

# Performance Coaching in Verulam Cycle Club

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# Agenda

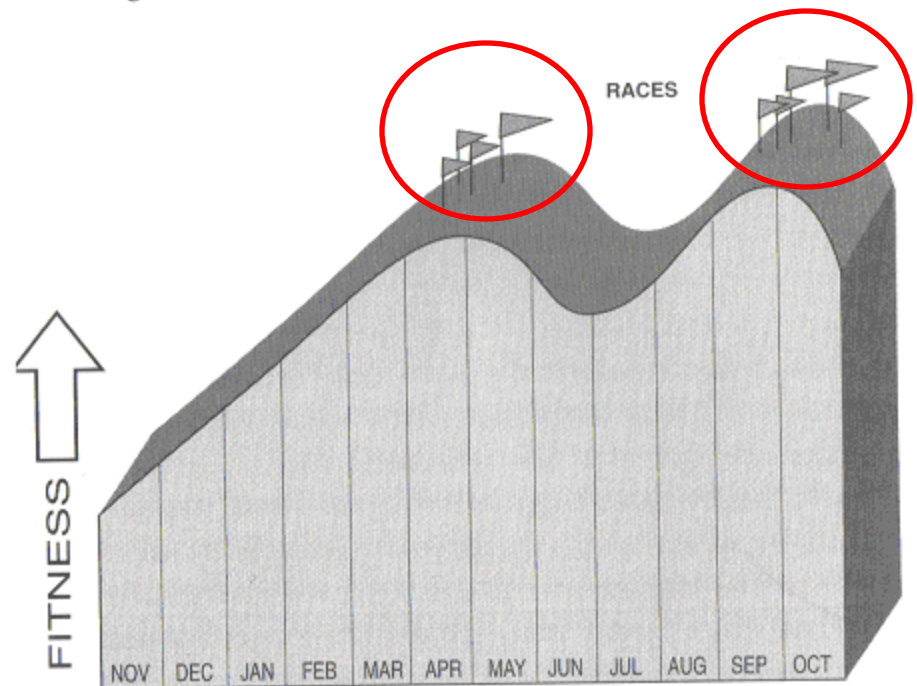
- **Purpose:**
  - In Verulam CC:
    - Use a common language and approach to training
      - New and experienced riders alike
    - To help capitalise on interest in competition
      - Sportives, road racing, etc.
- **Scope:**
  - Why do I need a training plan?
  - How do I create one?
  - How do I use it?
  - How do I tailor it specifically for me?
- **Delivery:**
  - Part I: Creating your training plan
  - Part II: Optimising your training plan

# Part 1: Creating your training plan

- The need for a plan
- Basic physiology
- The Plan: Page 1
- The Plan: Page 2
- Basic principles of training
- The periodisation approach
- The Plan: Page 3
- Establishing the training zones

# Why do I need a training plan?

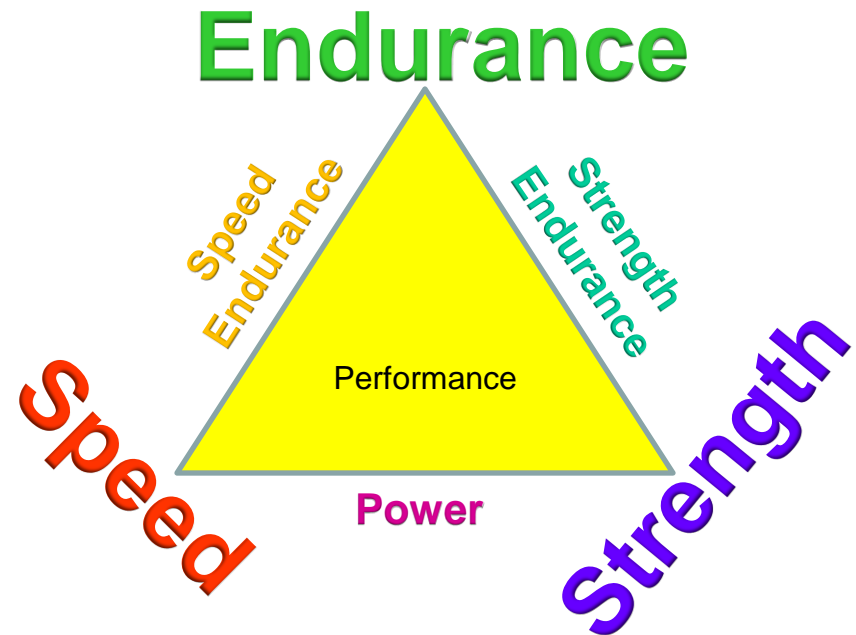
- Need to peak for most important events
- Making the most of time available
- Improve weaknesses
- Maximise strengths



