

BC Bike Race 'The Pacific Traverse'

11-Week Training Program

So here is the specific program...

Yes it is structured for a professional, but all things are relative. We have had generalization so far and remember it's the training for the training that we do, and some would even say the training should be harder than the racing. If you can make this commitment and stick to the principles then you will be able to enjoy the BC Bike Race 'The Pacific Traverse'.

You should arrive to the event fit or very fit, and rested, let the event bring you to another level. Don't expect to be at your fastest at the beginning – and with this philosophy you will blow yourself away by finishing fitter and stronger than you ever thought possible.

Enjoy and if you have any questions please send them my way. Many of the answers are in the weeks ahead and the cliff notes. So read the whole thing, digest the ebb and flow, and then fire your questions at me.

A few tips:

- Adjust the program to suit your perceived feeling of exhaustion.
- Adjust the hours to your program, but emphasize the ideas and the periodization of the mileage and intensities.
- Cycle (rotate) different systems with a goal of overall aerobic capacity in mind. We don't really need any anaerobic activity so don't worry about that.
- % of HR (heart rate) is based on your maximum; apply principles mentioned; feel your breathing before your legs burn and back away from the burn.
- On hard weeks your legs will burn at the beginning, go easy to start. As you get fitter you will need longer to warm up.
- Enjoy the long sunny rides (hopefully they will be on nice days) and tour the neighborhood. A lot of the mileage is about capillary (small blood vessel) development and accustoming your butt to the seat.
- Learn to vary your speed - large and small easy and hard. Don't ride medium all the time.

Structure and commitment...don't fear the unknown...be brave and set yourself up for success.

Next up...a post race strategy.

Andreas Hestler

Mon 16 th	Tues 17 th	Wed 18 th	Thurs 19 th	Fri 20 th	Sat 21 st	Sun 22 nd	Notes	% Growth / Hours
Off-Recovery from weekend	Speed Work, 4x5min @ 90% of HR/Total 1.5hrs, with Warm Up and Cool Down	Long Ride, easy, 3hrs, with hills at end, 3x10min tempo 75-80%	Hills Easy spin, 2hrs all hills, MTB is good, light gears	Off. On these days stretch, massage, hydrate for recovery	3hrs road, Warm Up tempo for 45min at 80% of HR, rest 20min, then 30min at 80%	3hrs off-road: goal is for mixed effort, easy and hard, average 85%	Looking to keep all activity out of the burn zone, touch lightly and stay below.	Start week 80% volume 20% intensity 12 hours
Mon 23 rd	Tues 24 th	Wed 25 th	Thurs 26 th	Fri 27 th	Sat 28 th	Sun 29 th	Notes	% Growth / Hours
Off	Speed Work, 5x5min at 85-90%, total 1.5hrs with Warm Up and Cool Down	Long Ride, 4hrs (as you can) with effort or hills at end, 3x10min, tempo is 65-75%	Hills Easy spin, 2.5hrs, Just getting comfortable in the hills, light gears,	Off	4hrs, Road, can be MTB. Goal is flattish, 2x45min efforts, w/ 20min off @ 80%	3.5hrs MTB off-road, goal is as above, practice your very easy and hard hard, tomorrow is rest	Getting comfortable with Load, it won't be fun, but hang on, Sleep, Eat, Train,	90% 14-15.5 hours
Mon 30 th	Tues 1 st	Wed 2 nd	Thurs 3 rd	Fri 4 th	Sat 5 th	Sun 6 th	Notes	% Growth / Hours
Off	Speed Work, 5x5min at 85-90% etc total 1.5hrs	Long Ride 4hrs add 3x5min of cadence in last hour. RPM should be usually 90-95rpm, lift to 110-115, can count with your watch	Hills Easy spin 2.5hrs, add some gears, bring to middle ring	Easy Spin 1hr am Easy Spin 1hr pm	4.5hrs, Road, flattish w/ 3x30min 20min off between @ 80%, NO BURN.	3.5hrs off-road as above, enjoy, but push on the climbs, easy in between	80-85% should feel like an engine, oxygen in and out, talk is possible but could lead to burn so must concentrate on inhalation.	100% 18 hours

