

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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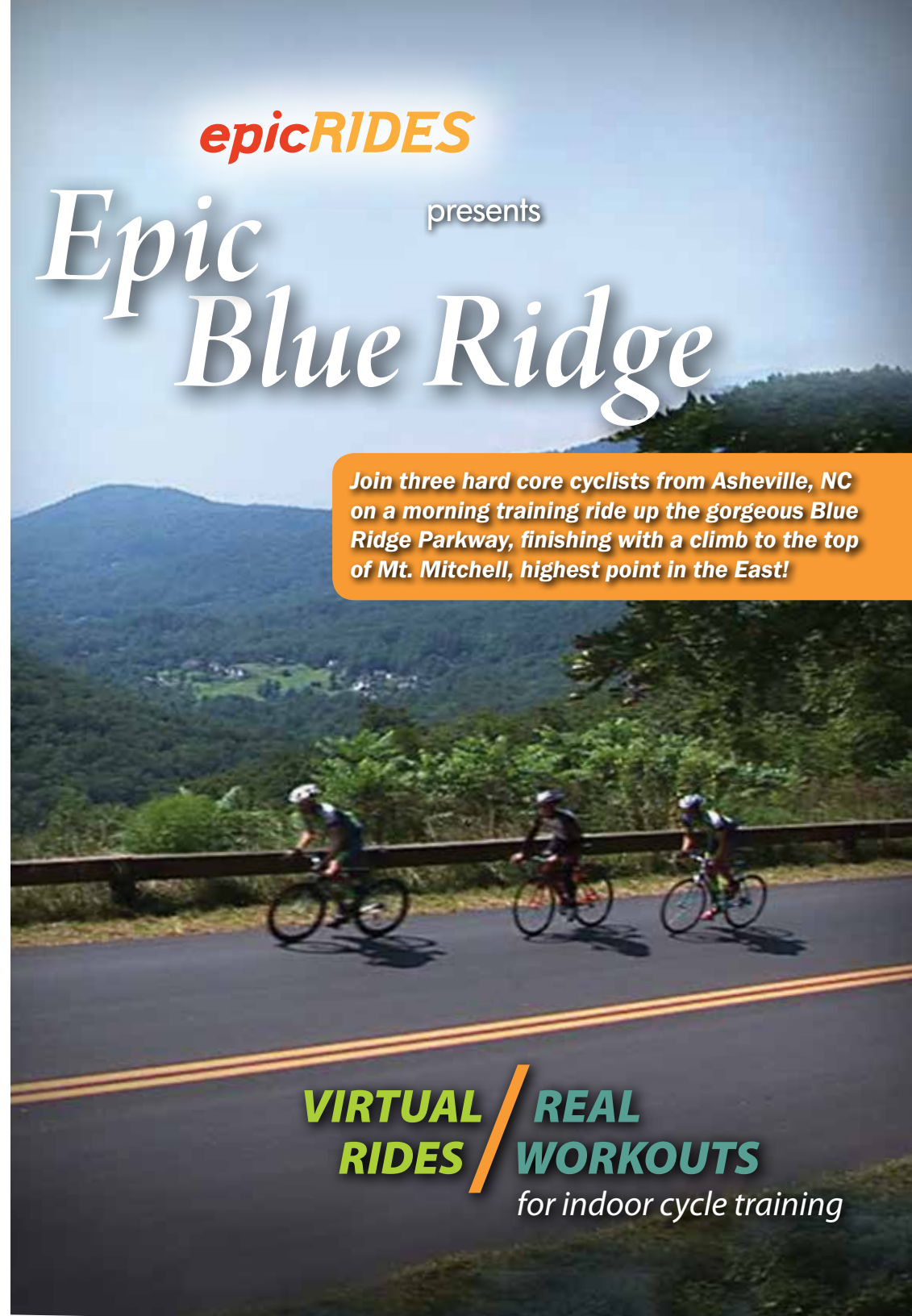
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epicRIDES

presents

Epic Blue Ridge

Join three hard core cyclists from Asheville, NC on a morning training ride up the gorgeous Blue Ridge Parkway, finishing with a climb to the top of Mt. Mitchell, highest point in the East!



