

INDOOR CYCLING INSTRUCTOR TRAINING SERIES



ROCK Solid
Training for a Solid Fitness Base




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ROCK SOLID | TRAINING FOR A SOLID FITNESS BASE.


Agenda

- BASE Training and Periodization


3 Workouts!!!!

- Aerobic Fitness X3
- Biomechanics / Leg Speed
- Muscular Endurance


IMPORTANT: Pace Yourself! Do what you can.



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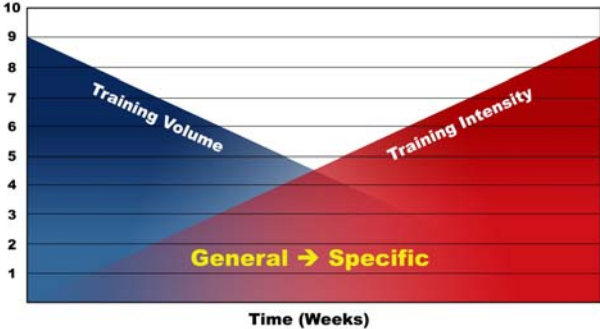


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Periodization Overview

Volume / Intensity / Specificity


- The training will generally begin with lower intensity, higher volume training and progress to high intensity, low volume over time.
- Technique and training modalities will focus on general fitness and anatomical adaptation and progress to more specific drills and training concepts over time.



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Periodization Basics


Each period is designed as a **training block** lasting 3-4 weeks followed by a week of rest and recovery to provide an appropriate time for adaptation.

The individual's training stress is also assessed during each period to determine if training volume, intensity or specificity needs to be adjusted.

Smaller, more focused training blocks provide an opportunity for a coach to learn the strengths and weakness of the individual more accurately. This frequent monitoring helps prevent over-use injuries and illness due to over-training and over-reaching

Periods	Wks	Weight Training
TRANSITION	1 - 6	
RACE	1 - 3	
PEAK	1 - 2	
BUILD 2	6 - 10	Strength Maintenance
BUILD 1		
BASE 3		
BASE 2	8 - 12	
BASE 1		Maximum Strength
PREPARATION	3 - 4	Maximum Transition Anatomical Adaptation

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What is the Focus during BASE Training?

LSD?

LSD has often been incorrectly defined as Long "Slow" Distance. Instead it should be defined as Long "Steady" Distance.

The Stimulus is Duration

Some define base training as just endurance, low intensity and boring. Instead target intensities can range from 60% to 80% of Perceived Effort (Threshold).

Lower intensities (~80% PE) with less recovery and a focus on developing stamina.



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A ROCK Solid Foundation

Aerobic Fitness

Develop your cardiovascular system for increased aerobic endurance and capacity.

Neuromuscular Training

Adapt the body and muscles for faster and more efficient leg speeds.

Muscular Endurance


Condition muscles, specifically connective tissues (ligaments and tendons) in preparation for strength and power efforts.



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Let's Ride!


Aerobic Fitness X3

Training Focus
Explore 3 types of aerobic fitness: Stamina, Endurance and Capacity. Coach riders through each type allowing them to appropriately challenge themselves and assess their strengths and limitations.

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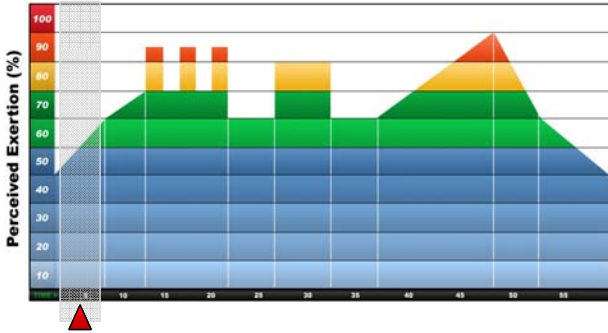
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Let's Ride


Aerobic Fitness X3



Warm-Up 1 | Introduction
 PE: ~50-60%
 RPM: 90
 Time: 7:00


Light, noticeable progressive resistance. Review safety, hand positions, proper form, how to gauge intensity (PE). Overview of the workout / training.

