

# 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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[www.epicplanet.tv](http://www.epicplanet.tv)

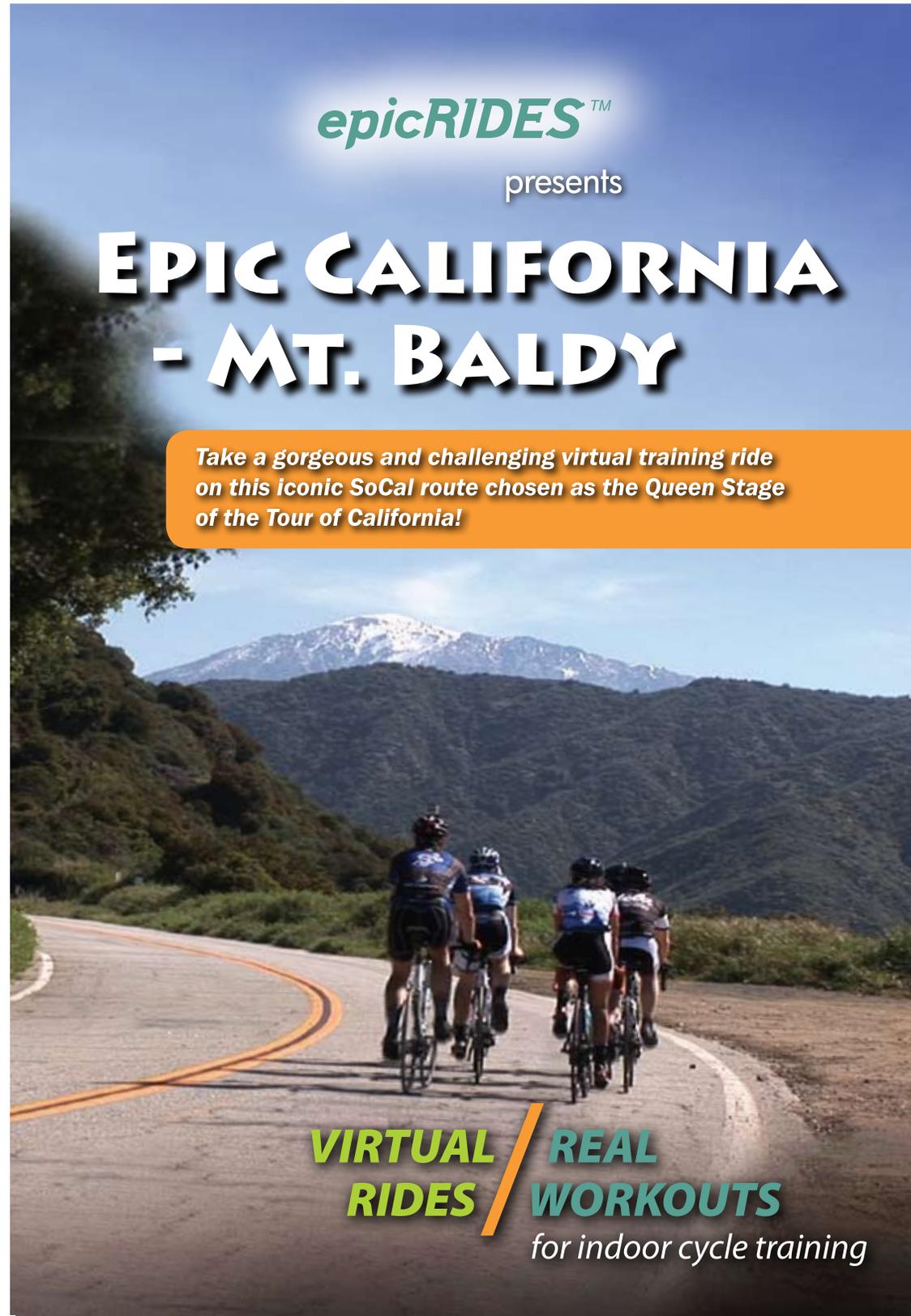
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epicRIDES™

presents

# EPIC CALIFORNIA - MT. BALDY

*Take a gorgeous and challenging virtual training ride on this iconic SoCal route chosen as the Queen Stage of the Tour of California!*



**VIRTUAL  
RIDES** / **REAL  
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
- 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](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 Shirin Beckett

My name is Shirin Beckett. I am a Star3 Mad Dogg Spinning instructor. In my regular job, I am an Operations Manager and handle finance/human resources and contracts for multiple companies. Spinning and running are my true passions. I Spin, run and swim to keep a balance between the physical, emotional and psychological stress that I put my body and mind through every day.

