

# epicRaceDay™ 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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# epicRaceDay

presents

# Pensacola Stage Race!

*Train indoors with a group of hard core cyclists competing in the Pensacola Cycling Classic, an exciting, three event (Road Race, Time Trial, and Criterium) Stage Race.*

**VIRTUAL / REAL**  
**RIDES / WORKOUTS**  
for indoor cycle training

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
- 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](http://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](http://www.epicplanet.tv/myride)
- A feedback form for you to share your ideas about **epicRIDES™** with us at [www.epicplanet.tv/review](http://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 Mark Peterson

Mark is a retired Naval Pilot turned bicycle racer & Instructor who now teaches at four clubs around Charlotte, NC.



Mark has raced for more than 30 years in USCF, Road Race, Crits, Time Trials, and Triathlon events. He got involved with indoor cycling in the early 80's as a means to continue training during the winter months in the upper midwest. Mark became a cycle instructor about three years ago and now teach classes in several different studios on the Keiser, Schwinn AC PRO and CompuTrainer bikes.

A big proponent of using Virtual Cycling videos in class, Mark tries to do three or four video classes a month. He thinks **epicRIDES** have a nice balance of first position, third position and scenery to enable his classes to see where they are riding. He also likes the Digital Dashboard which he feels provides great structure to the ride. Mark does these rides over and over and by changing the playlist, cadence and intensity to make up completely different ride experiences.

Mark's classes love virtual rides and it's usually a wait list to get a bike!

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
<b>5</b>	Max effort	Maximum	10 Very Hard	Anaerobic	Fast Twitch IIa and IIb	Carbohydrate/ Creatine Phosphate	<ul style="list-style-type: none"> <li>increases high energy phosphate stores (ATP/PCr)</li> <li>Increases neurological recruitment</li> </ul>
<b>4</b>	100 - 120% TP	>85%	8 - 9 Hard	Anaerobic	Fast Twitch IIa	Carbohydrate	<ul style="list-style-type: none"> <li>improves lactate clearance</li> <li>develops speed</li> <li>develops power</li> <li>elevates anaerobic capacity</li> <li>hypertrophy of fast twitch fibers</li> <li>increases anaerobic capacity</li> <li>increases VO2</li> </ul>
<b>3</b>	85 - 100% TP	80 - 85%	5 - 7 Moderate to Hard	Aerobic and Anaerobic	Fast Twitch IIa	Carbohydrate	<ul style="list-style-type: none"> <li>increases oxidative/glycolytic enzymes</li> <li>elevates lactate threshold</li> <li>develops strength</li> <li>increases blood buffering of lactate</li> </ul>
<b>2</b>	60 - 85% TP	65 - 80%	3 - 4 Moderate	Aerobic	Slow Twitch	Fat	<ul style="list-style-type: none"> <li>body fat/weight loss</li> <li>skill/technique development</li> <li>improves economy of movement</li> <li>increases capillary density</li> <li>increases oxidative enzymes</li> <li>slow twitch development</li> <li>connective tissue development</li> <li>increases stroke volume/maximal cardiac output</li> <li>increases muscle fuel storage</li> <li>builds muscular endurance and stamina</li> <li>increases blood volume</li> </ul>
<b>1</b>	Up to 60% TP	Up to 65%	1 to 2 – Easy	Aerobic	Slow Twitch	Fat	<ul style="list-style-type: none"> <li>removal of metabolic waste</li> <li>regeneration between intervals</li> <li>recovery after hard training</li> <li>rest during injury or illness</li> <li>warm up or cool down</li> <li>no muscular fatigue</li> </ul>

\*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.

Training Activity

Event Indicator



Training Zone

Terrain Profile

Current Ride  
Position

Ride Countdown

Segment Countdown

## TRAINING GOAL: Easy

Segment	Time	Training Activity	TZ	Action
1	00:00 - 05:00	Warm-Up	1-2	Quick warm up starts this multi-stage work out! You are riding unattached (meaning no team help, you are racing on your own). Do some high cadence accelerations (100 RPM 1 minute on 1 minute off) during this short warm up . You might need those legs heated up to cover early attacks! You would hate to get dropped right out of the gate.
2	05:00 - 15:00	Road Race	2-3	This is a flat stage designed for the Sprinters! It is a quick interval, so keep an eye on the clock. Start by sitting in with the pack and match the leg speed/cadence of the riders. Watch the timer and sprint the last minute by increasing your cadence 100+ RPM and adding gears/resistance.
3	15:00 - 25:00	Time Trial	2-3	Welcome to the Ride of Truth, just you, your bike and the clock! Start by finding your Time Trial cadence 95 RPM and quickly build your power by adding gears (RPE 6/7). Settle in to a position where you sustain your power, effort, and cadence for the entire effort. This effort is approximately 9 minutes. You can hold a lot of power for 9 minutes, you are stronger than you think, so get your brain out of the way and let your body take over!
4	25:00 - 55:00	Criterium	4-5	There is no easy Criterium! You are either all in or you will be spit out the back. Make this stage challenging by staying with the group. Sit in for the first half of the stage slowing your cadence in the turns and accelerating on the straights 90-110 RPM. Be conscious of the Start/Finish Line and the Clock. Criterium's are scheduled for a fixed amount of time plus a fixed number of laps (5-10). The final laps are counted down until the bell lap where the race picks up into an all out sprint and you find out who has the legs to win! Be ready for the final Bell Lap at 1:51 to go.
5	55:00 - 1:00:00	Cool Down	1-2	Ease up and let your legs gradually spin down as you bring your breathing and heart rate back to normal. Great ride!

