

Milestone Enduro Intermediate Cycling Training Program



Cycling is a challenging sport which provides low impact aerobic exercise to keep the cardiovascular and muscular systems of the body in good health. Recreational fun rides are a great way to challenge your body and mind and a lot of fun to participate in. This recreational compact program gives you a challenging program with training to improve cycling speed, hill climbing strength and endurance. It includes technical and physical training up to four times per week for six weeks, however riding more often is highly recommended.

Program Key:

Duration: total time (hours) spent training that day.
WU/WD: warm up/down.
Course: recommended course for the training session.
Specifics: description of the training for that day.
RPM: revolutions per minute or cadence of the specific efforts of the training session.

Intensity

Effort for specifics depending on the training tools you have available:

%MMaxHR: percentage of measured maximum heart rate. This can be measured in a sports science laboratory, during a race to exhaustion or alternatively during a maximal progressive effort of 8-12 minutes up a hill climb, or on an indoor trainer.

%EsMaxHR: percentage of estimated maximum heart rate, based on 220 minus your age.

%LT HR: percentage of lactate threshold heart rate as measured in a sports science laboratory. If you do not have access a sports science laboratory in your area to complete a test, you can estimate lactate threshold by performing Andy Coggan's one hour time trial test. See www.cyclingpeaksoftware.com/threshold.html for detailed information on how to perform this test.

%LT PO: percentage of lactate threshold power output as measured in a sports science laboratory or using Andy Coggan's time trial test.

IR: intensity rating of effort based on the table below:

Intensity Rating (IR):	Description of Effort for Specifics:
1	Riding with little effort
2	
3	Riding with some effort but still very comfortable
4	Riding comfortably but having to put a little effort in
5	Riding just on of your comfort/not comfortable zone
6	Riding above your comfort zone
7	Riding quite hard; but could hold a conversation
8	Riding very hard and could not hold a conversation
9	
10	Maximal effort; cannot ride any harder or faster

Helpful Hints for Training:

1. **Warm Up/Down:** always warm up and warm down in each training session, easing up the intensity in the first and last 10 minutes of each ride.

2. **Never leave home without:**

- A mobile phone, phone card or money for a pay phone just in case you need to call someone to give you a ride home.
- A spare tube and bicycle pump.
- Letting someone know where you are going.
- Appropriate clothing. If there is a chance of rain, take a jacket or vest to keep you warm.

3. **Cycling Nutrition:** your muscle glycogen levels will deplete after approximately one hour of riding which means your muscles run out of fuel. Therefore when heading out for more than one hour always take food to replenish your energy stores, otherwise you will fatigue quickly. Ideal riding foods include bananas, muesli/fruit bars, chocolate bars, and carbohydrate bars that you can purchase from bicycle shops. How much food should you consume? The answer to this is one gram of carbohydrate per kilogram of body mass per hour. For example if you weigh 70kgs, you should aim to consume 70 grams of carbohydrate per hour of your ride. If you are intending to ride for more than 1.5 hours, start eating 45-60 minutes into the ride before your glycogen stores start to deplete.

Fluid Replenishment

Try to consume at minimum 500mls of fluid per hour. Water is fine for short duration rides, however on longer rides use a carbohydrate solution, that has electrolytes (for example sodium and potassium) in it such as Gatorade, Powerade or Cytomax.

Seasonal Variation

When training in the winter eat more during training to refuel your muscles as you will burn more calories trying to keep warm. In summer time remember you will sweat more, therefore drink more. You will lose a number of electrolytes when sweating so using a carbohydrate solution with electrolytes in it is essential in summer.

4. **Recovery Nutrition:** the best way to store your muscle glycogen levels is to eat within 30 minutes of completing your training ride. Ideal post ride snacks are high in simple sugars as these will quickly re-fuel your muscles. Try to consume simple sugars with some protein. Protein improves absorption of carbohydrate, however be careful how much. The ideal ratio of carbohydrates to protein is 3 to 1. That is for every 3 grams of carbohydrate have 1 gram of protein.

