish time in 5 to 6 hours

This 20 week training program is suited for individuals with an established fitness level. The goal is to average a faster speed of 25km/hour to finish the course in 5 to 6 hours. Over this 20 week program, you will build speed, stamina and your fitness level to complete the course at a challenging pace.

GranFondo Training Notes:

Thursday Intensity Rides are 60-90 minutes long. Each ride should always begin with a 10-15 minute warm up, followed by the prescribed workout for the day and finishing the total time (or distance) with a cool down of at least 10 minutes. These intensity workouts should be difficult and if you are wearing a heart rate monitor you should be working in zone three to four during the intensity pieces.

Any easy or long ride (Tuesday and Saturday) should be just that - easy. Your heart rate should be low or in zone one if you are wearing a heart rate monitor.

To get the most out of your training, you should be using the following 5 heart rate zones. Each zone is calculated by using a percentage of either your heart rate max or lactate threshold. Every cyclist/person has a different max heart rate, depending on age, fitness level and experience. If you would like to know your heart rate zones, please consult an expert who can test you and educate you on how to use these zones in your training.

Zone 1 - 65%-75% of your max heart rate. It is important to spend most of your training in this zone to improve your Aerobic Threshold and build an aerobic base. All of your warm up and cool down portions (of the intensity ride) as well as your recovery rides but especially the long rides should ALL be in zone one.

Zone 2 - 75% to 85% of max heart rate. This zone is commonly referred to as the junk miles zone. Most athletes like to train in this zone because it is difficult enough that they feel like they are working hard but not difficult enough to be too painful. Try to spend as little time as possible in this zone as it does little to improve your endurance.

Zone 3 - 85%-90% of max heart rate. Training for short periods of time (3-10min) with a long recovery between each set will train your body to quickly "remove" lactic acid and will increase your lactate threshold. The Thursday intensity rides should be in zone 3 (or zone 4 and 5).

Zone 4 - 90-95% of max heart rate. You will spend very little time in zone 4 but you may see these higher heart rates at the end of a hard intensity climb or during a sprint session. You should never be in zone 4 on a long ride.

Zone 5 - 95% plus of max heart rate. You may aim to reach zone 5 on short bursts of speed (30-60sec). Although, you won't be riding in zone 5 on the ride to whistler, doing a little bit of training in zone 5 will definitely help.

Definitions:

Hilly ride - The ride to whistler includes grades of 8-10% for distances similar to riding 1/2 way up Cypress or Seymour Mountain. The best way to prepare for a ride is to mimic as close as you can to the actual terrain. So if the program calls for a hilly route, choose grades similar to what you will be riding on September 11th.

Rolling hills - If the route calls for rolling hills, it means that you get an easy day to relax a bit. Rolling hills still gives you a chance to strengthen the muscles, without fatiguing them as much as the higher grades. Look for a route with grades that are less than 5 or 6%.

Flat - A flat route means that you get a day off of hills but it doesn't mean the ride will be easy. Riding on flats gives you a chance to be working on pacing and maintaining a high cadence (aim for 90-100 RPM). Try not to get too lazy on the flat routes as it can be easy to switch on autopilot.