# Physiological Requirements

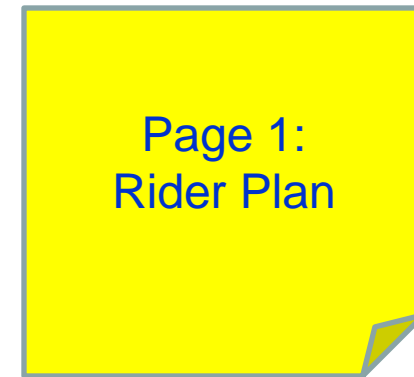
## •Performance =

- Endurance** The ability to keep working despite the onset of fatigue
- Speed** The ability to move your legs quickly
- Strength** The ability to overcome resistance
- Speed Endurance** Ability to resist fatigue at high speed. This is tested in long sprints e.g. a 2 minute hill climb or the kilometre time trial
- Strength Endurance** A combination of endurance and strength.. Muscles sustaining high load for a long time. This is primary ability tested in a 25 mile time trial.
- Power** A combination of speed and strength. The amount of force generated in a given time.



# Page 1 - Rider Plan

- Establishing a base line
  - Time available to train
    - Work and family commitments
  - Year's best performances
  - Medical considerations
  - Height and weight
- Goals for next season
  - Setting SMART objectives
    - Specific
    - Measurable
    - Achievable / Adjustable
    - Realistic
    - Time-bound
  - Prioritise
  - Complimentary



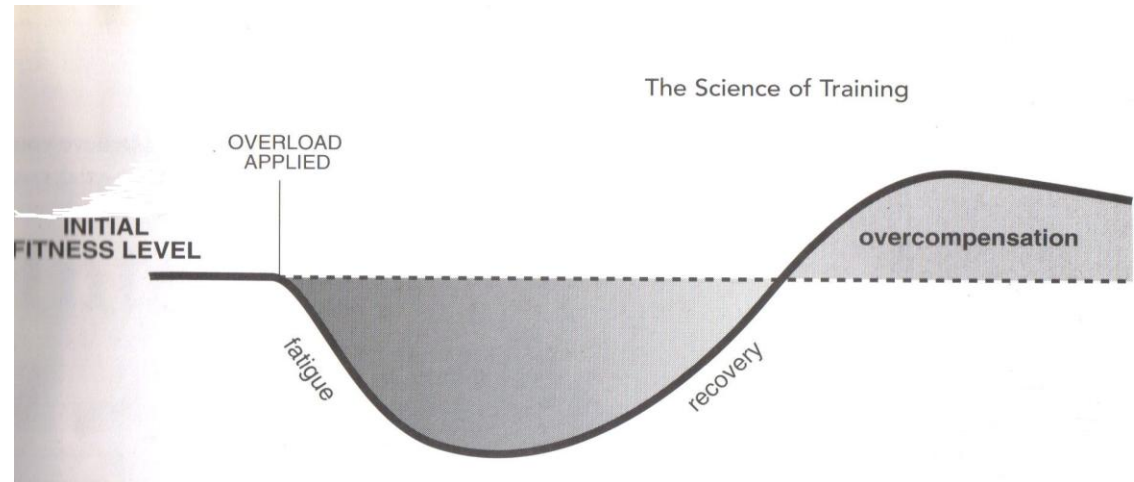
# Page 2 - Target Event Profile: Chiltern Hundreds

- Self assessment of current position
  - Event requirement profile
    - For Target Event
  - Rider profile
    - Current ability
      - Brief description
      - Rate 1-10
    - Identify strengths and weaknesses
      - “Train weaknesses and practise strengths”
      - 70/30 or two-thirds/one-third rule