Fluid intake post ride is dependent on fluid loss. You can calculate fluid loss (and therefore replenishment) by weighing yourself before and after your ride, and taking into account the volume of fluid you consume during your ride. For example if you weighed 70kgs before your ride, and 68kgs after your ride, and consumed 2 litres of fluid on your ride, this means you need to replenish 4 litres of fluid. Why? Because you consumed 2 litres of fluid during the ride, and still weighed in 2kgs lighter after the ride. One litre of fluid is equivalent to one kilogram.

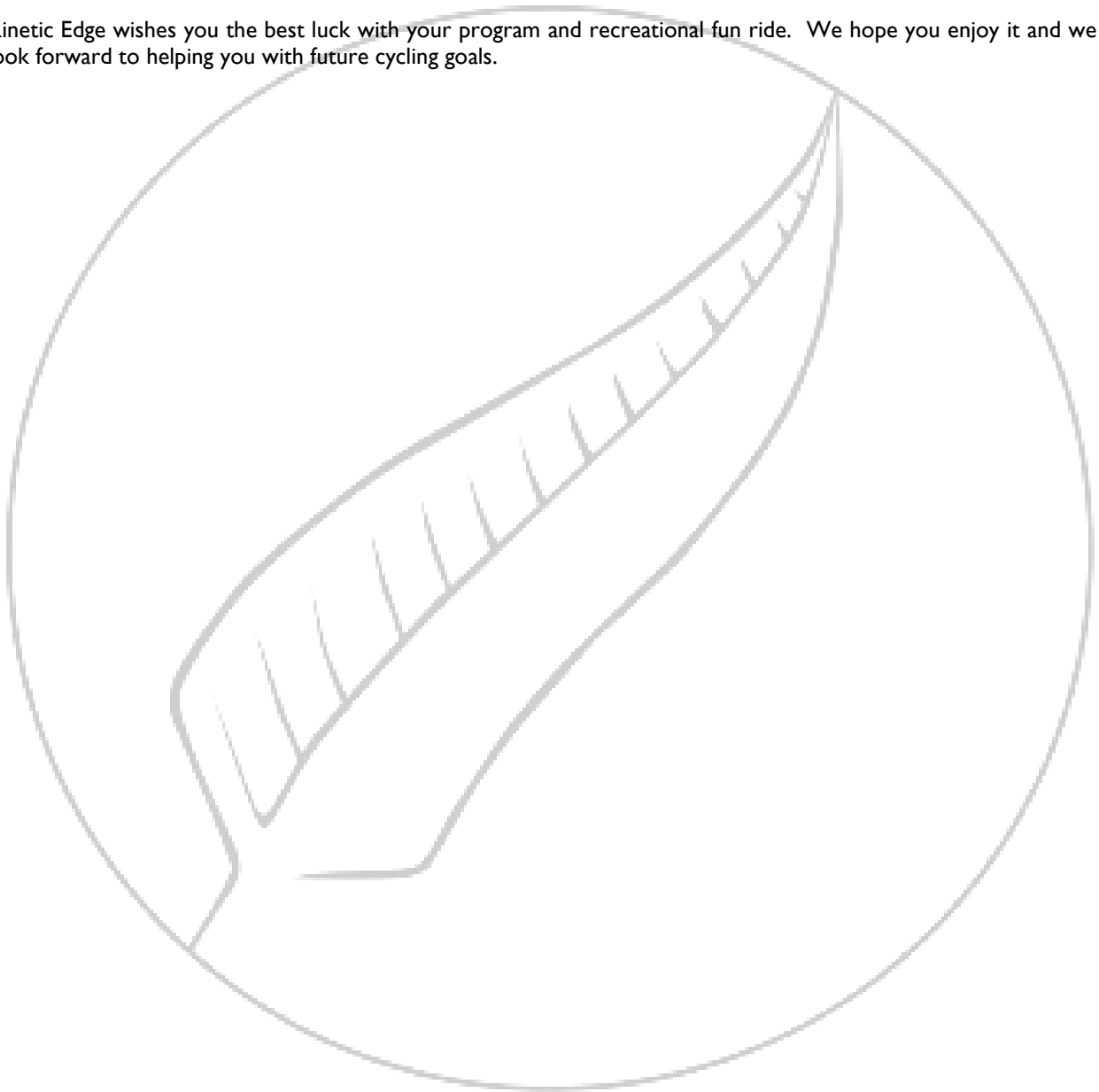
5. **Bunch Riding:** the easiest way to improve your cycling is to ride with local training bunches. These allow you to ride at slightly faster speeds than you would normally by yourself as you can draft off other riders. Bunch rides are also a great opportunity to meet other riders who can help you improve your technical skills.
6. **Pedaling Cadence:** if you have a cadence monitor try to train pedal at over 90rpm in all training sessions.
7. **Winter Cycling Clothing:** 25% of our heat loss is through our head, so wearing a bandana, cycling hat, or beanie under your helmet is an ideal way to keep warm. In temperatures less than 15°C cover your legs and arms, or insulate your skin with warming lubricants.