I took my first indoor cycling class over 10 years ago while I was nursing a tender knee that I had strained on a particularly hilly marathon. After a couple of sessions on a Spin bike I was hooked! I kept coming back for more.

I teach at Pedal Spin Studio, in my hometown of Claremont, California. I teach a minimum of 6 classes per week and run Lactate Threshold Workshops several times a year. I use my classes and the workshops to provide "cycling specific training" to my riders. My goal is to "keep it real". I study, take classes, attend seminars/conferences and am a member of support groups like ICA and ICIPro, among others. I do what I can to keep my information current and to bring the best rides to my guys.

I crossed paths with Allen Jones and his epicPlanet regional ride DVDs while working on a project idea for my Spin classes. I was looking for strong visuals to combine with my music. Allen's stunning videos fit the bill.

As a way to target my riders' training I started using multimedia tools. Yes, like many instructors, I am very particular about, and spend an enormous amount of time on, my music. I plan my rides with specific ca-

dences and energy in mind. This is the reason behind my "Rhythm & Beats" classes. For these classes I bring in live percussionist to accentuate and drive the cadence. This allows my riders the opportunity to really hear the beat and focus on their cadence work. After all, we have two tools as we train on indoor bikes: Cadence and Resistance. I realized having a drummer and setting specific beats (translated into rpm) for each segment would leave no room for escaping the required cadence! I'm very pleased with the success of that idea.

I'm always searching for the next step, the next tool that can help me improve my rider's training. Johnny G designed Spinning around the real activity of cycling. I emphasize that idea in every ride. What better way "to keep it real" than to bring an actual ride indoors? I started looking for ride videos and I stumbled into epicPlanet rides. I loved what I saw and started using them in our classes.

During the course of many talks, the introduction of Claremont's epic regional ride GMR (Glendora Mountain road) and Baldy Road and the idea of Allen coming to film it was born. My husband and I harangued and harassed Allen into looking at Mr. Baldy as an "epic" ride. One day he called up and said "Let's do it". What came out of it is one of Allen's best (Yes, I am biased about my Claremont mountain!), Epic California - Mt. Baldy!

Allen made time to take a class with me during his visit. He understands my passion for what I do. I would like to think that is why he honored me by asking me to put together the training guide for Epic California - Mt. Baldy.

You will find the three training guides in this section.

Before you try the guide, I have to explain something. Mt. Baldy is torturous. It was selected as "Stage 7" of the California Amgen Tour in 2011. May 21 will bring some of the highest profile and strongest elite cyclists to Claremont. It is hyped as the most challenging stage race in the last six years of American stage-racing. When you look at the three training categories, you will find: hard, very hard, and extremely hard! There are no EASY ways to ride Epic California - Mt. Baldy.

So, there you have it. Have fun with it, but prepare to experience perhaps one of your most challenging rides. I hope you fall in love with this breathtaking ride to Mt. Baldy the way I have. My riders will be training an entire month, leading to this "extremely hard" ride in our June, 2011 Virtual Ride!

Ride On.

Shirin Beckett



## 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!

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.