Page 2:  
Target Event  
Profile

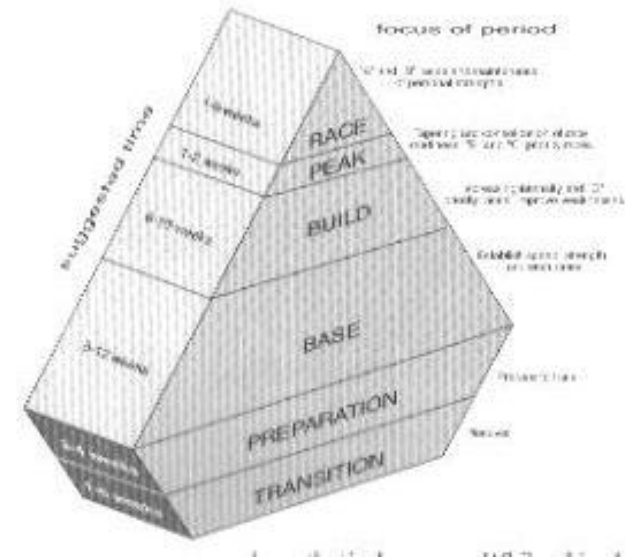
# Principles of Training

- Individualisation
- Specificity
- Overload
- Progression
- Overtraining



# What is Periodisation?

- **No one can train every aspect of fitness simultaneously**
  - Theoretical division of training time into blocks each with a different focus
  - Improve different aspects of fitness individually
  - Allows each energy system to be fully stressed
  - Time peaks in performance to suit events
  - Suited to British temperate climate
  - Proven method