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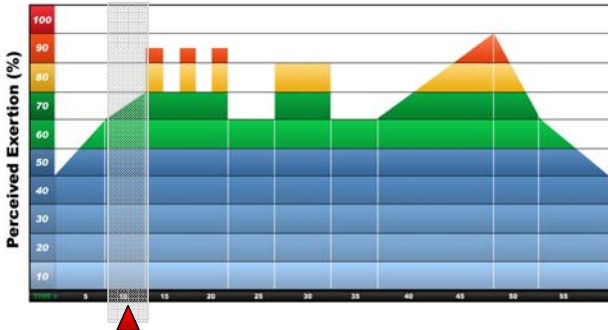
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Let's Ride

Aerobic Fitness X3




Warm-Up 2 | Rolling Terrain

PE: ~70%
RPM: 90
Time: 4:30

Rolling hills. Add resistance and slow down leg speed when climbing. Each hill last 30-45 seconds. 30 seconds of recovery between hills.

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Let's Ride

Aerobic Fitness X3



Aerobic Development | Accelerations with Resistance

PE: ~80 - 85%
RPM: 60 - 120
Time: 8:30


Instruct riders to add enough resistance to force them out of the saddle. Alternate between 30 accelerations and 30 seconds of soft-pedaling.

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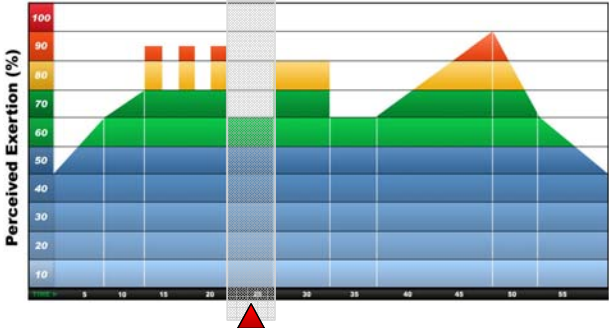
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Let's Ride

Aerobic Fitness X3




Recovery | Review

PE: ~60%
RPM: 85
Time: 5:00


Instruct riders to return to an easy road and stay hydrated. Ask riders to assess their stamina during the last Aerobic Development efforts. Prep for Aerobic Endurance.

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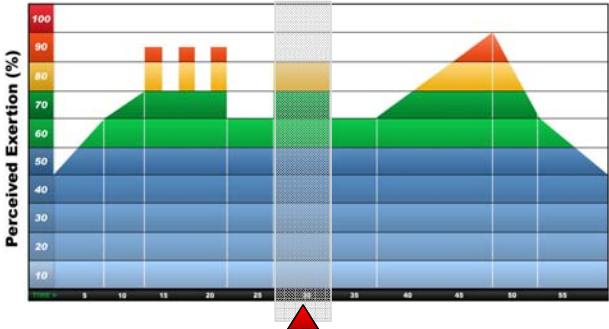
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Let's Ride

Aerobic Fitness X3




Aerobic Endurance | Aerobic Cruise Interval

PE: ~75 - 80%
RPM: 95
Time: 5:30


Start on an easy road and ask riders to find the tempo. Begin adding resistance every 15 seconds for 1 minute. Hold 75-80% PE without slowing cadence for 4 minutes.

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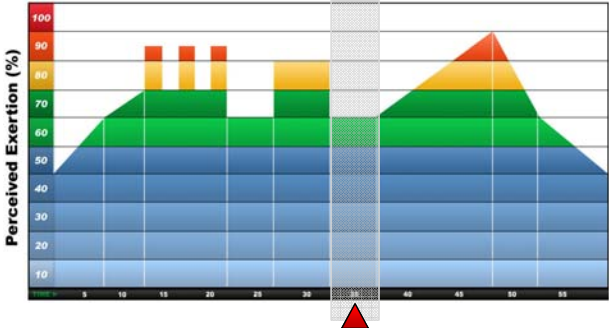
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Let's Ride

Aerobic Fitness X3




Recovery | Review

PE: ~60%
RPM: 85
Time: 4:00


Instruct riders to return to an easy road and stay hydrated.
Ask riders to assess their stamina during the last Aerobic
Endurance effort. Prep for Aerobic Capacity (VO₂max).