Note: This workout uses the Rated Perceived Exertion (RPE) Scale.

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.

## TRAINING GOAL: Intermediate

Segment	Time	Training Activity	TZ	Action
1	00:00 - 05:00	Warm-Up	1-2	Quick warm up starts this multi-stage work out! You are riding unattached (meaning no team help, you are racing on your own). Do some high cadence accelerations (100 RPM 1 minute on 1 minute off) during this short warm up . You might need those legs heated up to cover early attacks! You would hate to get dropped right out of the gate.
2	05:00 - 15:00	Road Race	2-3	We are going to push harder in this flat stage. Increase your gears and resistance as you push through this interval starting from a RPE of 6 and building to RPE 10 for the final minute. Watch the timer at 5 minutes to go push 100 RPM and increase your RPE/ power for 1 minute, at 4 minutes slow leg speed to 90RPM, 3 minutes 100 RPM increase RPE 1 minute, at 2 minutes back down 90 RPM, at 1 minute increase RPE 10 all out effort to the finish.
3	15:00 - 25:00	Time Trial	3-4	We are going to press harder for this short Time Trial effort. Quickly bring your cadence up to 95 and add gears to bring your RPE to 7/8. This effort should be uncomfortable but sustainable for 9 minutes. Experiment with your position on the saddle by moving forward an inch or so and see how it affects your power output. If it helps stay there orpush yourself to the back of the saddle and again feel the difference.
4	25:00 - 55:00	Criterion	4-5	Criterion's are the most demanding and dangerous part of bike racing. We don't call them crashterium's for nothing! Each lap your power output will be on a roller coaster consistently pushing your power to spike well above your Threshold just to keep pace with the lead group. Energy management is critical, attacking at the wrong time will certainly spit you out the back. Ride with the lead group slowing cadence in the turns and increasing cadence/gears/resistance on the straights. Watch the timer and the Start/Finish Line. Every 5 minutes increase your gears/resistance until you reach a point that you can't hold your cadence, then remain there until the final Bell Lap and sprint to the end!
5	55:00 - 1:00:00	Cool Down		Ease up and let your legs gradually spin down as you bring your breathing and heart rate back to normal. Great ride!

Note: This workout uses the Rated Perceived Exertion (RPE) Scale.

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TRAINING GOAL: Advanced

Segment	Time	Training Activity	TZ	Action
1	00:00 - 05:00	Warm-Up	1-2	Quick warm up starts this multi-stage work out! You are riding unattached (meaning no team help, you are racing on your own). Do some high cadence accelerations (100 RPM 1 minute on 1 minute off) during this short warm up . You might need those legs heated up to cover early attacks! You would hate to get dropped right out of the gate.
2	05:00 - 15:00	Road Race	2-3	Press hard for the entire Road Race! Hold 90-100 RPM and keep your RPE 9-10 or Threshold power throughout. Watch the timer and Sprint the last minute out of the saddle.
3	15:00 - 25:00	Time Trial	3-4	This is an all out Time Trial effort for the entire segment. Bring your cadence up to 95-100 and add gears to bring your RPE to 10 or Threshold Power 100-120%. You will know you are in the right place by how focused /present (no day dreaming) you need to be to hold your power/speed!
4	25:00 - 55:00	Criterion	4-5	This is a Maximum Threshold effort/RPE 10! You are racing! Back off/slow your cadence in the turns and surge on the straights. Watch the Start/Finish line and the clock. At 3:30 you have 2 laps to go and at 1:51 you will hear the Bell for the final lap. Push your speed and power for these final two laps, everything you have left, not sustainable beyond these final laps.
5	55:00 - 1:00:00	Cool Down	1-2	Ease up and let your legs gradually spin down as you bring your breathing and heart rate back to normal. Great ride!

Note: This workout uses the Rated Perceived Exertion (RPE) Scale.

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 Pensacola Stage Race 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	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	1-2		
2	05:00 - 15:00	Road Race	2-3		
3	15:00 - 25:00	Time Trial	3-4		
4	25:00 - 55:00	Criterium	4-5		
5	55:00 - 1:00:00	Cool Down	1-2		

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