

CYCLING WITH A POWER METER

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**TRAINING FOR YOUR "A" RACE**

# LINGO

- ▶ Power meter measures your effort objectively. A watt is a watt is a watt!
- ▶ Power = How hard you pedal \* how fast you spin the cranks
- ▶ FTP or "hour power" is the wattage you could theoretically hold for a steady 1 hour ride
- ▶ TSS (Training Stress Score) - a way of quantifying the work you did over your entire ride

# SETUP

- ▶ Indoor trainer (Kurt Kinetic, Wahoo Kickr, Cyclops)
- ▶ Power Meter (or a ANT+ speed sensor)
- ▶ TrainerRoad or other workout "library"
- ▶ Training Peaks
- ▶ iPad, laptop, iPhone, Android
- ▶ Mental toughness :)

# PRINCIPLES

- ▶ Your body adapts itself, **over time**, to the physical stresses you place on it
- ▶ Build stress gradually from starting point --> "A" race
- ▶ Periodization - recovery weeks are SUPER important
- ▶ Track training stress using TSS
- ▶ Apply training stress with very specific power targets on your workouts

RACE DAY

SPECIALTY

HONE FITNESS.  
RACE SPECIFICITY

BUILD

FOCUS ON HARDER FOR  
LONGER. FTP GAINS

BASE

PREPARE YOUR BODY. SIGNIFICANT FITNESS  
AND FTP GAINS.

TRAINING BEGINS



## PLANNING YOUR TRAINING

- ▶ Want your fitness peak to coincide with your A race (example for this preso: IMLP 2017)
- ▶ Count back 28 weeks
- ▶ Base - 12 weeks (Jan 8 - Apr 1)
- ▶ Build - 8 weeks (Apr 2 - May 27)
- ▶ Speciality - 8 weeks (May 28 - Jul 23)
- ▶ IMLP 2017: July 23, 2017

# FTP TEST

- ▶ Measures your current fitness and gives you a single number that the rest of workouts are based on
- ▶ **Format 1**: warmup for 15, include several 1 minute high power efforts. 5 more warmup, then 8'@highest steady power you can hold. 5 ez then repeat the 8' effort. Take 90% of the average power of your best 8' effort as your FTP (or 90% of the avg of both of the 8 min efforts)
- ▶ **Format 2**: same warmup. 20'@highest steady power you can hold. Take 95% of the avg power as your FTP.
- ▶ Caveat: testing is hard and there is an art to it. Get your FTP as above then adjust as necessary If the ensuing workouts are too hard/too easy

## PLANNING YOUR TRAINING – BASE PHASE (12 WEEKS)

- ▶ FTP Test!
- ▶ Prepare your body for the hard work to come
- ▶ Broad variety of stresses: aerobic, tempo, sweet spot, threshold, VO2Max. Mild focus on raising your FTP.
- ▶ TrainerRoad example: SweetSpot Base or Full Distance Triathlon Base
- ▶ 3-5 sessions/week depending on volume plan you choose
- ▶ When adjusting, try to keep 2 interval sessions per week



## PLANNING YOUR TRAINING – BASE PHASE (12 WEEKS)

- ▶ Low volume - Tues/Thurs/Sat
- ▶ Medium volume -adds a longer aerobic endurance ride on Sunday
- ▶ Pattern: 3 weeks of steadily increasing work, 1 week recovery (this does not mean a week off!)

## PLANNING YOUR TRAINING – BASE PHASE (12 WEEKS)

- ▶ See Google Sheet
- ▶ TrainerRoad example

## PLANNING YOUR TRAINING – BUILD PHASE (8 WEEKS)

- ▶ Hard work! Adjustments may be necessary
- ▶ Getting more race specific
- ▶ Focused on raising your FTP
- ▶ Can race, and race well, during or after completing build phase
- ▶ TrainerRoad example: Full Distance Triathlon Build
- ▶ 3-5 sessions/week depending on volume plan you choose
- ▶ When adjusting, try to keep 2 interval sessions per week

## PLANNING YOUR TRAINING – BUILD PHASE (8 WEEKS)

- ▶ Weekly workload increases are "steeper"
- ▶ 3 weeks of work, 1 week of recovery. Repeat the cycle.
- ▶ Popular adjustment: 2 weeks of work, partial recovery week
- ▶ Trainer Road: Full Distance Triathlon Build - High Volume or Sustained Power Build-High Volume

## PLANNING YOUR TRAINING – BUILD PHASE (8 WEEKS)

- ▶ See Google Sheet
- ▶ TrainerRoad example

## PLANNING YOUR TRAINING – SPECIALITY PHASE (8 WEEKS)

- ▶ Fatigue! Adjustments may be necessary
- ▶ Honing fitness
- ▶ Very race specific
- ▶ Taper: Shed fatigue to bring you to peak fitness on race day
- ▶ TrainerRoad example: Full Distance Triathlon Speciality Plan
- ▶ 3-5 sessions per week
- ▶ Really listen to your body

## PLANNING YOUR TRAINING – SPECIALTY PHASE (8 WEEKS)

- ▶ See Google Sheet
- ▶ TrainerRoad example

## PLANNING YOUR TRAINING – ADJUSTMENTS

- ▶ Don't follow the plan into a brick wall. Listen to your body
- ▶ Drop the workout intensity 3-5%
- ▶ Brief occasional backspins can make a big difference
- ▶ Shorten or Skip an interval
- ▶ Skip a workout
- ▶ Take an additional rest day between hard workouts
- ▶ A training plan week doesn't have to be 7 days



## PLANNING YOUR TRAINING - MISC

- ▶ Indoors == Quality!
- ▶ If you HAVE to ride outdoors, make it your longer/aerobic endurance ride(s). Interval sessions keep indoors
- ▶ Don't be afraid to adjust your FTP
- ▶ Embrace rest/off days
- ▶ Be aware of the multiplier effect: 1 hour indoors is roughly 1.5 hours outdoors
- ▶ Buy a powerful fan