

## Training Vocabulary & Using the 22-Week Plan

### TRAIN RIGHT

Whether this will be your first or you are an experienced multi-day event rider you'll benefit from having a structured training plan. Week long rides aren't about just training more; they're about training right. Anyone can do the Empire State Ride, even a time-crunched mother of three. It can seem like a very daunting task when you're new to the sport, but with some guidance and confidence you'll be at that finish line before you know it.

### THE RIGHT WAY TO WARM UP

Warm ups can vary depending on the day, but you want to do at least 15 minutes of conversational riding before you start high intensity intervals. The warm up period may be anywhere from 15-30 minutes, but it's more important to focus on the specificity of the intervals than getting in exactly 15, 20, 25 or 30 minutes of a warm up. Use your warm up to get to the best place on the road to do your intervals. If you can get to the perfect hill for your Climbing Repeats in 18 minutes that's ok. For this reason, workout days will be listed with a total duration that is longer than the total time of the actual intervals. After you warm up and complete the intervals, then you complete the total duration of the ride at an endurance pace.

### RPE

RPE stands for Rate of Perceived Exertion. It's a very simple measure of workload to determine how hard you feel you are exercising. In a training setting, the RPE scale is from 1 to 10 (1 being no exertion and 10 being a maximum effort). Each workout has an RPE associated with it to get the best adaptation. To use this scale, you need to understand what you're trying to accomplish with each workout. Table 7.1 lays it all out.

TABLE 7.1

Workouts, RPE, and Breathing Rate

WORKOUT	TARGETED INTENSITY LEVEL	RPE (1-10 SCALE)	BREATHING RATE	TALKING ABILITY
RecoveryMiles (RM)	Recovery	4 or 5	Comfortable breathing barely above walking rate	Story time
EnduranceMiles (EM)	Endurance	5 or 6	Rhythmic, moderate-depth breathing, not labored	Comfortable conversation
Tempo (T)	High-end aerobic	7	Labored breathing	Uncomfortable conversation
SteadyState (SS)	Lactate threshold	8 or 9	Deep and labored breathing	2-3 sentences
ClimbingRepeats (CR)	Anaerobic	9 or 10	Deep and labored, faster than at Lactate threshold	5- to 7-word sentence
PowerIntervals (PI)	V02max	10	Short and rapid	Single word probably 4 letters

## WORKOUT DESCRIPTIONS

The workouts described below are used in the training programs in this guide.

### RecoveryMiles (RM)

RecoveryMiles is exactly that. It's needs to be very easy to allow you to recover from previous days. They'll range anywhere from 40 – 60 minutes and should be substantially easier than EnduranceMiles. It should be 4-5 on an RPE scale and have a frequency of 2-3 times per week.

### EnduranceMiles (EM)

This is the intensity that much of your running time will consist of. Many people refer to it as their forever pace, but it's also the time around your interval sets. These rides should be a 5 or 6 on the RPE scale and range from 90 minutes to 6+ hours. Your speed will vary with uphill and downhill, but remember to keep your perceived exertion the same. Going uphill at the same speed requires more work, which can turn your EnduranceMiles into SteadyState fairly quickly.

### FastPedal (FP)

This workout should be performed on a relatively flat section of road. The gearing should be light, with low pedal resistance. Begin slowly and increase your pedal speed, starting out with around 15 or 16 pedal revolutions per 10-second count. This equates to a cadence of 90 to 96 RPM. While staying in the saddle, increase your pedal speed, keeping your hips smooth with no rocking. Concentrate on pulling through the bottom of the pedal stroke and over the top. After one minute of FastPedal, you should be maintaining 18 to 20 pedal revolutions per 10-second count, or a cadence of 108 to 120 RPM for the entire amount of time prescribed for the workout. Your heart rate will climb while doing this workout, but don't use it to judge your training intensity. It is important that you try to ride the entire length of the FastPedal workout with as few interruptions as possible, because it should consist of consecutive riding at the prescribed training intensity.

### Tempo (T)

Tempo workouts are that pace between your EnduranceMiles and lactate threshold. These workouts help develop a stronger aerobic engine by maintaining an effort outside of your comfort zone. They should be a 7 on an RPE scale and range from 15 – 45 minutes for each interval. Be very careful that you don't let your intensity level get into your lactate threshold. It's very easy to let it creep up, but faster doesn't always mean better. You need to be able to sustain that pace for longer periods of time to get the best adaptation.

## SteadyState (SS)

SteadyState are probably the most well-known of these workouts. They're a very important part of training and are very strenuous. They should be done at or slightly below your lactate threshold at an RPE of 8-9. These intervals are shorter than Tempo because of the intensity involved. Each interval ranges from 8 to 20 minutes and has a 2-to-1 recovery ratio. A typical workout may look like 3x10 min with 5 minutes of active recovery between each interval.

## PowerIntervals (PI)

PowerIntervals are short, extremely strenuous intervals that help develop your VO<sub>2</sub>max. They last 1 to 3 minutes at an RPE of 10. Warming up before these is even more important so make sure to get in 15-30 minutes of conversational riding before you start the intervals. The recovery period is 1 to 1, so 1 minute intervals have 1 minute of active recovery.

## SUMMARY

TABLE 7.2

Summary of the Six Key Cycling Workouts

	RPE	Typical Interval Time	Total Time-At-Intensity	Work:Rest	Typical Workout	Frequency Per Week
RecoveryMiles (RM)	4 or 5	NA	20-60 min	NA	40-min	2-3
EnduranceMiles (EM)	5 or 6	NA	30 min-6+hours	NA	2-3 hr	2-6
Tempo (T)	7	20-60 min	30 min-2 hours	5-8:1	2-hr with 2 x 30min Tempo 5-min recovery between intervals	2-3
SteadyState (SS)	8	8-20 min	30 min-1 hour	2-to-1	90-min with 4x8min Steady State 4-min recovery between intervals	2-3
ClimbingRepeats (CR)	9	5-10 min	30m	1-to-1	90-min with 6x5min Climbing Repeat 5-min recovery between intervals	2-3
PowerIntervals (PI)	10	1-3 min	15m	1-to-1	60-min with 5x3min PowerInterval 3-min recovery between intervals	2-3

You now have a training plan and a basic understanding of the fundamentals so it's time to get started! Below is a summary of the six key cycling workouts for your reference. If you're interested in learning more about a personalized plan you can reach out to [clivermore@trainright.com](mailto:clivermore@trainright.com)