TOTAL KMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 50km-65km Weekly focus: get a bike fit from a professional and a tune up						50km (or 2:00hrs) flat ride, keeping heart rate low Zone one	Optional 15km ride or cross train with run, swim or another sport.
WEEK 2 105km-120km Weekly focus: schedule 3-4 rides a week, find a group to ride with	Core work, weight training, yoga or pilates - 30-45min	20km easy Zone one	Core work, weight training, yoga or pilates - 30-45min	20km easy Zone one	DAY OFF	65km (or 2:30hrs) flat ride, keeping heart rate low Zone one	Optional 15km ride or cross train with run, swim or another sport.
WEEK 3 115km-130km Weekly focus: building a solid riding foundation by keeping heart rate low	Core work, weight training, yoga or pilates - 30-45min	20km easy Zone one	Core work, weight training, yoga or pilates - 30-45min	25km easy 4x(30s. single leg drills). Zone one	DAY OFF	70km (or 2:45hrs) Rolling hills, keeping heart rate low Zone one	Optional 15km ride or cross train with run, swim or another sport.
WEEK 4 120km-140km Weekly focus: learn proper nutrition for before, during and after rides	Core work, weight training, yoga or pilates - 30-45min	25km easy Zone one	Core work, weight training, yoga or pilates -45min	25km easy 4x(45s. single leg drills) Zone one	DAY OFF	70km (or 2:45hrs) recovery ride on flat Zone one	Optional 20km ride or cross train with run, swim or another sport.
WEEK 5 90km Weekly focus: recover from the long rides you did all month. Change a tire.	This is your recovery week so go easy on all workouts or take the day off. Light yoga or stretch	25km easy Zone one	Light yoga or stretch	25km easy 4x(1min single leg drills) Zone one	DAY OFF	40km (or 1:45hrs) Rolling hills (nothing longer than 6min) Zone one	DAY OFF

TOTAL KMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6 135km-155km Weekly focus: riding efficiently with good technique and an average RPM of 85-100	Core work, weight training, yoga or pilates -45min	25km easy Zone one	Core work, weight training, yoga or pilates -45min	35km intensity 2x(10 s. sprint, 1min easy) 2x(30s. sprint, 1:30 easy) 5x(1min fast with 3 min easy)	DAY OFF	75km (or 3:00hrs) Flat ride Zone one and three	Optional 20km ride or cross train with run, swim or another sport.
WEEK 7 135km-160km Weekly focus: ride 3hrs plus comfortably with a cadence between 85-100rpm	Core work, weight training, yoga or pilates -45min	25km easy Zone one	Core work, weight training, yoga or pilates -45min	35km intensity 4x(30s. sprint, 1:30 easy) 3x(2min fast with 4 min easy)	DAY OFF	80km (or 3:10hrs) Hilly ride (hills no longer than 7 min) Zone one and three	Optional 20km ride or cross train with run, swim or another sport.
WEEK 8 150km-170km Weekly focus: eating healthy and not over consuming after long rides	Core work, weight training, yoga or pilates -45-60min	25km easy Zone one	Core work, weight training, yoga or pilates -45-60 min	35km intensity 2x(30s. sprint, 1:30 easy) 3x(3 min hill climb, easy recovery down)	DAY OFF	90km (or 3:30hrs) Small rolling hills Zone one and three	Optional 20km ride or cross train with run, swim or another sport.
WEEK 9 100km Weekly focus: allow your body to recover from the last 2 weeks of higher volume.	This is your recovery week so go easy on all workouts. Light yoga or stretch	25km easy Zone one	Core work, weight training, yoga or pilates - 30min	25km easy 6x 1min single leg drills	DAY OFF	50km (or 2:00hrs) Flat ride Zone one	DAY OFF
WEEK 10 165km-190km Weekly focus: learning how to climb efficiently	Core work, weight training, yoga or pilates -45min	25km easy Zone one	Core work, weight training, yoga or pilates -45min	40km intensity 4x(30s sprint, 1:30 easy) 2x(5min fast, 5 min easy)	DAY OFF	100km (or 4:00hrs) Flat ride Zone one and three	Optional 25km ride or cross train with run, swim or another sport.

