

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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INDOOR CYCLING ASSOCIATION

www.indoorcyclingassociation.com

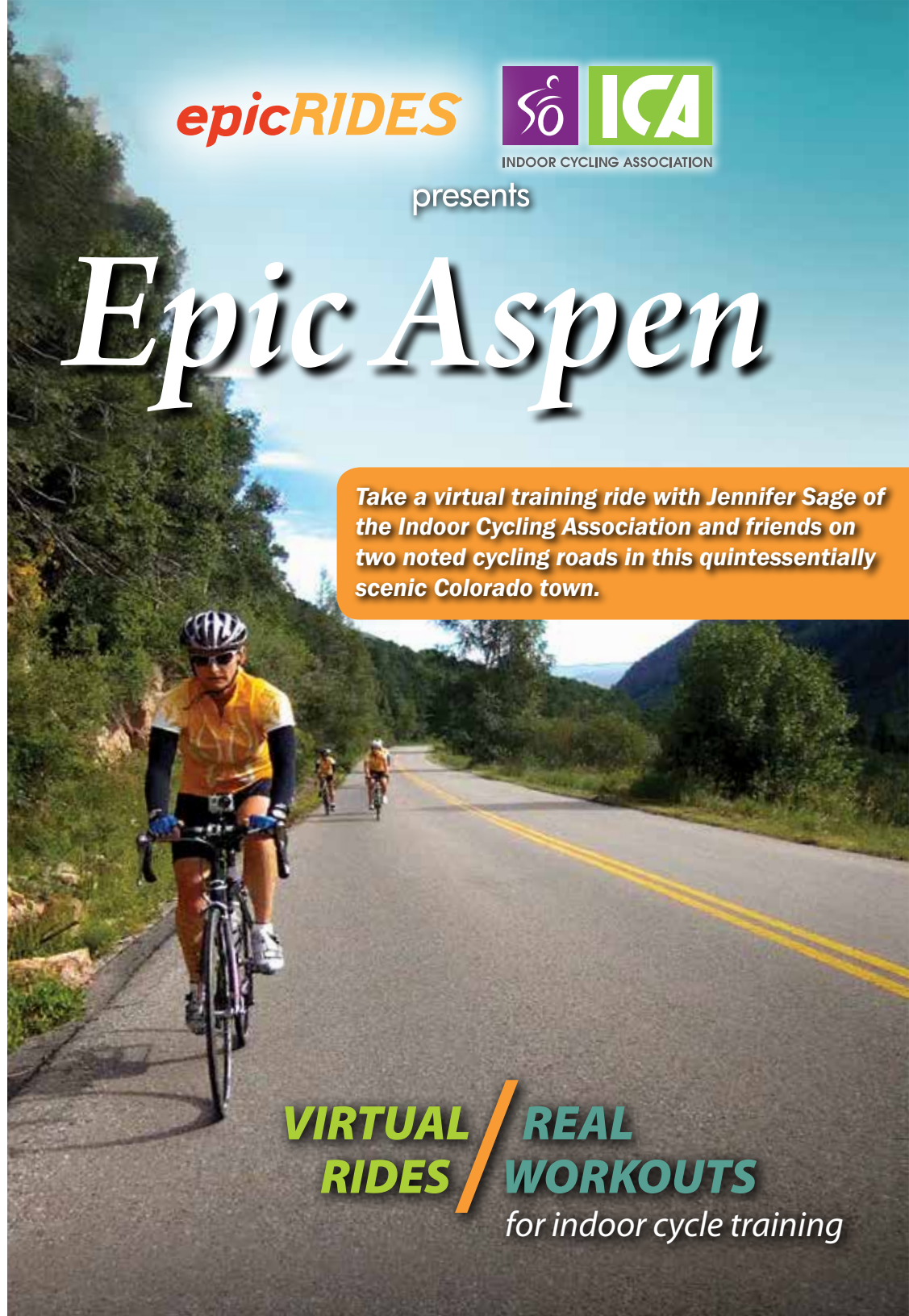
epicRIDES



presents

Epic Aspen

Take a virtual training ride with Jennifer Sage of the Indoor Cycling Association and friends on two noted cycling roads in this quintessentially scenic Colorado town.