➤ **One week prior to your event** get your bicycle serviced at a bicycle shop to ensure it is ready to tackle the event.

The Day Before the Event:

1. **Nutrition:** make an eating and drinking plan. Eating something small and drinking a sip or two every 15 to 20 minutes is an ideal way to refuel your muscles.
2. **Check the Weather Forecast:** to plan which clothing to wear. Always be prepared for the cold or wet conditions. It is a lot harder to keep warm if you haven't worn enough clothing than to strip off clothes if you are too hot.

Kinetic Edge wishes you the best luck with your program and recreational fun ride. We hope you enjoy it and we look forward to helping you with future cycling goals.



Milestone Enduro Intermediate Cycling Program



Intensity

Week 1									
Day	Duration	Course	IR	%MMaxHR	%EsMaxHR	%LT HR	%LT PO	RPM	Specifics
M									Day off
T	1 - 1.5	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x4(10mins intensity/5mins easy). WD easy.
W									Day off
T	1 - 1.5	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x4(10mins intensity/5mins easy). WD easy.
F									Day off
S	1 - 1.5	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x4(10mins intensity/5mins easy). WD easy.
S	3 - 3.5	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 2									
M									Day off
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x5(10mins intensity/5mins easy). WD easy.
W									Day off
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x5(10mins intensity/5mins easy). WD easy.
F									Day off
S	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x5(10mins intensity/5mins easy). WD easy.
S	3.5 - 4	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 3									
M									Day off
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x2(20mins intensity/5mins easy), followed by x1-10min intensity before WD.
W	1	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x2(20mins intensity/5mins easy), followed by x1-10min intensity before WD.
F									Day off
S	1.5 - 2	Hills	N/A	N/A	N/A	N/A	N/A	>80	Choose a hilly loop for this session riding as many short sharp hills (of less than 1km/0.6m) as you can in 1.5 - 2hrs (minimum 8).
S	4 - 4.5	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 4									
M									Day off
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x2(30mins intensity/5mins easy). WD easy.
W	1 - 1.5	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1 - 1.5	Hills	N/A	N/A	N/A	N/A	N/A	>80	Hilly loop: include x6 gradual hills of less than 1km (0.6m) in length. Concentrate on keeping cadence >80rpm bottom to top, while climbing in your seat.
F									Day off
S	1.75 - 2.25	Hills	N/A	N/A	N/A	N/A	N/A	>80	Hilly loop again this week but make sure it is different to last week. Include x10 shorts sharp hills.
S	4 - 4.5	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.

