



SpinDoc's 2017 Santa Fe Century Training Plan

Santa Fe Century: May 21, 2017

While some of you will have continued riding either indoors or outdoors through the winter, some of you will not have laid eyes on your bike since last fall. And while we are not disseminating this document as early as in prior years (in February), we are keeping the February training information in the document for those who have been riding through the winter or for those who are riding shorter distances in the Century. For those who have been riding, compare what you have been doing to the prescribed February training as below, and that should give you a good idea of where you stand. For those planning to ride a shorter distance in the Century, you will start right in with steady state rides and simply building distance.

Starting in mid- to late March, we'll be leading training rides from SpinDoc on Saturday mornings. You'll have the opportunity to learn some good road riding skills, get used to riding with other cyclists around you, and start increasing your miles. It also gives you the chance to test ride some clothing, accessories and gear you are considering utilizing on event day. You don't want to head out for the Century in a cycling short you've never worn before. You also want to "test ride" food to see what works best for you. Perpetuem mixed in concentrated form in one bottle and water in the other, works well for us. Some people get upset stomachs eating gels or gu, but you have to try them out. Training rides are the perfect time to do so. Plan ahead, and try different things on each ride to see what works best for you.

As the weeks progress and shop rides increase in distance, cyclists will be broken into groups based on the distance they plan to ride, their skills and fitness.

We want everyone to have a fun, successful ride, regardless of the distance you have set as your goal.

The following is a fairly concentrated training schedule and is geared towards the 100-mile rider. However, even a 25-mile rider can use these guidelines for your training. Unless you are totally de-conditioned, you don't really need to start your training this early for the shorter distance rides. In the alternative, you can start to build aerobic base by riding indoors on a trainer or in a class 3-4 times per week for the month of February.

February: Ride 2-3 times per week at a steady pace, trying to maintain a cadence of 90-95 whenever possible.

Keep track of your daily mileage as you'll start adding small increments to that base figure (your total miles for that week). If you are riding in our classes, keep your RPE (Rate of Perceived Exertion) steady at a 7 to 8. You are strengthening your aerobic base, so you want to keep your workload fairly moderate.



Start increasing your distance by adding 10% to the total mileage you rode in Week 1. For instance, if you rode a total of 50 miles, add a total of 5 additional miles to this week's distance. If you are riding inside, your work plan will remain the same, but you should start trying to get some outdoor miles under your belt so you can start to increase the time you are literally sitting on that bike saddle. Remember that part of your plan is adapting the soft tissue under your sits bones to additional time in the saddle. Riding a Saturday morning "double" (two classes) at SpinDoc can get you nearly two hours of saddle time in bad weather.

Feb. 12-Feb. 18: Increase your distance another 10%. Also add one Intense Steady State ride as one of the three rides. We'll be doing this on Wednesdays in class, so your two outdoor rides should be at a lower exertion rate (that 6-7 RPE) but include the increased distance. The intense steady state ride should be a shorter distance, so keeping it inside and in a one- to two-hour format works well should the weather not comply. If you do not attend Wednesday classes, add this workout on your own.

Feb. 19-Feb. 25: Increase total distance ridden in the week an additional 10%, and increase the segment lengths of the Intense Steady State. (If you rode 10 min at a 7 followed by 5 min recovery, times 3 sets, this week you will increase the work segments to 15 min, keep recovery at 5 min, and maintain 3 sets.)

Feb. 26-March 4: Maintain one easy steady state ride, continuing to add distance/time in the saddle. Maintain one intense steady state ride. Add hill repeats; either find a hilly section of road to ride (such as Old Las Vegas Highway, or Old Santa Fe Trail). You can also ride up and over Lamy Hill a couple times as your hill repeat. Practice standing out of the saddle as you climb. Keep your cadence as high as you can, continuing to down-shift as you go. You can do two of these if you feel up to it in the course of the week.

March: We start to add strength segments.

Mar. 5-Mar. 11: Easy recovery week. Long steady easy rides are good, as are a day or two off completely, or doing another activity altogether (walking, hiking, snowshoeing, etc.)

Mar. 12-Mar. 18: More of the same as Feb. 26-March 4, simply increasing distances.

Mar. 19-25: Continue to increase distances, and if you are riding one hill repeat per week, increase to two. If you can only fit in three workouts, maintain a long easy ride, and the two hill repeats. Your goal is to be comfortable riding 75% of the distance you will be riding at the event. Depending on your mileage when you started, once you hit that goal on your long steady rides, it is unnecessary to add additional miles. You will probably not yet be at 75 miles – your pre-Century goal if you are riding the full 100 – but if you are, you can maintain that distance, or add a little.

Mar. 26-April 1: Continue as with the prior week.