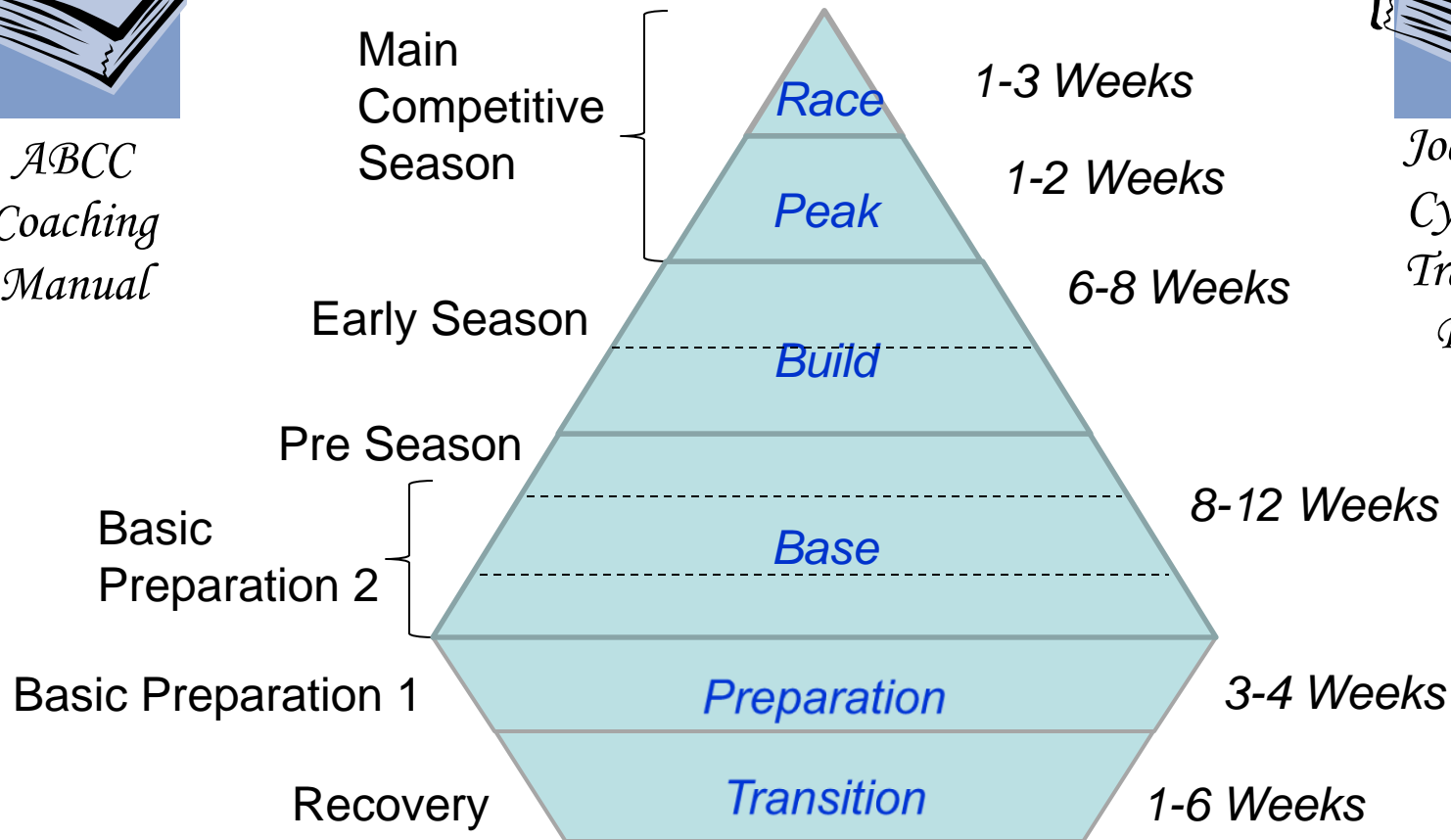
# Training Periods



*ABCC  
Coaching  
Manual*



*Joe Friel  
Cyclist's  
Training  
Bible*



# Page 3 - Training Schedule

- Specify Block training dates
  - Countback from target event
- Create your training schedule
  - Percentages of time
    - in each training zone
    - By type of training
  - Identify training routines



Page 3:  
Year Plan

# Establishing the Training Zones

- Know your training zones
  - Ten minute time trial test
  - Rate of perceived perception / “Talk Test”
- Three methods
  - Rider Perception
  - Heart rate
  - Power output
- Testing protocol
  - 10 minute time trial
  - Monthly Test with follow-up Plan and Review

# Scientific Parameters

<b>Zone</b>	<b>Purpose</b>	<b>Power as % Lactate Threshold</b>	<b>Heart rate as % Lactate Threshold</b>
1	Recovery	<40	65-81
2	Aerobic	40-79	82-88
3	tempo	80-87	89-93
4	subthreshold	88-99	94-100
5	superthreshold	100-104	100-102
6	aerobic capacity	105-149	103-105
7	anaerobic capacity	150+	106+

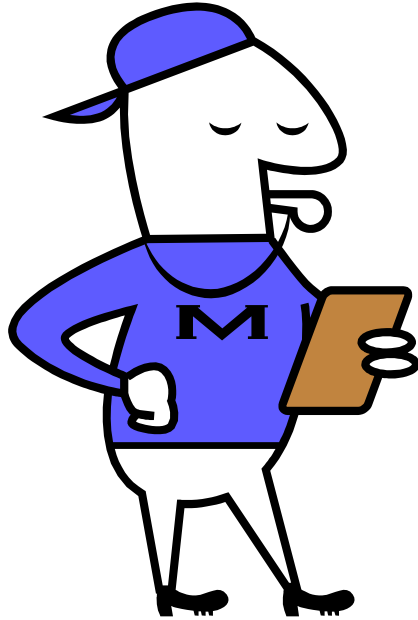
# Rider Perception

Zone	Purpose	Physiological Indication
Zone 1	Recovery	very light pedalling with no noticable resistance. Should cause no muscle damage.
Zone 2	Aerobic	effort used to ride steadily for up to 6 hours
Zone 3	tempo	This intensity should still allow you to hold a comfortable conversation
Zone 4	subthreshold	hard riding where you still feel comfortable
Zone 5	superthreshold	This is the effort used when riding a 25 mile time trial
Zone 6	aerobic capacity	The effort experienced during a 2-3 minute hill climb
Zone 7	anaerobic capacity	Full on maximal sprint

# Summary

- How to construct a Training Plan
  - Different periods for different aspects
  - Identify strengths and weaknesses
- How to establish Training Zones
  - Test
  - Perception
- How to establish and prioritise goals
- Resources
  - ABCC Coaches
    - [www.abcc.co.uk](http://www.abcc.co.uk)
  - Joe Friel: The Cyclist's Training Bible
- Contact me:
  - [Rachel.McKay@BT.com](mailto:Rachel.McKay@BT.com)
  - (01727) 836753 / 07754 654724
- **Next talk: Part II - Optimising your training plan, Monday 11<sup>th</sup> January**

# Coaching in Verulam CC



- ABCC
  - Association of British Cycling Coaches
  - [www.abcc.co.uk](http://www.abcc.co.uk)
- Rachel McKay, ABCC Coach
  - [coach@rsm-therapy.co.uk](mailto:coach@rsm-therapy.co.uk)
  - 07754 654724
- Recommended reading:
  - Joe Friel, “The Cyclist’s Training Bible” (4<sup>th</sup> ed.)