Mon 7 th	Tues 8 th	Wed 9 th	Thurs 10 th	Fri 11 th	Sat 12 th	Sun 13 th	Notes	% Growth / Hours
Off	Easy 1hr with a couple of accelerations of 2-3min, ramping up to last 30 seconds all out	Long Ride 3hrs unstructured, just easy	2hrs unstructured just easy	Easy spin with x1min cadence drills 110 -115 rpm	3hrs Road w/ 3x30min 20min off between @ 85%, NO BURN	3hrs off-road, as you feel	Easy recovery week, keep in mind rest, hydrate, massage, eat well, if you feel good sit on it.	70% Recovery week 13 hours
Mon 14 th	Tues 15 th	Wed 16 th	Thurs 17 th	Fri 18 th	Sat 19 th	Sun 20 th	Notes	% Growth / Hours
Off	Speed Work, or mid-week Race, 2-3hrs, or effort should be 30min steady @ 85%, every 5mins 1min up to Burn and recover to 85% Here and Thurs if recovering.	2-3hrs or mid-week racing-ride to and from or effort should be 30min steady @ 85%, every 5mins 1min up to Burn and recover to 85% Rest Tues and effort Wed if not recovering.	False Flat hills, 2-3hrs or mid-week Race, sustained or repeats at 80%, 2x(5, 6, 7, 8min) with 1:1 ratio of recovery. Hard and easy, hard and easy. Or easy if using only Wed.	Off	5hrs Road, just sitting, keep pedals light and turnover high. This is to fit your butt to your seat, harder without effort.	4hrs easy off-road, just sitting, w/ some cadence work in the last hour 4x3min sessions at 110-115rpm, not too high HR.	Come back add mileage, but spreading the efforts out to Wed, or Tues and Thurs. Intensity is up and mileage is separated.	90% 15 hours
Mon 21 st	Tues 22 nd	Wed 23 rd	Thurs 24 th	Fri 25 th	Sat 26 th	Sun 27 th	Notes	% Growth / Hours
Off	Speed Work, mid-week Race, 2-3hrs, or effort should be 30min steady @ 85%, every 5min 1min up to Burn and recover to 85% Here and Thurs if recovering.	2-3hrs or mid-week racing-ride to and from or effort should be 30min steady @ 85%, every 5min 1min up to Burn and recover to 85% Rest Tue and effort Wed if not recovering extra day of rest.	False Flat hill, 2-3hrs or mid-week Race, sustained or repeats at 80%, 2x(5, 6, 7, 8min) with 1:1 ratio of recovery. Hard and easy, hard and easy. Or easy if using only Wed.	Easy spin 30-45min with cadence work, 5x1min at 110-115rpm. am or pm	6hrs, as above, flattish.	5hrs, as above, off-road.		100% 17 hours

Mon 28th	Tues 29th	Wed 30th	Thurs 31st	Fri 1st	Sat 2nd	Sun 3rd	Notes	% Growth / Hours
Off	Mid-week race 1.5hrs or 1.5hrs with rolling tempo 45min at 80-90%.	5hrs easy or mid week with extra 1hr after and long warm up.	2hrs with 2x10min at 90% and 1x30min at 85%.	Off	A race or 4hrs easy. If a race then clean-up after, eat and ride 1hr (2+1), long warm up 1hr	3-4hours easy or a race. If a race then clean-up after, eat and ride 1hr (2+1), long warm up 1hr Only 1 Race		90% 14 hours
Mon 4th	Tues 5th	Wed 6th	Thurs 7th	Fri 8th	Sat 9th	Sun 10th	Notes	% Growth / Hours
Off	Recovery 1hr ride with a couple of 2-3min pick-up accelerations	6hrs easy – enjoy. Should be a beautiful sunny day. Switch time with Sat if Wed doesn't work.	Off	Off	4hrs road - enjoy	3hrs off-road – enjoy		70% Shift to Intensity 14 hours
Mon 11th	Tues 12th	Wed 13th	Thurs 14th	Fri 15th	Sat 16th	Sun 17th	Notes	% Growth / Hours
Off	Mid-week race and Thurs or 2hrs easy with 8x2min accelerations w/ 5min between.	Mid-week race, ride to and from, 2-3hrs, or effort totaling 45min with over under every 5min for 1min.	2hrs in hills with 4x10min or 40min of total effort, as you feel	Off	A Race plus 2hrs (2+2) or 5hrs road	A Race plus 2hrs (2+2) or 5hrs off-road 2 Races this weekend OK		100% 16 hours
Mon 18th	Tues 19th	Wed 20th	Thurs 21st	Fri 22nd	Sat 23rd	Sun 24th	Notes	% Growth / Hours
Off	Easy spin 1.5hrs, w/ 5x2min accelerations w/ 5min between. Slowly bring it up. Standing and seated.	2.5hrs easy	1hr easy	Off	5-6hrs easy, with leg speed at end	2hrs easy		70% 10 hours

Mon 25 th	Tues 26 th	Wed 27 th	Thurs 28 th	Fri 29 th	Sat 30 th	Sun 1 st	Notes	% Growth / Hours
1hr Easy Spin with #x2min of High Cadence Work	3hrs, with 3x15min @ 85%, feeling good, NO BURN, like a locomotive, flattish or false flat	Off Travel	Off Travel	1.5hrs easy spin out travel	Easy Spin 2hrs on first part of course easy with 1x10min on climb getting some sweat 70%.	Race Day		100% Race Week Starts 8 hours