epicRIDES™ TRAINING GUIDE

HEALTH WARNING

Not all exercise programs are suitable for everyone, so please consult your physician before beginning this or any exercise program. You should always warm up for a few minutes before beginning any exercise program. You should never exercise beyond the level at which you feel comfortable. If at any time you feel that the recommended intensity is too difficult, reduce the resistance or shift to a lower gear. Take additional time to rest between sections if needed. If at any time you feel discomfort or you are exercising beyond your limit, you should slow down or discontinue the exercise immediately.

THE USER ASSUMES ALL RISKS OF INJURY IN USE OF THIS PROGRAM.

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epicRIDES™ Austin CycleCamp presents

Epic Texas Hill Country

Take a virtual training ride with cyclists from the Austin Cycle Camp in the beautiful Texas Hill Country west of Austin!

VIRTUAL RIDES / REAL WORKOUTS

for indoor cycle training

Introduction

Welcome to ***epicRIDES™*** - Real rides, shot in real places with real riders that are virtually amazing!

This Training Guide offers you a number of physiologically based training programs created in partnership with Joey Adams, M.S. CycleOps Master Training Specialist and owner of Intelligent Fitness a human performance company.

Here is what you will find in this Training Guide:

- An explanation about our Training Zone methodology
- An explanation of the ***epicRIDES™*** digital dashboard
- Three different Training Ride programs to choose
- A blank Training Ride program for you or your trainer to write in your own training program for this ride

Additionally, on our web site (www.epicplanet.tv) you can also find:

- A MapMyRide.com Route Map of this epic ride with downloadable GPS data
- A way for you to nominate your own Epic Ride for consideration for filming by the epicPLANET.tv team at www.epicplanet.tv/myride
- A feedback from for you to share your ideas about ***epicRIDES™*** with us at www.epicplanet.tv/review

Your next step is to get your indoor cycling gear on, and get ready for an epic indoor experience! So pop your DVD in, get on your indoor bike, and let's get those wheels spinning!

Don't Like Our Music? Then Use Your Own!

In our ***epicRIDES™*** testing we have found that the choice of music for Indoor Cycle Training is very subjective and that it's virtually impossible to please everyone!

So we suggest that if our music is not for you, simply turn the volume down on the video and use your iTunes, Music Player or other digital music player software to create a your own playlist for this ride.

It's really pretty easy! Since our ***epicRIDES™*** is laid out in segments of five minute or multiples of five minutes, you can use your playlist creation software (such as iTunes) to organize your choice of songs for this ride; keeping in mind that you want your music for each segment to either fit or exceed the length of that segment. Then, when you ride, simply move the music ahead to the next segment's songs if your choices for the previous segment runs too long.

And with iTunes, you can even share your custom ***epicRIDES™*** playlist with us and other riders by creating an iMix (use your iTunes help for instructions)!

A Note to Indoor Cycling Instructors

For years, indoor cycling instructors have mixed their own music selections and then blended these with a class program of their choosing to deliver exciting and motivating classes to their participants.

Now, with ***epicRIDES™***, indoor cycling instructors can bring a new dimension to their classes - the video dimension! ***epicRIDES™*** are designed to complement you, the Instructor. So now you can take your class far outside your studio to real and exciting places, riding along with real riders on a challenging route.

As an indoor cycling instructor, we suggest you use this Training Guide as a starting place in making this ***epicRIDES™*** "your own." Here are the steps:

1. Ride to this ***epicRIDES™*** yourself before using it in a class.
2. Choose to use our music or create your own mix.
3. Review our various workouts in this Training Guide and either use them as they are, adapt one as you see fit or invent your own!
4. Finally develop your own individual strategy to use to present and lead this ride.

If you believe, like we do, that using real road riding situations in Indoor Cycling Classes is a great new way to motivate, energize and excite your class, then you can be sure to deliver a compelling ***epicRIDES™*** class time after time.

About epicRIDES™ Training Zones

Indoors versus outdoors. Outdoors versus indoors, each type of training has advantages over the other. Yet, they both have the same training zones in common. What is a training zone, and why is it important?

First, let's start with the big advantage that indoors has over outdoors – one can easily argue it is the smooth "road" of the inside. When you are riding outside there are many variables, you work with and against wind, terrain, and a host of environmental,
physiological and psychological factors. Inside you can control the environment and the terrain – thus, you can more readily work in specific training zones via the elimination of extraneous factors. Indoor training ensures your body is getting the prescribed stimulus of a specific training session. In contrast to the varying stimuli often created when the ride is outside.