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Let's Ride

Aerobic Fitness X3




Aerobic Capacity | Check Your VO₂max

PE: ~60 - 90%
RPM: 90 - 105
Time: 11:00


Start on an easy road and match the cadence. Min. 1-4: add resistance every 60 sec. Min. 5-7: add resistance every 30 sec. Min. 8-11: add resistance every 15 seconds. **Careful!!!**

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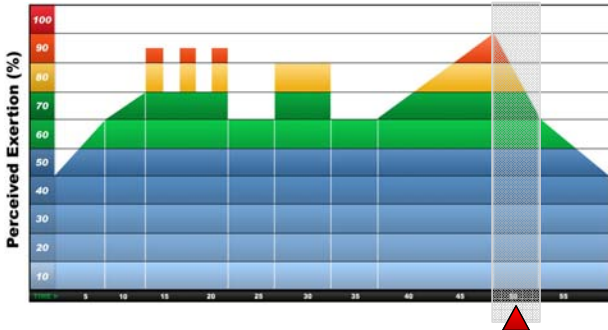
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Let's Ride

Aerobic Fitness X3




Recovery | Review Your Strengths and Limiters

PE: ~60%
RPM: 80
Time: 4:00

Instruct riders to return to an easy road and stay hydrated. Ask riders to compare their performance for each of the 3 efforts and decide their strengths and limiters.

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Let's Ride

Aerobic Fitness X3



Cool-Down | Stretch


PE: ~60 - 50%
RPM: n/a
Time: 7:00

Ask riders to listen to their bodies to ensure they are recovered enough to stop their legs and begin stretching. Relax and stretch both the lower and upper body.

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Let's Ride (Again)!


Leg Speed / Biomechanics

Training Focus
Connect the mind with the muscles used during the pedal stroke. Emphasize drills that promote faster legs speeds and mechanical efficiency.

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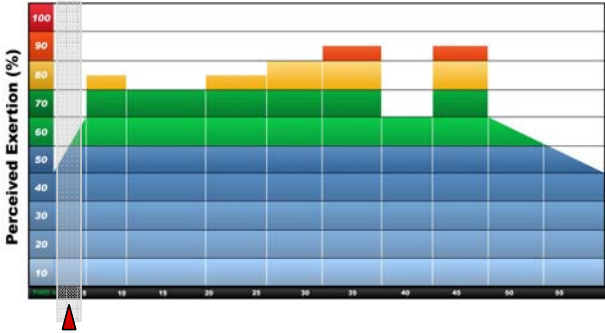
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Let's Ride


Leg Speed / Biomechanics



Warm-Up 1
PE: ~50-60%
RPM: 90
Time: 5:45


Light, noticeable progressive resistance. Review safety, hand positions, proper form, how to gauge intensity (PE). Overview of the workout / training.

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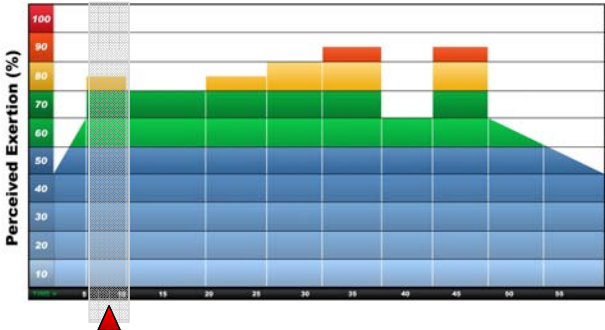
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Let's Ride

Leg Speed / Biomechanics




Warm-Up 2 | Rolling Terrain

PE: ~70%
RPM: 95
Time: 5:30


Rolling hills. Add resistance and slow down leg speed when climbing. Each hill last 30-45 seconds. 30 seconds of recovery between hills.