The dashboard features a central video of cyclists on a road. Overlaid data includes:

- Training Activity:** CLIMBING INTERVALS
- Climb Timer:** CLIMB 00:01:10
- Training Zone:** 3-4 TZ
- Average Grade (for segment):** +7% AV GR
- Terrain Profile:** A line graph showing elevation changes.
- Current Ride Position:** Indicated by a vertical line on the terrain profile.
- Ride Timer:** 00:56:16

## TRAINING GOAL: (Easy)

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	+2%	1-2	90	Use the first five minutes to pedal easily. Add enough resistance to begin feeling the road under your bike. Start at your level 4 (resistance scale of 1-10) to start your warm up. Once you have found this resistance, pick up your pace to 90 rpm for the entire warm up. Add gradually in the next five minutes. Your goal is to finish your warm up when you feel slightly out of breath and as you break a sweat. The purpose of warm up is to prime the legs and gently direct blood/oxygen/nutrients to the working muscles in order to be able to finish strong and to prevent injury. As you warm up, think about keeping good form, relaxing your upper body, hydrating sufficiently, and about challenging yourself on this ride. You are in charge of your resistance level. Commit to this ride. Remember, Mt. Baldy is crowned as one of the (if not the most) challenging stages of Amgen in the past six years! How will YOU ride it today?
2	00:05 - 35:00	Climbing	+8%	3-4	70-80	This segment is a challenging climb. You will ride about 9 miles and gain approximately 2400 ft. in elevation. Your grade varies but averages over 8%. Knowing this, you want to pace yourself during these 30 minutes. Mt. Baldy is an extremely challenging ride. You don't want to start too hard and bonk half way through this ride.  For the next 30 minutes, add enough resistance to make the climb challenging, yet not impossible. The idea is to stay aerobic (breathing is labored but under control), to gain muscular endurance, and to get mentally and physically stronger without risking injury. So, listen to your body, add enough resistance to be able to turn the pedals smoothly and efficiently. You can come out of the saddle anytime you need a break, just make sure you add resistance to protect your knees before you stand.
3	35:00 - 1:05:00	Interval Climbing	+7%	2-3	70-90	You are still on a good size hill, but will hit a few quick down hills. This is an opportunity to insert a few intervals in the ride. Break up these 30 minutes into six sets. Bring your cadence to 80 rpm and your resistance level to your 8 (scale of 1-10). Stay seated for 3 minutes and stand to climb out of the saddle (without adding more resistance) for two minutes in each set. Take the last two minutes of this segment to fully recover at a comfortably quick pace. The quick pace will help with your active recovery. As your muscles contract at this faster clip, they clear the metabolic by-product buildup. The goal is to prepare for the last segment of this ride.
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TRAINING GOAL: (Easy)

Continued from previous page

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
4	1:05:00 - 01:30:00	Very Hard Climb	+10%	4-5	50-60	There is no way to make the next 25 minutes “bearable”! This section of the road, leading to the top of Mt. Baldy, is an unforgiving stretch that holds 10 severe switchbacks ranging from 10% to 15% grades. This part humbles most seasoned riders, and you’ll earn bragging rights when you finish the ride today. Add as much resistance as you can handle. Set your jaw, take a deep breath, and commit to finish. Now is the time to dig deep and deliver. Switch between seated and standing climbs. You have kept a great pace on a very hard ride so far. Here you must listen to your body, as well as challenge it. What can you do here? How much resistance can you handle at this point in the ride? Adjust your road when you have to, but try to keep yourself challenged all the way to the end. Finish Strong.
5	1:30:00 - 1:35:00	Cool Down	-5%	1-2	60-80	Bring your resistance to about 7 (scale of 1-10). Do not take off all resistance. Start pedaling around 80 rpm for a couple of minutes and then slow down to what you are comfortable with. The goal here is to remove lactate and CO2 and other metabolic buildup from muscle tissue resulted from the grinding climbs. Gently re-direct the blood pool from your legs back to your torso by pedaling comfortably. This is good place to reflect on your ride, pat yourself on the back and celebrate your victorious finish! Remember to stretch, refuel and avoid another hard workout the next day (may be the next two days depending on your effort level on the ride). This ride was extremely difficult. Let your body heal and recover fully before you take on the next grueling challenge!