**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) 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 form 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 Jennifer Sage

Jennifer Sage is the founder and Master Instructor of the Indoor Cycling Association. She has a degree in exercise science and has held certifications by NSCA, ACSM, ACE, AFAA, ISSA and five different indoor cycling programs. She's been an international master presenter at fitness conferences for 14 years and is an author of two e-books for indoor cycling instructors, the popular 'Keep it Real' and 'Ten Essential Ways to Stay Motivated as an Indoor Cycling Instructor'. She was a Master Instructor for the Spinning® program for 12 years and wrote several of their continuing education workshops on proper technique and cadence. She left Spinning® in order to educate and inspire a much wider range of indoor cycling instructors through the Indoor Cycling Association, an online educational resource for instructors. She is also a cycling coach and an avid outdoor cyclist, and organizes guided and self-guided bicycle tours to Europe through her other company, Viva Travels.



www.indoorcyclingassociation.com

www.keepitrealebook.com

www.vivatravels.com

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	<ul style="list-style-type: none"> increases high energy phosphate stores (ATP/PCr) Increases neurological recruitment
4	100 - 120% TP	>85%	8 - 9 Hard	Anaerobic	Fast Twitch IIa	Carbohydrate	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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.

Training Activity

Climb Timer



Training Zone

Average Grade
(for segment)

Terrain Profile

Current Ride Position

Ride Timer

TRAINING GOAL: Easy

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	+2%	1-2	80-90	Start off in an easy gear and spin the legs, gradually adding more gears (resistance) as your legs adapt.
2	05:00 - 50:00	Climb	+6%	2-3	70-80	This ride is a long ride at 90 minutes. Your first few times through you may want to only do the first climb, building up to the full length with two climbs. Start with moderate resistance, taking gear/resistance breaks as needed. There are a few breaks on the Castle Creek climb where you can spin the legs. You can also stand up as needed, to take saddle breaks, but keep them short and the intensity in control. Over time you should be able to climb for longer periods of time until you can do this entire 45 minute climb without coming "off the hill". Resist adding too much resistance to slow the legs down below 70 rpm. That can come later!
3	50:00 - 1:05:00	Speed	-6%	2-3	85-95	Keep your legs in control as you spin them out and reduce intensity. For beginners, this will be your cool-down.
4	1:05:00 - 1:30:00	Hard Climb	+7%	4-5	65-80	When you are ready to take on the second long climb, do it like the first climb, gradually extending the amount of time you work against a resistance. Patience! You want to be kind to your legs as they develop the ability to take on more and more! After you've been doing this awhile, gradually add more resistance to stand up for 30-60 seconds. This second climb doesn't have the breaks that the first one did. Revel in the beauty of the Maroon Bells when you arrive to the top – it's a great achievement!
	5 min. after video end	Cool Down		1	80-90	Make sure to spin the legs easily and let the HR come down slowly.