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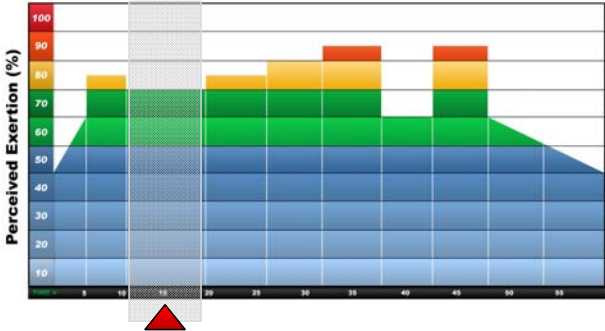
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Let's Ride

Leg Speed / Biomechanics




Biomechanics | Connect Mind to Muscle

PE: ~70%
RPM: 65
Time: 8:00


Instruct riders to add resistance to slow down the legs and feel a consistent load throughout the pedal stroke. Focus on each quadrant of the stroke individually. (Include out of the saddle technique.)

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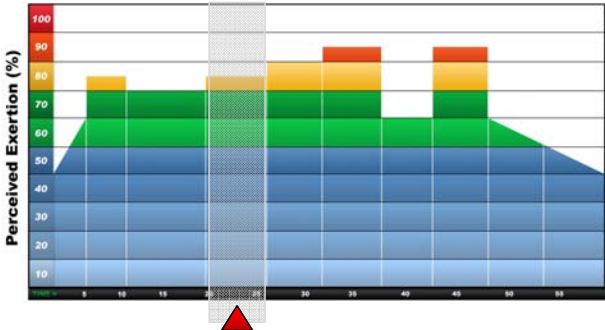
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Let's Ride

Leg Speed / Biomechanics




Spin-Ups | Short-Quick Accelerations

PE: ~75%
RPM: 60+
Time: 5:00


Instruct riders to add enough resistance to enable them to stand securely. Accelerate quickly for 10 seconds followed by 20 seconds of soft-pedaling. Repeat.

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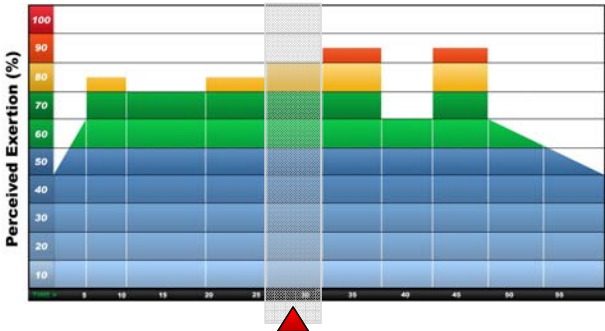
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Let's Ride

Leg Speed / Biomechanics




Speed Intervals | 45 – Second Accelerations

PE: ~80%
RPM: 80+
Time: 6:30

Instruct riders to add resistance until they are forced to stand. Have them return to the saddle and accelerate for 45 seconds. Recover out of the saddle for 15 seconds.

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Let's Ride

Leg Speed / Biomechanics



Resistance Loading | 1 Minute Intervals

PE: ~85%
RPM: 100
Time: 6:30


Instruct riders to start on an easy road matching their cadence to the rhythm of the music. Add resistance every 15 seconds for 1 minute without changing leg speed. Recover for 30 seconds.

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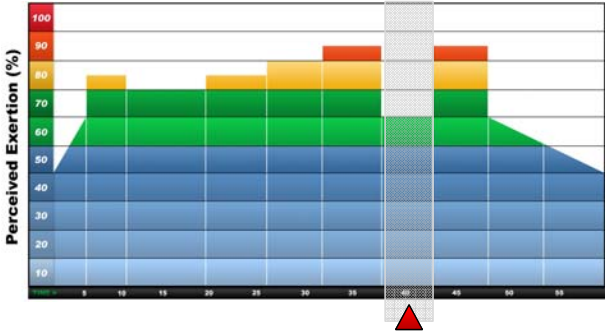
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Let's Ride

Leg Speed / Biomechanics




Recovery | Prepare for Muscular Effort

PE: ~60%
RPM: 80
Time: 5:00


Inform riders that they need to take advantage of this recovery time to ensure they are able to complete the next drill. Recovery = Performance.