Often we will ask athletes that we coach to ride inside for certain workouts to maximize the "dosage" of their workout. Each of the training zones is like a dose of medicine – the dosage creates a specific response in the body and thus a specific adaptation. So, the first thing that is essential is having the right dose dialed in – this dosage can be identified through the CycleOps Power Test (http://www.saris.com/t-CPTC.aspx?skinid=2). After you have completed your test you now have your zones (dosages) ready for your training plan. Your training plan (daily, weekly, monthly and annually that you or your coach created as a roadmap towards your goals) will identify for you when and how you need to exercise to create
the optimal adaptation of your physiology with the most efficient use of your time. Without a plan you are just working out – with a plan you build your strengths and improve on your weaknesses. Each training zone creates specific adaptations and each training zone fits into a larger whole. **The table on the next page highlights some of the key elements of each zone.** But keep in mind the body is in a constant state of flux and is always "blending" systems and hence, fiber type recruitment depending on fitness, neuromuscular pathways, bike fit and a host of other factors – thus, the following is offered as a generalization of the complexity of the body's intricacies.

Think of each zone as a building block for the next zone. As you build your physiology from the bottom up (Zone 1 to Zone 5), you are creating a stronger you. Each zone is dependent on the strength of the zones below it. Thus, the anaerobic system is dependent upon the strength of the aerobic system. The longer you can rely on the strength of Zone 1, the less you will have to rely on the limited capacity of the anaerobic system in Z5. The more wattage you can get out of Z1 the more energy you get at less cost to the body. It is just like driving your car in these days of high cost petroleum. By having an efficient and strong aerobic system you get more power at less cost – kind of like a "green" ride. As your threshold increases you will notice that your wattage output in each training zone increases! We all want more power at less cost… using training zones within a periodized training plan is the way to get more power out of less effort!

About Our Austin Cycle Camp Coaches

Dave Appel

A coach and trainer for over 15 years, Dave is co-founder of Austin Cycle Camp. Dave is a Polar Certified Master Trainer, NESTA certified personal trainer, heart rate training specialist, and USA Cycling Coach. He started Austin Cycle Camp with the goal of creating a safe and welcoming environment for people to learn the sport of cycling. "Cycling can be intimidating. There's this expectation that because you learned to ride a bike as a kid that somehow it translates over into riding in a group out on the road. And there's not a single book or video that really explains how it all works. At Austin Cycle Camp, we've developed a comprehensive training curriculum that leaves cyclists fitter, faster, safer, and more confident out on the roads. This is the exact resource I wished I had when I started in this sport."

Trey Steele

An avid cyclist for over 20 years, Trey is co-founder of Austin Cycle Camp. His cycling background began in the 80's, back when Greg Lemond was a force to be reckoned with and click shifting was considered revolutionary. Trey's cycling interest led him to triathlon where he competed in the North Carolina Triathlon Series placing in the top five in his age group in 2004. After getting a taste for the mid distance triathlons, Trey turned his sights to long course work and in 2005 he completed Ironman Arizona. Arriving in Austin in May of 2008, he left the swimming and running behind to concentrate on his true passion - cycling. "I love to ride my bike. I wake up every day and know that I have the coolest job in the world. And not just because I'm riding my bike. But because I'm sharing the knowledge it took me 20 years to learn. And in just six to eight weeks, our clients are achieving results that might have taken them six to eight years on their own."

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epicRIDES™ Training Zones

Training Zone	% of Threshold Power	Approx. % of Maximal HR*	Rating of Perceived Exertion 1-10 Scale	Primary Energy System	Primary Muscle Fibers	Primary Fuel	Benefits
5	Max effort	Maximum	10 Very Hard	Anaerobic	Fast Twitch IIa and IIb	Carbohydrate/ Creatine Phosphate	• increases high energy phosphate stores (ATP/PCr) • Increases neurological recruitment
4	100 - 120% TP	>85%	8 - 9 Hard	Anaerobic	Fast Twitch IIa	Carbohydrate	• improves lactate clearance • develops speed • develops power • elevates anaerobic capacity • hypertrophy of fast twitch fibers • increases anaerobic capacity • increases VO2
3	85 - 100% TP	80 - 85%	5 - 7 Moderate to Hard	Aerobic and Anaerobic	Fast Twitch IIa	Carbohydrate	• increases oxidative/glycolytic enzymes • elevates lactate threshold • develops strength • increases blood buffering of lactate
2	60 - 85% TP	65 - 80%	3 - 4 Moderate	Aerobic	Slow Twitch	Fat	• body fat/weight loss • skill/technique development • improves economy of movement • increases capillary density • increases oxidative enzymes • slow twitch development • connective tissue development • increases stroke volume/maximal cardiac output • increases muscle fuel storage • builds muscular endurance and stamina • increases blood volume
1	Up to 60% TP	Up to 65%	1 to 2 – Easy	Aerobic	Slow Twitch	Fat	• removal of metabolic waste • regeneration between intervals • recovery after hard training • rest during injury or illness • warm up or cool down • no muscular fatigue

