

FRAMEWORK TRAINING PLAN FOR THE MARMOTTE ALPS

FIG. 1: TRAINING FOCUS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale			
				1	2	3	4	5					
Jan	30-05	Preparation	P1						<p>ON THE BIKE</p> <ol style="list-style-type: none"> Aerobic endurance: progressing to 5h rides in Z1/Z2 Short-term muscular endurance (STME): multiple 4'-8' efforts in Z5 or 1'-2' efforts in Z6 Technical limiters: e.g. descending, cornering, etc. <p>OFF THE BIKE</p> <ol style="list-style-type: none"> Strength and conditioning: 2/week Flexibility and stretching: 20 mins 2-3/week Complement occasionally with other sports: running, swimming, etc. 	<p>ON THE BIKE</p> <ol style="list-style-type: none"> Aerobic endurance is by far the most important quality you need to build. STME helps stay with riders at your level during the first hour and stay in a peloton in the valleys. This is the best time to build technical skills. <p>OFF THE BIKE</p> <ol style="list-style-type: none"> Gym exercises to improve upper body and core strength as well as leg strength will make you an all-round stronger cyclist. Maintaining flexibility is essential to pedal efficiently and avoid injury. Doing the occasional run or swim uses your muscles differently, combats boredom and contributes to overall fitness. 			
	06-12												
	13-19												
	20-26												
	27-02												
Feb	03-09		P2										
	10-16												
	17-23												
	24-01												
March	02-08		P3										
	09-15												
	16-22												
	23-29												
April	30-05		Pre-competition	PC1								<p>ON THE BIKE</p> <ol style="list-style-type: none"> Aerobic endurance: continuing long rides in Z1/Z2, progressing to at least one 7-8h ride in June. Threshold: multiple 10'-30' efforts in Z4 Race readiness: sportive or club ride 2/month in May and June Recovery: 1-2 rides/week Test your equipment and nutrition/hydration options <p>OFF THE BIKE</p> <ol style="list-style-type: none"> Flexibility and stretching: 20 mins 2-3/week Other activities: optional (swim, walk...) <p>GENERAL</p> <ol style="list-style-type: none"> Maximise your sleep Ensure high quality nutrition Minimum travel, minimum stress 	<p>ON THE BIKE</p> <ol style="list-style-type: none"> Continue developing aerobic endurance. Long efforts at FTP will develop climbing ability. Sportives and fast club runs to get comfortable at race pace. It is ESSENTIAL that recovery weeks are easy, to avoid over-training. Test now to avoid disasters on July 5th. <p>OFF THE BIKE</p> <ol style="list-style-type: none"> Maintaining flexibility is vital Other activities: as desired to maintain motivation. Sleep is essential for recovery and adaptation Ditto nutrition Travel and stress will negatively affect your ability to train and adapt.
	06-12												
	13-19												
	20-26												
	27-03												
May	04-10	PC2											
	11-17												
	18-24												
	25-31												
June	01-07	PC3											
	08-15												
	15-21												
	22-28												
July	29-05	Competition	C1					<p>Taper: reduce volume by 25% two or three weeks out and by 50% or more the last week.</p>	Reduce fatigue: increase form while maintaining fitness				

* Your training volume can be counted in hours or in Training Stress Score (TSS) points. In this chart 5 represents the maximum (which might be 15-20 hrs) and 1 represents the minimum (which might be 4-5 hrs)

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FIG. 2: SUGGESTED WORKOUTS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Typical training week. <i>The workouts are in order of priority: do the first ones first.</i>
				1	2	3	4	5	
Jan	30-05	Preparation	P1						HIGH VOLUME WEEKS 1. Low intensity long ride, starting at 2-3hrs and progressing to 5hrs, including climbs 2. Second low intensity ride 2-3 hrs, progressing to 3-4hrs (with focus on technical limiters) 3. STME interval session e.g. 4 x [4'Z5 – 4'Z1] or 8 x [1'Z6 – 1'Z1], progressively increasing the time in zone or the number of intervals. At least 15' warm-up and cool-down. 4. Third low intensity ride 2-3 hrs 5. Recovery ride 1hr RECOVERY WEEKS 1. Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs 2. Second low intensity ride, 1-2 hrs 3. Third low intensity ride, 1-2 hrs STRENGTH & CONDITIONING 1. Gym session including upper body, core strength and leg strength 2. Stretching (e.g. Pilates or Yoga) 3. Second gym session. 4. Second stretching session
	06-12								
	13-19								
	20-26								
	27-02								
Feb	03-09		P2						
	10-16								
	17-23								
	24-01								
March	02-08		P3						
	09-15								
	16-22								
	23-29								
April	30-05	Pre-competition	PC1						HIGH VOLUME WEEKS 1. Low intensity long ride, 5-6hrs, progressing to 8hrs in one ride by mid-June, as much climbing as possible 2. Threshold interval session e.g. 4 x 10'Z4 or 3 x 15'Z4 or 2 x 20'Z4. Do this on climbs during a 2-4hr ride. Alternative: Sportive or club ride 2/month in May and June 3. Second low intensity long ride, 2-3hrs, progressing to 5hrs, including climbs 4. Recovery ride 1-2hrs (flat) RECOVERY WEEKS: As per Preparation phase STRENGTH & CONDITIONING 5. Stretching (e.g. Pilates or Yoga) 6. Second stretching session GENERAL 7. Maximise your sleep time and quality 8. Ensure high-quality nutrition 9. Keep travel and stress to a minimum
	06-12								
	13-19								
	20-26								
	27-03								
May	04-10		PC2						
	11-17								
	18-24								
	25-31								
June	01-07		PC3						
	08-15								
	15-21								
	22-28								
July	29-05	Competition	C1					Two-week progressive taper in which you reduce the volume by 50%. Plan to arrive in Alpe d'Huez 2-3 days in advance.	

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TRAINING ZONES

Based on Rate of Perceived Exertion (RPE)

Zone	Level	TTE	RPE (1-10)
1	Active Recovery	-	<2
2	Endurance	4-6h	2-3
3	Tempo	2-3h	4-5
4	Lactate Threshold	45'-60'	6-7
5	VO2 max	3'-8'	7-8
6	Anaerobic Capacity	30"-3'	>8
7	Sprint power	<30"	Max

RPE is a purely subjective, but surprisingly accurate measure of intensity, where 1 is extremely light and 10 is the maximum.

The Time-To-Exhaustion (TTE) column refers to the amount of continuous time one can keep exercising in the same zone.

Based on Lactate Threshold Heart Rate (LTHR)

Zone	Level	LTHR %min	LTHR %max
1	Active Recovery	65%	81%
2	Endurance	82%	88%
3	Tempo	89%	93%
4	Lactate Threshold	94%	100%
5	VO2 max	>100%	-
6	Anaerobic Capacity	-	-
7	Sprint power	-	-

Your LTHR is your heart rate at lactate threshold, which is the point at which the concentration of lactate in your blood begins to increase faster than it can be eliminated.

You can determine your LTHR by riding as hard as possible for 45-60 minutes and taking the average HR for the final 30-45 minutes.

Based on Functional Threshold Power (FTP)

Zone	Level	FTP %min	FTP %max
1	Active Recovery	0%	55%
2	Endurance	56%	75%
3	Tempo	76%	90%
4	Lactate Threshold	91%	105%
5	VO2 max	106%	120%
6	Anaerobic Capacity	121%	150%
7	Sprint power	151%	-

Your FTP is the highest average power output you can sustain at the lactate threshold.

You can determine your FTP by riding as hard as possible for 45-60 minutes and taking the average power for the entire period.

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