8 Week Build Program

Category 4/5 Road Racing

Introduction:

Welcome! This program is designed for those athletes who have already completed a substantive Base Training Program and have sufficient aerobic fitness to complete the workouts assigned. The workouts here are built upon those described in the 12-Week Base Program, though completion of that program is not a pre-requisite to start this one. Ideally you have between 9 – 14 hours per week available to train and are primarily interested in Road Racing. This program is built around use of a heart rate monitor (HRM) and knowledge of your Lactate Threshold Heart Rate (LTHR). To start off we'll get a baseline estimate of your LTHR by doing a simple test (see sheet labeled Determining Heart Rate Zones). Once you have this value simply plug it into the chart below and you are ready to go!

Workout Calendar:

Build 1	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1	Add Dates Here						
Workout	Spin Drill 2	Force 2	Spin 1	ME 2 Intervals	Mock Sprints	Race or Hard Tempo Climbs	Endurance Hills
13.5 Hours	1 Hour	1.5 Hours	1 Hour	2 Hour	1 Hour	3.5 Hours	3.5 Hours
Week 2							
	Rest	Hill Reps	Force 2	Spin 1	Tempo Climbs	Race or Hard Tempo Climbs	Endurance w/ME2 Intervals
13.5 Hours	none	1.5 Hours	2 Hrs	1.5 Hours	1 Hour	3.5 Hours	4 Hours
Week 3							
	Spin Drill 2	Force 2	Spin 1	Criss Cross Intervals	Spin 1	Endurance w/ME 2 Intervals	Race or Hard Tempo Climbs w/Hill Sprints
13 Hours	1 Hour	2 Hours	1 Hour	2 Hours	1 Hour	3 Hours	3 Hours

Workout Descriptions:

ME2a	Bike	Muscular Endurance	Muscle Endurance - Level 2 - Int/Adv	2 – 3 hours with HR in zones 2 – 3 mostly. For the last hour or so please do 3 x 20 minute intervals with your HR at the top of Zone 4 (within 5 beats, but not over) with 8 minutes rest between each interval. They should be done on either hills or flats. The goal is to ride a big gear at 90+ rpm on the flats (70 on hills) and really work the leg muscles during the interval (RPE: 8 .5 – 9). If you are unable to maintain the HR zones for the full 20 minutes, do as long as you can handle and recover for as long as the interval (ie 10 minute interval w/10 minutes recovery between intervals or 8/8, etc.). You should feel like you're working fairly hard on these.
AE1a	Bike	Anaerobic Endurance	Cruise Intervals 1 - Adv	on a flat course or indoors do the following: 6 - 9 intervals of 10 minutes each. Start with 10 minutes the first time and add 1 minute extra interval each week up to a total of 90 minutes. Start your time as soon as you begin pedaling hard and build from Zone 4 – 5a over the course of the interval. Recover for 7:00 minutes between intervals. Keep track of your avg. speed if possible and do the workout on the same course to build a small reference guide

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