April: We'll be adding speed to the workouts. Since this is not a race and you won't be needing to sprint past anyone, it is not mandatory that speed work is incorporated. However, it adds a tremendous amount of strength to your performance with fairly short increments of work time.

April 2-April 8: Easy active recovery week. Long steady easy rides are good, as are one or two days off completely, or doing another activity altogether (walking, hiking, snowshoeing, etc.)

April 9-April 15: In addition to your long steady easy ride, one intense steady state ride, hill repeats (1-2 per week), you'll add ONE interval workout per week. We'll be doing these in Friday classes, so you can do them then, or on your own. You'll alternate working at a high RPE (8 or more) for a specific period of time, then recover at a RPE of 6 for the same duration. For instance, do 8 minutes on, followed by 8 minutes off, then recover for a full 5, and repeat. You can break up your intervals in many ways, and vary the lengths of time. You can also incorporate Tabata intervals (20 seconds max/10 seconds recovery x 8 for a set, followed by 5 minutes full recovery and a second set).

April 16-April 22, April 23-29: Continue to add miles in the saddle as you follow the prior week's schedule through these two weeks.

May: You're nearly there. You have lengthened your hours in the saddle by a tremendous amount. If you plan on riding the full 100 miles of the Century, your long steady ride should be a minimum of 70 miles by now. You have one more week of actual training followed by a week of taper (reducing the work each day to allow more recovery time before your big ride). *You will not be adding any more strength* or endurance to your "engine" at this point, and pushing it thinking you'll do so is actually counterproductive and potentially detrimental. It is often said that you can't win your race with your taper, but you can lose it. Believe it. Stick to your plan.

April 30-May 6: Easy recovery week. Long steady easy rides are good, as are one or two days off completely, or doing another activity altogether (walking, hiking, snowshoeing, etc.)

May 7-May 13: Your goal for your long steady ride should be at least 75 miles (if you plan to ride the full century). One intense steady state ride, one or two hill repeat rides, and one day of intervals early in the week, are prescribed.

May 14-May 20: Taper and recover (see specifics below). You'll want to plan the week prior, May 7-13, to flow nicely into this week. Since May 14 should be an interval day, you'll want to make sure that the interval day in the prior week is around May 10th or earlier, (no closer to the 14th than that). Plan accordingly.

May 14: Intervals, 20-30 minutes

May 15: Hill repeats, 2 sets, working at an RPE of 6-7, 45-60 minutes

May 16: Active recovery or a day off; you can take an easy fun short ride, or hike, walk, swim, etc.

May 17: Intense steady state work, RPE at 7 or so, for 30 minutes



May 18: One set of hill repeats, 30-45 minutes, working at an RPE of 6-7

May 19: Many athletes like to take the day off two days out from their event, not the day before (and this is our recommendation); if you take today as your recovery day, take a leisurely walk, an easy swim, etc. Don't go hiking Atalaya. If you prefer to take the day before the event as your rest day and plan to ride today, do an easy, fairly low distance steady state ride, RPE at 5-6, for an hour or less.

May 20: If you took your recovery on May 19th, take an easy 30 minute ride today just to loosen things up and get your blood moving. Otherwise, it is your recovery day that should include that leisurely stroll or swim, if anything. Like the pros say, don't stand if you can sit, and don't sit when you can lay down. Get a good night's sleep. Remember it is NOT a race. The only one judging your performance is YOU.

May 21: Bring your sunscreen, lip balm, snacks, water, and flat repair stuff. Remember the entire course is sagged so you don't need to carry the world on your back. If you can't stuff it in a jersey pocket, you don't need it. We recommend AGAINST wearing a camelbak! You don't need the extra weight, and most people end up with their shoulders up around their ears and a stiff neck. You will probably want a windbreaker and/or arm warmers at the start, but they'll roll up tight and fit into a pocket. Make sure you leave an open pocket for them. (You will be able to leave a gallon-sized zip-lock filled with garments you shed in Madrid which will be delivered to the start/finish. Don't forget to claim your stuff after your ride!) You'll have plenty of opportunities to refill your water bottles at each stop.

Although the aid stations plan to have food available, including peanut butter and jelly sandwiches, don't bet your day on it. Have something with you to eat. Just one PB&J can propel you another twenty miles down the road. Depending upon the pace you set, you may arrive at an aid station only to find no sandwiches. When you're feeling bonky, are looking at Heartbreak Hill, and have no food, hunger is much less a vague or even physical feeling, and more a real problem requiring a solution. Endurolyte tablets can also be a huge help, but they supplement food instead of replacing it.

If you have any questions at all, please come by the shop or give us a call. We want you to have a fun and successful Century.