Week 5									
M	1	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78- 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins then complete x2(30mins intensity/5mins easy). WD easy.
W	1 - 1.5	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1 - 1.5	Trainer or flat	7 - 8	86 - 89	86 - 89	95 - 100	90 - 100	>95	WU easy 15 - 30mins then complete x6(5min intensity/4mins easy). WD easy.
F									Day off
S	1.75 - 2.25	Hills	N/A	N/A	N/A	N/A	N/A	>80	
S	4.5 - 5	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 6									
M	1	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78- 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins and include a 60min block of intensity. WD easy.
W	1	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1 - 1.5	Trainer or flat	7 - 8	86 - 89	86 - 89	95 - 100	90 - 100	>95	WU easy 15 - 30mins then complete x8(5min intensity/4mins easy). WD easy.
F									Day off
S	2 - 2.5	Hills	N/A	N/A	N/A	N/A	N/A	>80	
S	4.5 - 5	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 7 - Recovery Week: an essential component for improvements in fitness are recovery weeks that allow your mind and body time to replenish its energy stores for the next cycle of training.									
M									Day off
T	1 - 1.5	Flat	<3	<77	<78	<85	<75	>90	Easy ride with no intensity. Just enjoy it!
W									Day off
T	1.5 - 1.45	Flat	<3	<77	<78	<85	<75	>90	Easy ride with no intensity.
F									Day off
S									Day off
S	2 - 2.5	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 8									
M									Day off
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78- 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins and include a 50min block of intensity. WD easy.
W	1 - 1.5	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78- 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins and include a 50min block of intensity. WD easy.
F									Day off
S	2 - 2.5	Hills	N/A	N/A	N/A	N/A	N/A	50-60	
S	5 - 5.5	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 9									
M									Day off
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78- 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins and include a 60min block of intensity. WD easy.
W	1 - 1.5	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1 - 1.5	Hills							
F									Day off
S	2 - 2.5	Hills	N/A	N/A	N/A	N/A	N/A	50-60	Repeat last Saturday but complete x6 long hills at 50 - 60rpm.
S	5.5 - 6	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.

Week 10									
M									Day off
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins and include a 60min block of intensity. WD easy.
W	1 - 1.5	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1 - 1.5	Trainer or flat	7 - 8	86 - 89	86 - 89	95 - 100	90 - 100	>95	WU easy 15 - 30mins then complete x5(8min intensity/3mins easy). WD easy.
F									Day off
S	2 - 2.5	Hills	N/A	N/A	N/A	N/A	N/A	50-60	Repeat x7 long hills repetitions at 50 - 60rpm, however make sure you ride a different course.
S	3.5 - 4	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 11									
M	1	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins and include a 70min block of intensity. WD easy.
W	1	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1.5 - 1.75	Trainer or flat	7 - 8	86 - 89	86 - 89	95 - 100	90 - 100	>95	WU easy 15 - 30mins then complete x5(10min intensity/2mins easy). WD easy.
F									Day off
S	2.5 - 3	Hills	N/A	N/A	N/A	N/A	N/A	>80	Ride a course with long hills, and complete x7 of them staying seated, and do your best to pedal at >80rpm.
S	2.5	Optional	1-3	<77	<78	<85	<75	>90	Endurance ride: with a group if possible.
Week 12									
M	1	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1.5 - 1.75	Flat to rolling	5 - 7	77 - 86	78 - 86	85 - 95	75 - 90	>95	WU easy 15 - 30mins and include a 60min block of intensity. WD easy.
W	1	Flat	<3	<77	<78	<85	<75	>90	Easy recovery ride.
T	1.5 - 1.75	Trainer or flat	7 - 8	86 - 89	86 - 89	95 - 100	90 - 100	>95	WU easy 15 - 30mins then complete x5(10min intensity/2mins easy). WD easy.
F									Day off
S									Milestone Enduro Challenge! Enjoy.
S									Day off
	Optional extras.								