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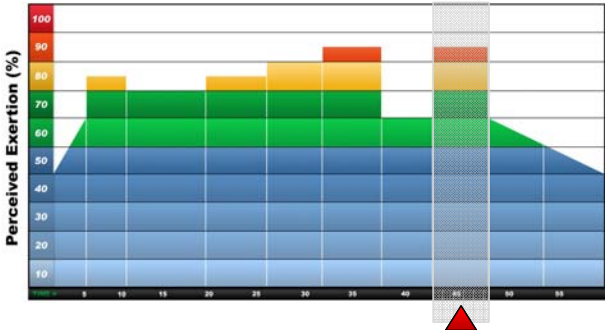
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Let's Ride

Leg Speed / Biomechanics




Resistance Loading | Progressive Muscle Engagement

PE: ~85%
RPM: 65
Time: 5:00


Instruct riders to start on a easy flat road matching their leg speed to the rhythm of the music. Add resistance every 15 seconds with a focus on pedal stroke technique.

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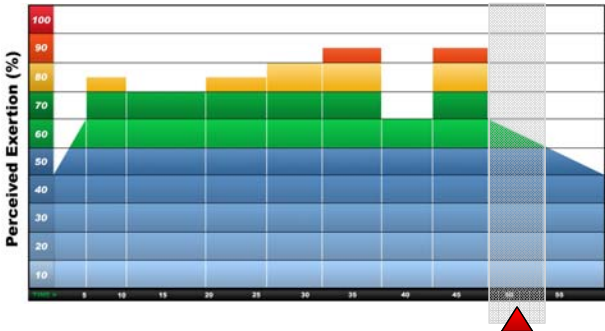
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Let's Ride

Leg Speed / Biomechanics




Recovery | Beware of Tired Legs

PE: ~60%
RPM: 90
Time: 5:00


Instruct riders to return to an easy road and stay hydrated. Riders should keep a small amount of resistance to allow muscles to stay involved and protect the knees.

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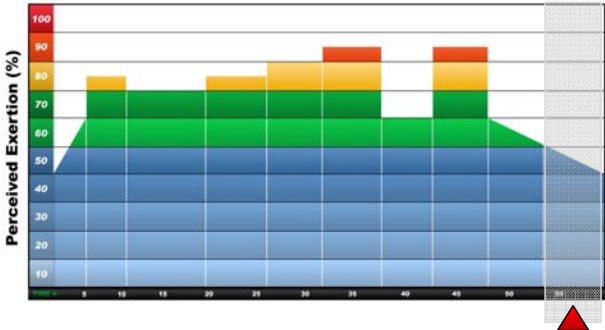
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Let's Ride

Leg Speed / Biomechanics




Cool-Down | Stretch

PE: ~60 - 50%
RPM: n/a
Time: 7:00


Ask riders to listen to their bodies to ensure they are recovered enough to stop their legs and begin stretching. Relax and stretch both the lower and upper body.

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Let's Ride (one more time)!


Muscular Endurance

Training Focus

Place moderate training stress (force) on the muscles of the legs for prolonged periods of time to strengthen the connective tissues and develop muscular endurance.


Building a foundation for steady-state and explosive Power.

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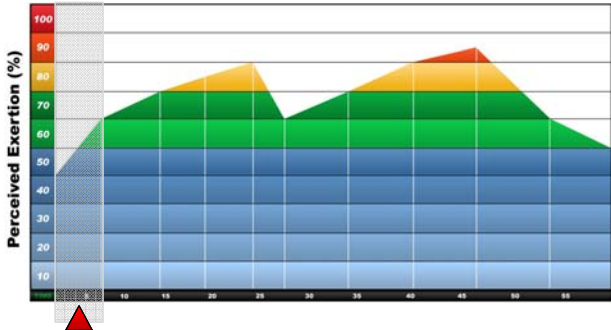
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Let's Ride

Muscular Endurance




Warm-Up 1

PE: ~50-60%
RPM: 110
Time: 7:00

Light, noticeable progressive resistance. Review safety, hand positions, proper form, how to gauge intensity (PE).
Overview of the workout / training.