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 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
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 Countdown Timer



Training Zone

Average Grade
(for segment)

Current Ride
Position

Terrain Profile

Segment Timer

TRAINING GOAL: Fast Group Ride (Beginner)

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	+2%	1-2	80 - 100	Welcome to the Blue Ridge Parkway, 469 miles of highway connecting the Great Smoky Mountains National Park in North Carolina to the Shenandoah National Park in Virginia. Designed as a scenic leisure drive for motorists and named "America's Favorite Drive" it is ideal for cyclists. Today we are riding a portion of the Parkway with a final all out climb up Mt. Mitchell. The warm up is quick so spend these minutes heating up the legs and cardio with some accelerations up to 100 RPM, a minute on and a minute off.
2	05:00 - 55:00	Climbing Intervals	+4%	3-4	90	Your goal for this effort is a nice steady pace holding 90 RPM for the entire segment. You have 5 climbs ahead that vary from about 3 minutes to 20 minutes. Increase your gears/resistance into the climbs and hold your cadence at 90 RPM. Your Rate of Perceived Exertion (RPE) should be 5 or 6 on the flats and 7 or 8 in the climbs. Listen to your heart rate and push yourself towards breathless in the climbs!
3	55:00 - 1:15:00	Summit Climb	+5%	4-5	90 then 80 then 90/80	Get ready for the final climb up Mt. Mitchell, elevation 6,684 feet, the highest point east of the Rocky Mountains! Your target is to hold power steady for the entire 20 minute climb! Maintain 90 RPM for 3 minutes and then slow your cadence to 80 RPM for 2 minutes holding your power by adding gears/resistance (RPE 7/8). Continue changing your cadence (90 3 minutes/80 2 minutes) until reaching the top. Come out of the saddle when you slow your cadence to 80 RPM for all or part of the 2 minutes. Stay in the saddle if your trainer is not stable coming out, be safe!

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: Fast Group Ride (Intermediate)

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	+2%	1-2	80 - 100	Welcome to the Blue Ridge Parkway, 469 miles of highway connecting the Great Smoky Mountains National Park in North Carolina to the Shenandoah National Park in Virginia. Designed as a scenic leisure drive for motorists and named "America's Favorite Drive" it is ideal for cyclists. Today we are riding a portion of the Parkway with a final all out climb up Mt. Mitchell. The warm up is quick so spend these minutes heating up the legs and cardio with some accelerations up to 100 RPM, a minute on and a minute off.
2	05:00 - 55:00	Climbing Intervals	+4%	3-4	90 then 80 then 70	You have 5 climbs ahead on the Blue Ridge! Use the data you have available to guide your effort! If you have power numbers available push your Functional Threshold Power in the climbs, if not use RPE of 6-7 on the flats and 7-8 in the climbs. As you begin each of the climbs adjust your gears/resistance and split the climb into thirds, starting at 90RPM, then adding a gear/resistance slowing cadence to 80 RPM second and the final third adjust the resistance slowing cadence to 70 RPM. The final third of the climb come out of the saddle (if it is safe to do so on your trainer) and hold 70 RPM.
3	55:00 - 1:15:00	Summit Climb	+5%	4-5	100 then 80	Get ready for the final climb up Mt. Mitchell, elevation 6,684 feet, the highest point east of the Rocky Mountains! Your goal is to build your power and hold steady all the way to the top. The plan is to start the climb holding 100 RPM for 2 minutes and then slowing your cadence to 80 RPM for 2 minutes. Continue changing your cadence every 2 minutes all the way to the top. Keep your power steady by adding and subtracting gears/resistance as necessary to hold your power or RPE 7/8.

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TRAINING GOAL: Racing (Advanced)

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	+2%	1-2	80 - 100	Welcome to the Blue Ridge Parkway, 469 miles of highway connecting the Great Smoky Mountains National Park in North Carolina to the Shenandoah National Park in Virginia. Designed as a scenic leisure drive for motorists and named "America's Favorite Drive" it is ideal for cyclists. Today we are riding a portion of the Parkway with a final all out climb up Mt. Mitchell. The warm up is quick so spend these minutes heating up the legs and cardio with some accelerations up to 100 RPM, a minute on and a minute off.
2	05:00 - 55:00	Climbing Intervals	+4%	3-4	90 then 55/60 then 100	Your goal on this segment of the Blue Ridge is to pick up the intensity! On the flats you hold a steady 90 RPM/RPE 7 or 8. You have 5 climbs ahead, on 4 of the climbs that range from about 3-7 minutes treat them as Big Chain Ring Efforts where you add gears /resistance slowing the cadence to 55/60 RPM making those climbs all about strength. If you have power reading available hold FTP, if not RPE 8/9. If cadence starts creeping up more gears/resistance! When you reach the third climb (almost 20 minutes) increase your cadence to 100 RPM and hold it for the entire climb still pushing the same power/RPE.
3	55:00 - 1:15:00	Summit Climb	+5%	4-5	100	Get ready for the final climb up Mt. Mitchell, elevation 6,684 feet, the highest point east of the Rocky Mountains! Begin the final climb up Mt. Mitchell by increasing your cadence to 100 RPM (85-95% FTP or RPE 8/9) and hold all the way to the top! Make this a Cardio event by holding onto that high cadence.

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Epic Blue Ridge 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	Warm-Up	+2%	1-2		
2	05:00 - 55:00	Climbing Intervals	+4%	3-4		
3	55:00 - 1:15:00	Summit Climb	+5%	4-5		

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