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## TRAINING GOAL: (Moderate)

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00 - 05:00	Warm-Up	+2%	1-2	90	Use the first five minutes to pedal easily. Add enough resistance to begin feeling the road under your bike. Start at your level 4 (resistance scale of 1-10) to start your warm up. Once you have found this resistance, pick up your pace to 90 rpm for the entire warm up. Add gradually in the next five minutes. Your goal is to finish your warm up when you feel slightly out of breath and as you break a sweat. The purpose of warm up is to prime the legs and gently direct blood/oxygen/nutrients to the working muscles in order to be able to finish strong and to prevent injury. As you warm up, think about keeping good form, relaxing your upper body, hydrating sufficiently, and about challenging yourself on this ride. You are in charge of your resistance level. Commit to this ride. Remember, Mt. Baldy is crowned as one of the (if not the most) challenging stages of Amgen in the past six years! How will YOU ride it today?
2	00:05 - 35:00	Climbing	+8%	3-4	70-80	<p>This segment is a challenging climb. You will ride about 9 miles and gain approximately 2,400 ft. in elevation. Your grade varies but averages over 8%. Knowing this, you want to pace yourself during these 30 minutes. Mt. Baldy is an extremely challenging ride. You don't want to start too hard and bonk half way through this ride.</p> <p>We'll do multiple sets of seated and standing climbs. Start at moderately heavy resistance where you can maintain seated 70rpm for the next 5 minutes without nearing a breathless state. Come out of the saddle and climb at the same resistance for two minutes. Since you are not adding resistance out of the saddle, your cadence should increase to an easy 80rpm without a major change in your breathing. Repeat the next set as: 7 minutes seated climb at 70 rpm, and 2 minutes standing climb at 80 rpm.</p> <p>Continue with 7 minutes seated climb at 70 rpm, and 3 minutes standing climb at 80 rpm.</p> <p>Take the next 4 minutes in and out of the saddle as your body dictates. Maintain enough resistance to support your knees out of the saddle and to make the climb challenging without being too difficult to handle.</p>

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TRAINING GOAL: (Moderate)

Continued from previous page

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
3	35:00 - 1:05:00	Interval Climbing	+7%	2-3	70-90	<p>You are still on a good size hill, but will hit a few quick down hills. This is an opportunity to insert a few intervals in the ride. Start at 90 rpm with moderate amount of resistance to feel the work. After 2 minutes, add enough resistance to slow your legs to 80 rpm and climb for the next 2 minutes. Add more resistance to slow down to 70 rpm. Climb seated here for one minute. Your perceived exertion should be hard. Take the next minute to come out of the saddle and recover.</p> <p>Repeat this set one more time at the same effort level as the first set. Keep your breathing under control. Add moderate amount of resistance and climb for 4 minute at 80 rpm. Time to add more resistance and climb at 70rpm for 2 minutes. Recover for one minute out of the saddle.</p> <p>Repeat the set one more time at the same resistance. Your effort level should feel hard, but not impossibly so. Take the last 4 minutes of this segment and pedal at 90 rpm with moderate resistance. The quick pace will help with your active recovery. As your muscles contract at this fast clip, they clear the metabolic by-product buildup. The goal is to prepare for the last segment of this ride</p>
4	1:05:00 - 01:30:00	Very Hard Climb	+10%	4-5	50-60	<p>There is no way to make the next 25 minutes “bearable”! This section of the road, leading to the top of Mt. Baldy, is an unforgiving stretch that holds 10 severe switchbacks ranging from 10% to 15% grades. This section humbles most seasoned riders, and you’ll earn bragging rights when you finish the ride today. Add as much resistance as you can handle and vary your cadence between 50 and 60 rpm’s. Check your form, relax your upper body, sit back in the saddle, set you jaw, take a deep breath, and commit to finish. Now is the time to dig deep and deliver. When you feel it is too difficult to stay seated, bring it out of the saddle. Resist taking off the tension if you can. But if feel any sign of pressure or pain in your back or knees, and coming out of the saddle does not help you to stay on course, then adjust your road. Try your best to keep the challenge. You are almost done! Finish Strong.</p>
5	1:30:00 - 1:35:00	Cool Down	-5%	1-2		<p>Bring your resistance to about 7 (scale of 1-10). Do not take off all resistance. Start pedaling around 80 rpm for a couple of minutes and then slow down to what you are comfortable with. The goal here is to remove lactate and CO2 and other metabolic buildup from muscle tissue resulted from the grinding climbs. Gently re-direct the blood pool from your legs back to your torso by pedaling comfortably. This is good place to reflect on your ride, pat yourself on the back and celebrate your victorious finish! Remember to stretch, refuel and avoid another hard workout the next day (may be the next two days depending on your effort level on the ride). This ride was extremely difficult. Let your body heal and recover fully before you take on the next grueling challenge!</p>