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Let's Ride

Muscular Endurance



Warm-Up 2 | Spin-Ups / Accelerations

PE: ~70%
RPM: 95
Time: 7:30


Instruct riders to add resistance to slow the legs down to this new tempo. Perform 10 to 30-second accelerations.
Recover for 20 to 30 seconds respectively.

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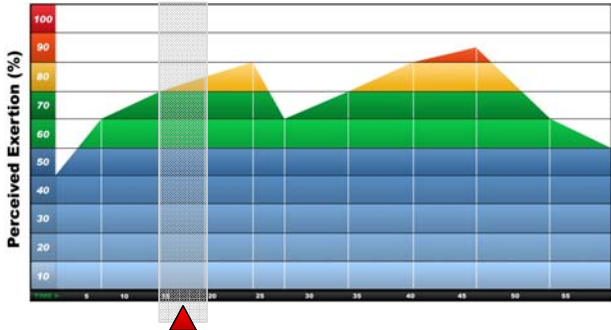
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Let's Ride

Muscular Endurance




Climb 1 | Part 1

PE: ~70 - 75%
RPM: 65
Time: 4:45


Start on a moderate climb matching cadence to the rhythm of the music. Add resistance each minute and perform 1 short 10-second standing effort (steady tempo) each minute.

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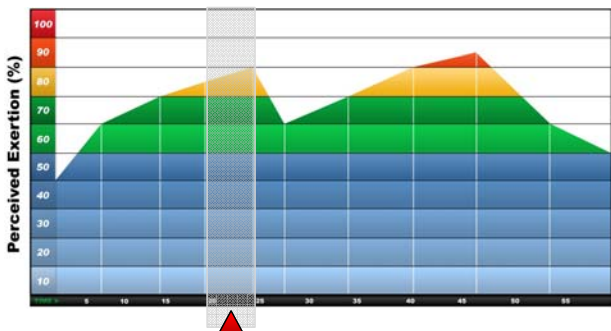
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Let's Ride

Muscular Endurance




Climb 1 | Part 2

PE: ~75 - 80%
RPM: 72
Time: 4:15


Find the new tempo (leg speed) and begin alternating in and out of the saddle every 30 seconds. Give riders an option to add resistance before each standing effort.

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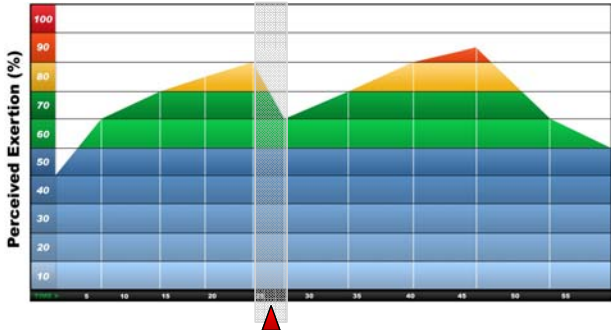
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Let's Ride

Muscular Endurance




Recovery | Downhill

PE: ~60%
RPM: 85+
Time: 3:30


Instruct riders to reduce resistance to an easy road and spin legs to recover and prepare for the next 21-minute climb.

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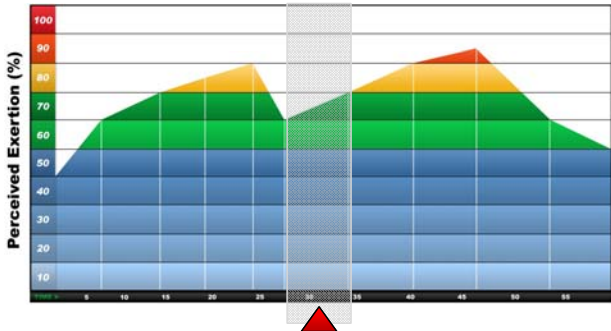
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Let's Ride

Muscular Endurance




Climb 2 | Part 1

PE: ~60 -70%
RPM: 65
Time: 7:00


Instruct riders to begin adding resistance until their legs slow down to the speed of the music. Stay seated during most of the climb except for short 10-second standing efforts.