TOTAL KMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 11 165km-190km Weekly focus: learn how to use the downhill to your advantage	Core work, weight training, yoga or pilates -45-60min	25km easy Zone one	Core work, yoga or pilates - 30-45min	40km intensity 4x(30s sprint, 1:30 easy), 2x(6min fast hill climb, stay aero on the recovery down)	DAY OFF	100km (or 4:00hrs) Hilly ride Zone one and three	Optional 25km ride or cross train with run, swim or another sport.
WEEK 12 120km Weekly focus: get lots of rest and reduce stress so your body can heal and recover quickly	This is your recovery week so go easy on all workouts. Light yoga or stretch	25km easy Zone one	Core work, weight training, yoga or pilates -30min	35km easy 20 pedal strokes at a higher cadence every 10min	DAY OFF	60km (or 2:20hrs) Hilly course Zone one and three	Light yoga or stretch
WEEK 13 180km-205km Weekly focus: eating on the bike, stopping only when necessary	Core work, weight training, yoga or pilates -45-60min	25km easy Zone one	Core work, weight training, yoga or pilates -45-60min	40km intensity 2x(20 sec sprint, 1:40 easy), 3x(6min fast hill climb, easy recovery down)	DAY OFF	115km (or 4:30hrs) Flat ride -stop for nutrition and fluids only Zone one and three	Optional 25km ride or cross train with run, swim or another sport.
WEEK 14 190km-215km Weekly focus: mentally prepare for the race in 6 weeks!!!	Core work, weight training, yoga or pilates -45-60min	25km easy Zone one	Core work, weight training, yoga or pilates -30min	40km 4 x(10s.sprint, 1:50 easy) 10km time trial (mini timed race against yourself)	DAY OFF	125km (or 5:00hrs) Optional rolling hills or flat - stop for fluids only Zone one and three	Optional 25km ride or cross train with run, swim or another sport.
WEEK 15 125km Weekly focus: make any and all last minute changes with your nutrition	This is your recovery week so go easy on all workouts. Light yoga or stretch	25km easy Zone one	Core work, weight training, yoga or pilates -30min	30km easy recovery ride. 20 pedal strokes fast every 10min	DAY OFF	70km (or 2:45hrs) Hilly ride Zone one and three	Light yoga or stretch

TOTAL KMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 16 200km-225km Weekly focus: power and strength on the hills	Core work, weight training, yoga or pilates -45-60min	25km easy Zone one	Core work, yoga or pilates -30-45min	40km intensity 4x(6min hill climb, recover on the downhill) 2 nd and 4 th climb in the big ring	DAY OFF	135km (or 5:30hrs) Hilly ride - stop for fuel only Zone one and three	Optional 25km ride or cross train with run, swim or another sport.
WEEK 17 215km-240km Weekly focus: practice changing a tire again	Core work, weight training, yoga or pilates -45-60min Light yoga or stretch	25km easy Zone one	Core work, weight training, yoga or pilates -30-45min	40km intensity 4x(30 sec sprint, 1:40 easy, 3x(8min fast on flat, 8 min easy)	DAY OFF	150km (or 6:00hrs) Flat ride - no stops Zone one and three	Optional 25km ride or cross train with run, swim or another sport.
WEEK 18 140km-165km Focus: this is the start of your taper for the ride in 2 weeks!	Taper - Core work, weight training, yoga or pilates - 30min	25km easy Zone one	Core work, weight training, yoga or pilates -30min	35km intensity 4x(10s. sprint, 1:50 easy),10km time trial (compare with last month's time)	DAY OFF	80km (or 3:10hrs) hilly Zone one and three	Optional 25km ride or cross train with run, swim or another sport.
WEEK 19 105km Weekly focus: relax and work on deep breathing to control your nerves before the ride.	Taper	25km easy Zone one	Light yoga or stretch plus core work	30km intensity 4x(10 sec sprint, 1:50 sec easy) 4x(1min sprint, 2 min easy)	DAY OFF	50km (or 2:00hrs) easy rolling hills Zone one	Light yoga or stretch
EVENT WEEK! 158km Weekly focus: having a great ride to Whistler!	Light yoga or stretch plus core work	20km easy Zone one	Light yoga or stretch plus core work	15km easy, spinning lightly just to keep the legs moving	DAY OFF	RBC GRANFONDO WHISTLER RIDE	Massage and Congratulate yourself for riding the first GranFondo Whistler!