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TRAINING GOAL: (Hard)

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1	00:00 - 05:00	Warm-Up	+2%	1-2	90	Use the first five minutes to pedal easily. Add enough resistance to begin feeling the road under your bike. Start at your level 4 (resistance scale of 1-10) to start your warm up. Once you have found this resistance, pick up your pace to 90 rpm for the entire warm up. Add gradually in the next five minutes. Your goal is to finish your warm up when you feel slightly out of breath and as you break a sweat. The purpose of warm up is to prime the legs and gently direct blood/oxygen/nutrients to the working muscles in order to be able to finish strong and to prevent injury. As you warm up, think about keeping good form, relaxing your upper body, hydrating sufficiently, and about challenging yourself on this ride. You are in charge of your resistance level. Commit to this ride. Remember, Mt. Baldy is crowned as one of the (if not the most) challenging stages of Amgen in the past six years! How will YOU ride it today?
2	00:05 - 35:00	Climbing	+8%	3-4	70-80	<p>This segment is a challenging climb. You will ride about 9 miles and gain approximately 2,400 ft. in elevation. Your grade varies but averages over 8%. Knowing this, you want to pace yourself during these 30 minutes. Mt. Baldy is an extremely challenging ride. You don't want to start too hard and bonk half way through this ride. Start pedaling at 80 rpm and with your resistance level close to your 8 (scale of 1-10). Climb in the saddle for 6 minutes and recover out of the saddle for one minute. Repeat the set one more time.</p> <p>Now add more resistance to slow your cadence to 70 rpm. Climb at this new resistance for 3 minutes in the saddle. Come out of the saddle for one minute. Repeat the set one more time.</p> <p>Reduce a little resistance so you can pick up your pace and return to your 80 rpm cadence. Start out of the saddle and use the first minute as recovery from the previous drill. Add the resistance back on to slow your legs to 70rpm. Take the rest of this hill in and out of the saddle. Vary your cadence between 70 and 80 rpm's. Add a touch of resistance when you come out of the saddle to counter the gravity's effect. You want to keep the work honest! Adjust as you get back in the saddle.</p>

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TRAINING GOAL: (Hard)

Continued from previous page

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TRAINING GOAL: (Hard)

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5	1:30:00 - 1:35:00	Cool Down	-5%	1-2	80-60	<p>Bring your resistance to about 7 (scale of 1-10). Do not take off all resistance. Start pedaling around 80 rpm for a couple of minutes and then slow down to what you are comfortable with. The goal here is to remove lactate and CO2 and other metabolic buildup from muscle tissue resulted from the grinding climbs. Gently re-direct the blood pool from your legs back to your torso by pedaling comfortably. This is good place to reflect on your ride, pat yourself on the back and celebrate your victorious finish! Remember to stretch, refuel and avoid another hard workout the next day (may be the next two days depending on your effort level on the ride). This ride was extremely difficult. Let your body heal and recover fully before you take on the next grueling challenge!</p>

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# Epic California - Mt. Baldy 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	00:05 - 35:00	Climbing	+8%	3-4		
3	35:00 - 1:05:00	Interval Climbing	+7%	2-3		
4	1:05:00 - 01:30:00	Very Hard Climb	+10%	4-5		
5	1:30:00 - 1:35:00	Cool Down	-5%	1-2		

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.