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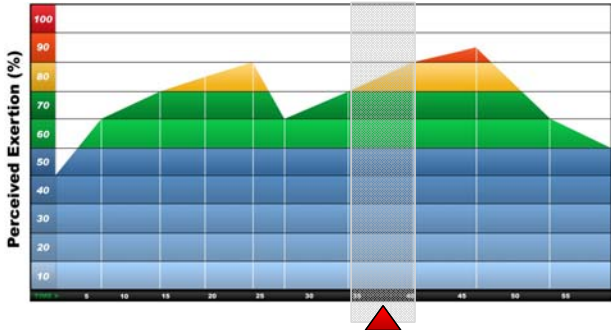
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Let's Ride

Muscular Endurance




Climb 2 | Part 2

PE: ~70 - 80%
RPM: 65
Time: 7:00


As the climb get steeper, have riders begin alternating in and out of the saddle each minute. Provide options for those not able to stand for long periods. Add resistance each minute but maintain leg speed.

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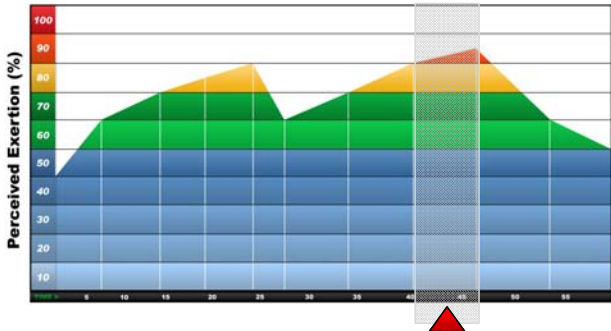
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Let's Ride

Muscular Endurance




Climb 2 | Part 3

PE: ~80+%
RPM: 65
Time: 7:00


Enter the most difficult section of the climb. Riders can either maintain a steady tempo to the summit or attempt short 15-second attacks each minute.

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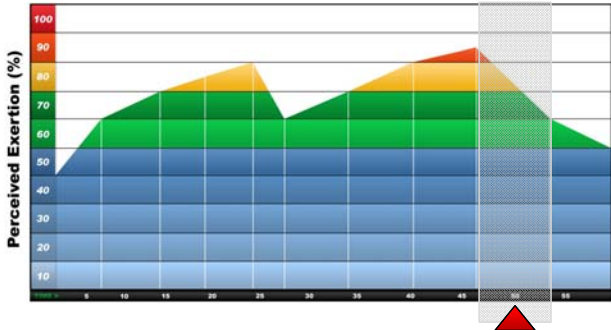
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Let's Ride

Muscular Endurance




Recovery | Downhill / Flush the Legs

PE: ~60%
RPM: 90
Time: 5:00


Instruct riders to leave some noticeable resistance on the bike and bring their legs to the faster tempo of the music, pedaling downhill. Add resistance after 2 minutes to return to a flat road.

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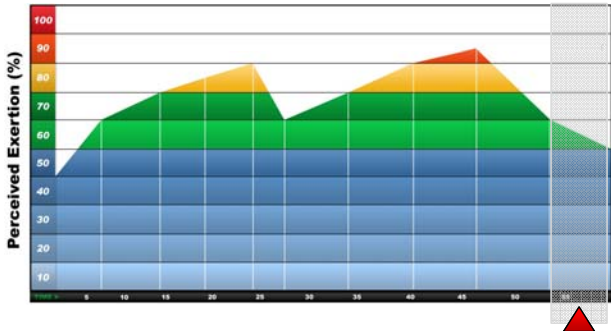
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Let's Ride

Muscular Endurance




Cool-Down | Stretch


PE: ~60 - 50%
RPM: n/a
Time: 7:00

Ask riders to listen to their bodies to ensure they are recovered enough to stop their legs and begin stretching. Relax and stretch both the lower and upper body.

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Q & A
Questions, Concerns &
Total Fatigue

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Thank You!
(Get some rest!)


Tom Scotto
USA Cycling Elite Level Coach
Program & Sports Director
Stage5 Cycling Incorporated

toms@stage5cycling.com

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(Get some food & rest!)

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