*Fitness level, stroke volume, and a plethora of other factors effect heart rate and heart rate zones – see The Heartbeat of Power at http://www.saris.com for a more detailed explanation.

epicRIDES™ Video Dashboard

Training Activity

Interval Timer

Training Zone

Average Grade
(for segment)

Current Ride Position

Terrain Profile

Ride Timer

Epic Texas Hill Country Training Ride 1

TRAINING GOAL: Fast Group Ride 1 (Beginner)

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00-05:00	Warm Up	+/- 1%	1-2	75-85	During the warm-up keep your cadence high and focus on your pedal stroke. Keep the heart rate in Zone 1 (RPE 1-2)
2	00:05-45:00	Rolling Hills	+/- 3%	3-4	70-90	The rolling hills of Central Texas allow you to focus on your climbing technique both in and out of the saddle. Take the short interval climbs mostly in the saddle, try to get out of the saddle for one or two intervals– focus on keeping the nose of the saddle between your thighs. When out of the saddle work to keep your cadence between 75-90 rpm. During these short interval climbs you should be pushing your HR into Zone 3, RPE higher than a 6.
3	45:00 - 1:25	Rolling Hills	+- 4%	3-4	70-90	Now that you are warmed up lets work those hills and not let them work us! Don't forget to focus on the training tips from the previous segment. When the intensity increases most people's form starts to suffer. For the last segment lets change our focus from cadence and HR and lets watch our speed. Your goal here is to keep your speed above 6mph on the steep climbs and no lower than 10 mph on the long rollers. That mean you need to crank on the resistance so that you have to really work it!

During the long rollers stay seated and work on your climbing form in the saddle – move back on the saddle, light touch with hands on the top of the bars, keep your knees in and pull your shoulders away from your ears. While in the saddle during climbing, work to keep your cadence between 55-75 rpm. Watch your heart rate high Zone 2, low Zone 3 (RPE 5-7).

Disclaimer: Prior to embarking on any fitness program please consult with your physician. Remember, the following are recommended as guidelines. Always think safety first. Each of the following is designed to create a distinct training adaptation.

Epic Texas Hill Country Training Ride 2

TRAINING GOAL: Fast Group Ride (Intermediate)

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00-05:00	Warmup	+/- 1%	1-2	80-90	During the warm-up keep your cadence high and focus on your pedal stroke. Take the heart rate into Zone 2 (RPE 1-3)
2	00:05-45:00	Rolling Hills	+/- 3%	3-4	70-90	Alternate each short interval climb in and out of the saddle – focus on keeping the nose of the saddle between your thighs. When out of the saddle work to keep your cadence between 75-90 rpm. During these short interval climbs you should be pushing your HR into Zone 3, RPE between 7-9.
3	45:00 - 1:25	Rolling Hills	+- 4%	3-4	70-90	Your goal here is to keep your speed above 8mph on the steep climbs and no lower than 14 mph on the long rollers. That means you need to crank on the resistance so that you have to really work it!

During the long rollers stay seated and work on your climbing form in the saddle – move back on the saddle, light touch with hands on the top of the bars, keep your knees in and pull your shoulders away from your ears. While in the saddle during climbing, work to keep your cadence between 55-75 rpm. Watch your heart rate high Zone 2, low Zone 3 (RPE 5-7).

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Epic Texas Hill Country Training Ride 3

TRAINING GOAL: Racing - Advanced

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00-05:00	Warmup	+/- 1%	1-2	80-100	During the warm-up keep your cadence high and focus on your pedal stroke. Keep the heart rate in Zone 2 (RPE 1-3)
2	00:05-45:00	Rolling Hills	+/- 3%	3-4	70-90	Try to take every short interval climb out of the saddle – focus on keeping the nose of the saddle between your thighs. When out of the saddle work to keep your cadence between 75-90 rpm. During these short interval climbs you should be pushing your HR into Zone 3, RPE higher than a 8-11. Austin likes to "keep it weird" so we are taking RPE to 11!!!
3	45:00 - 1:25	Rolling Hills	+- 4%	3-4	70-90	Your goal here is to keep your speed above 10+mph on the steep climbs and no lower than 16+mph on the long rollers. That mean you need to crank on the resistance so that you have to really work it!

During the long rollers stay seated and work on your climbing form in the saddle – move back on the saddle, light touch with hands on the top of the bars, keep your knees in and pull your shoulders away from your ears. While in the saddle during climbing, work to keep your cadence between 55-75 rpm. Watch your heart rate high Zone 2, low Zone 3 (RPE 5-7).

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Epic Texas Hill Country Training Ride

This blank page is for you or your trainer to write in your own ***epicRIDES™*** training plan.

TRAINING GOAL:

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00-05:00	Warmup	+/- 1%	1-2		
2	00:05-45:00	Rolling Hills	+/- 3%	3-4		
3	45:00 - 1:25	Rolling Hills	+- 4%	3-4		

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