

# Cycling Fusion Winter Training

## 2020 Season

### Overview

This training program is designed to last 10 weeks and was designed by Joey Stabile of Cycling Fusion. The program follows sound base building principles which are designed to provide progressive training to anyone who desires to become more fit and have greater aerobic capacity. The beauty of indoor training is that by having control over our environment, we can design and execute very specific training protocols with specific targeted results. Our training utilizes heart monitors and power meters for training data, both of which are available through the RGT platform. Through the RGT platform, we are planning on reaching an unprecedented number of participants for this structured training program.

The program is designed with one or two rides per week. The primary ride will start at 60 minutes in length and increase to 2hrs by the end. The second ride will always be 60 minutes and is primarily a skills ride that reinforces what was covered in ride one.

The program will begin on the week of February 2nd 2020 and end the week of April 12th 2020. In the future (2021) we would like to host an outdoor RGT Community Ride Weekend in both the US and Europe to bring RGT cyclists together.

### Weekly Agenda

Below is a sample agenda for our 10 weeks of training. The initial ride is one hour, but as the weeks press on, we will work up to 140 minutes of cycling and we will decrease our time in other areas as needed. This program focuses not only on the training, but also on the knowledge of training. We hope to strengthen your understanding of how to train as we build up your fitness for maximum performance.

### Week 1

<b>The Ride:</b>	<b>60 min. 2 X 20 Power Baseline Tests – FTP</b>
<b>Training:</b>	This week we are going to test or power output with a 2 x 20 FTP test. This test will allow us to establish our baseline for comparison after the 12 weeks of training.
<b>Forms &amp; Docs:</b>	Power Testing Form & Non-Power Bike Testing Form

### Week 2

<b>The Ride:</b>	<b>60 min. Cadence &amp; Efficiency in Zone 2</b>
<b>Training:</b>	We are going to explore your efficiency in Zone 2 (about 75% of FTP) by experimenting with different cadences but keeping a constant wattage. We will adjust the gearing and/or tension to match the cadence with the target

wattage. The cadence where your HR is the lowest for the testing period will be where you are most efficient.

**Forms & Docs:** Zone 2 Cadence Optimization Data Collection Form

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### Week 3

**The Ride:** **60 min. Steady State work & Decoupling - Some Virtual**

**Training:** One of the important numbers that we need to know is ratio of power to heart rate, or Aerobic Decoupling. Aerobic decoupling compares how heart rate reacts to a steady power effort and is a great indicator of fitness. We will explore this from both sides today by having two hard 25 minute efforts in High Zone Four (105-110% FTP) and watching how the numbers diverge.

**Forms & Docs:** Heart Rate Drift & Power Decoupling Forms

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### Week 4

**The Ride:** **80 min. Cadence & Efficiency in Zone 3**

**Training:** We are going to explore your efficiency in Zone 3 (about 85% of FTP) by experimenting with different cadences but keeping a constant wattage. We will adjust the gearing and/or tension to match the cadence with the target wattage. The cadence where your HR is the lowest for the testing period will be where you are most efficient.

**Forms & Docs:** Zone 3 Cadence Optimization Data Collection Form

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### Week 5

**The Ride:** **80 min. FTP Test & Intervals**

**Training:** This week we will re-establish your power output with a 2 x 20 FTP test. This test will allow us to compare your FTP with the baseline we established in week 1.

**Forms & Docs:** BASELINE Power Testing Form & Non-Power Bike Testing Form

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### Week 6

**The Ride:** **80 min. Cadence & Efficiency in Zone 3 & Climbing**

**Training:** We are going to explore your efficiency in Zone 3 (about 85% of FTP) by experimenting with different cadences but keeping a constant wattage. We will adjust the gearing and/or tension to match the cadence with the target wattage. The cadence where your HR is the lowest for the testing period will be where you are most efficient. After the cadence efficiency work, we will do some hill repeats to work on strength.

**Forms & Docs:** Zone 3 Cadence Optimization Data Collection Form

**Week 7**

- The Ride:** **100 min. Power & Temp - Who's Been Training: Strength Drills followed by 20 min of Tempo Riding**
- Training:** This week, we are going to begin, after our warmup, with some progressive hill repeats and then go into our max short power efforts with some recovery in-between. We will then finish with a 20 minute effort at our FTP wattage.
- Forms & Docs:** 1 min, 3 min & 5 min Power Test Form

**Week 8**

- The Ride:** **100 min.**
- Training:** Week 9 will be a race week for us.....We will ride to some racing footage and do some interval work. This will be a hard 100 minute ride that is designed to push you to your edge, so come prepared. You may want to bring water and nutrition.
- Forms & Docs:** None

**Week 9**

- The Ride:** **120 min. Recovery Ride Zones 2 & 3**
- Training:** Week 10 will be a quasi recovery week. We will do some tempo work in Zone 3 and some steady state work in Zone 2. We will work on some cadence drills and have a few light intervals to keep the ride moving. We will ride along to video this week to keep the work fresh.
- Forms & Docs:** None

**Week 10**

- The Ride:** **120 min FTP, Climbing and Interval Work**
- Training:** Week 11 will be a Climb week for us. We will ride to the Maui Climbing Haleakala climbing segments. While week 9 was explosive intervals, week 11 will be a long hard two hour climb. This will be a very hard 120 minute ride that is designed to push you past your edge, so come prepared. You may want to bring water and nutrition.
- Forms & Docs:** BASELINE Power Testing Form & Non-Power Bike Testing Form