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TRAINING GOAL: Intermediate

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	+2%	1-2	80 - 90	Start off in an easy gear and spin the legs, gradually adding more gears (resistance) as your legs adapt. As the first climb starts, extend your warm-up another 5-8 minutes, gradually building your hill.
2	05:00 - 50:00	Climb	+6%	2-3	65 - 80	<p>Start with an easy climb, building it up to moderate over the first 5 minutes. This entire first climb should be done at an aerobic intensity, saving for the second, harder climb. There are a few breaks where you can spin the legs. (Make sure to wave to the professional riders as they zip by you at minute 12! The rider in red is George Hincapie of BMC racing.)</p> <p>At about 15 minutes, the riders start rotating in an uphill pacerline. To simulate this, when you are behind the lead rider, you are working at a moderate intensity. Then imagine yourself at the front setting the pace; it becomes harder, raising your intensity about 5-8 heart beats, or from TZ 2 to 3. After a minute or two, drop back, let the intensity recover a bit (not too much, you'll get dropped!). After a few minutes, rotate to the front again. You can do these aerobic intervals for as long as you want, opting to stand when you are at the front.</p> <p>The final 6 minutes to the top is a consistent but not too steep of a grade. Make the decision to ride it at a little faster cadence, 75-80 rpm. Bring the intensity close to threshold, but still aerobic.</p>
3	50:00 - 1:05:00	Speed	-6%	2-3	90 - 110	After a few minutes of recovery, do some leg speed drills on the descent, driving the legs to 100, or even up to 110 RPM, for 1-2 minute periods, then recover at your preferred cadence for a minute. Good form is essential; stay connected to the drivetrain with no bouncing and a quiet upper body. Intensity may rise to threshold.
4	1:05:00 - 1:30:00	Hard Climb	+7%	4-5	65 - 75	<p>This second beautiful climb doesn't have the breaks that the first one did. Try to do it with constant resistance. Allow the steep sections to be harder than the first climb, trying to stay seated for a few minutes at first to build the strength in the legs, then stand for 30-60 seconds. On the steepest parts, intensity will reach threshold. The final 5 minutes is the steepest. For the final minute or two, race the others to the top!</p> <p>Revel in the beauty of the Maroon Bells when you arrive to the top – it's a great achievement!</p>
	5 min. after video end	Cool Down		1	80 - 90	Make sure to spin the legs easily and let the HR come down slowly.

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TRAINING GOAL: Advanced

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	+2%	1-2	80 - 90	Start off in an easy gear and spin the legs, gradually adding more gears as your legs adapt.
2	05:00 - 50:00	Climb	+6%	2-3	65 - 80	<p>Start with an easy climb, building it up to moderate over the first 5-8 minutes. There are a few breaks on the Castle Creek climb where you can spin the legs. Most of the first climb should be done at an aerobic intensity, with a few pushes to threshold. (Make sure to wave to the professional riders as they zip by you at minute 12! The rider in red is George Hincapie of BMC racing.)</p> <p>At about 15 minutes into the ride, the riders start rotating in an uphill peline. When you are behind the lead rider, work at a moderate intensity. Then move to the front to set the pace, raising your intensity about 5-8 heart beats, or from low TZ3 to high TZ3. After a minute or two, drop back, let the intensity recover a bit (not too much, you'll get dropped!). After a few minutes, rotate to the front again.</p> <p>The final 6 minutes to the top is a consistent but not too steep of a grade. Make the decision to ride it at a little faster cadence, 75-80 rpm. Bring the intensity close to threshold, but still aerobic.</p>
3	50:00 - 1:05:00	Speed	-6%	2-3	90 - 110	After a few minutes of recovery, do some leg speed drills on the descent, driving the legs to 100, or even up to 110 RPM, for 1-2 minute periods, then recover at your preferred cadence for a minute. Good form is essential; stay connected to the drivetrain with no bouncing and a quiet upper body. Intensity may rise to threshold.
4	1:05:00 - 1:30:00	Hard Climb	+7%	4-5	65 - 70	<p>This second climb doesn't have the breaks that the first one did so maintain constant resistance and imagine you are riding an uphill time trial. Allow the steep sections to be harder than the first climb, trying to stay seated for a few minutes at first, then standing for 30-60 seconds. On the steepest parts, push yourself to almost breathless (TZ4). The final 5 minutes is the steepest, take yourself to the edge.</p> <p>Revel in the beauty of the Maroon Bells when you arrive to the top – it's a great achievement!</p>
	5 min. after video end	Cool Down		1	80 - 90	Make sure to spin the legs easily and let the HR come down slowly.

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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	Warm-Up	+2%	1-2		
2	05:00 - 50:00	Climb	+6%	2-3		
3	50:00 - 1:05:00	Speed	-6%	2-3		
4	1:05:00 - 1:30:00	Hard Climb	+7%	4-5		

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