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.
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.
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 Mike Henderson

Mike Henderson is just the kind of Epic Rider we love to highlight.

Mike is a cancer survivor of over 16 years and even though he just turned 50, he still feels like he’s 21!

After surviving cancer Mike decided that he needed to give back something for the life he had gained and since then he’s been an enthusiastic supporter of Leukemia and Lymphoma Society in their Team in Training Cycling program as a participant, as well as the MS, Diabetes, Arthritis, Cancer Societies, and Livestrong. Today, Mike is heavily involved with the Challenged Athletes Foundation (CAF)

Mike has used stationary training for many, many years and found it an essential part of his annual training program. When the weather is bad, which isn’t often in Southern California, he can still get those miles in. Stationary training also allows him to focus on very specific areas like strength, power, intensity and endurance without the distractions of cars, people or stop lights. He feels he can actually spend less time on the bike and get more accomplished. In Mike’s words, “One hour of stationary training is, depending on intensity, between one hour and fifteen to one and half hours on the road.”
## epicRIDES™ Training Zones

<table>
<thead>
<tr>
<th>Training Zone</th>
<th>% of Threshold Power</th>
<th>Approx. % of Maximal HR*</th>
<th>Rating of Perceived Exertion 1-10 Scale</th>
<th>Primary Energy System</th>
<th>Primary Muscle Fibers</th>
<th>Primary Fuel</th>
<th>Benefits</th>
</tr>
</thead>
</table>
| 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
- Climb Timer
- Training Zone
- Average Grade
  (for segment)
- Current Ride Profile
- Terrain Profile
- Ride Timer
## Epic San Diego - Great Western Loop Ride 1

### Easy Ride

<table>
<thead>
<tr>
<th>Segment</th>
<th>Time</th>
<th>Training Activity</th>
<th>Avg. Grade</th>
<th>TZ</th>
<th>RPM</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>00:00-05:00</td>
<td>Warm Up</td>
<td>+1%</td>
<td>1-2</td>
<td>50-120</td>
<td>Like any warm up it’s important to get your muscle ready for what exercise you are about to put on them. Most of us are sitting during the day and not moving a whole lot. You body and muscles have constricted the flow of blood and in a sense folded up. I recommend starting slow, 50 to 60 RPMs on your stationary and slowly increasing the speed of your pedaling 5 or 10 RPMs each minute, up to 100. Then start over again and increase every 30 seconds 10 RPMs up to 120. Resistance should be light at this point. Take 10 minutes or more to warm up. You’ll appreciate later and are less likely to strain something.</td>
</tr>
<tr>
<td>2</td>
<td>00:05-25:00</td>
<td>Climb</td>
<td>+6%</td>
<td>2-3</td>
<td>50-80</td>
<td>This section is still heading up to where the hills really start and along the way there are a few short climbs. What I love about this part is the scenery around you. The road seems skinny but in reality there is plenty of room for one cyclists. Stay to the right. Use these sections to sit and stand during the ride. During this section of the training ride I recommend standing for 1 minute, then sitting for 1 minute. Alternate and you’ll find that it’s easier and uses other muscles. Then you get a down hill to spin your legs. Lower the resistance and spin as you fly down the hill.</td>
</tr>
<tr>
<td>3</td>
<td>25:00-50:00</td>
<td>Hard Climb</td>
<td>+7%</td>
<td>3-4</td>
<td>50-80</td>
<td>This is the section to increase that effort. Don’t go into the red. Bring it up to between a moderate and moderately high effort. It’s a steady climb. This a good place to work on your RPM (Rotation Per Minute). Climbing shouldn’t be about pushing a big gear most of the time. It should be about finding a RPM that works for you but in general should be higher than you think.</td>
</tr>
<tr>
<td>4</td>
<td>50:00-1:10:00</td>
<td>Interval Climb</td>
<td>+4%</td>
<td>3-4</td>
<td>80-120</td>
<td>Nice place to push yourself on these up and down sections. Short intervals will build your ability to increase intensity, recover, and do it again. I recommend increasing your RPMs in this section of the course to work on that technique in your hill climbing. It’s not just about big gears or grinding up a hill. Work on fast legs with easier gearing where you can.</td>
</tr>
<tr>
<td>5</td>
<td>1:10:00-1:25:00</td>
<td>Interval Climb</td>
<td>+4%</td>
<td>3-4</td>
<td>80-120</td>
<td>Find your rhythm. You’ve been working hard, now is time to find what works for you. Slow or fast RPM. Let you legs find what works best. Stay in beat with the music if that works for you. Keep in mind there is one place where it tips up to 12% plus for a short distance.</td>
</tr>
<tr>
<td>6</td>
<td>1:25:00-1:30:00</td>
<td>Cool Down</td>
<td>-5%</td>
<td>1-2</td>
<td>50-100</td>
<td>I like to cool down like I warmed up. Start a slow RPM around 50 to 60 and slowly, every minute, increase the RPM by 10 up to 100. Then hold it at 100 for 2 to 5 minutes. Once you complete that slowly, every 30 seconds, reduce your RPM by 10 down to 50 or 60. This will take longer but it allows your body to recover, clear that lactic acid out of your blood stream and allow your body to cool down.</td>
</tr>
</tbody>
</table>

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## Epic San Diego - Great Western Loop Ride 2

### Moderate Ride

<table>
<thead>
<tr>
<th>Segment</th>
<th>Time</th>
<th>Training Activity</th>
<th>Avg. Grade</th>
<th>TZ</th>
<th>RPM</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>00:00-05:00</td>
<td>Warm Up</td>
<td>+1%</td>
<td>1 - 2</td>
<td>50-120</td>
<td>Like any warm up it’s important to get your muscle ready for what exercise you are about to put on them. Most of us are sitting during the day and not moving a whole lot. You body and muscles have constricted the flow of blood and in a sense folded up. I recommend starting slow, 50 to 60 RPMs on your stationary and slowly increasing the speed of your pedaling 5 or 10 RPMs each minute, up to 100. Then start over again and increase every 30 seconds 10 RPMs up to 120. Resistance should be light at this point. Take 10 minutes or more to warm up. You’ll appreciate later and are less likely to strain something.</td>
</tr>
<tr>
<td>2</td>
<td>00:05-25:00</td>
<td>Climb</td>
<td>+6%</td>
<td>3 - 4</td>
<td>50-80</td>
<td>Time to work a bit harder. Your system is warm but by the end of this 15 minutes you’ll be hot. We’re adding an additional minute to our sit and stand and hard gear for this section. The rest will still be 1 minute. Stand for 2 minutes in a gear that allows you to pedal at 50 to 60 RPMs. Sit easy for 1 minute and spin. Then, sit in a hard gear, for 2 minutes. Back to easy 1 minute spinning. Do this the entire 15 minutes.</td>
</tr>
<tr>
<td>3</td>
<td>25:00-50:00</td>
<td>Hard Climb</td>
<td>+7%</td>
<td>3 - 4</td>
<td>50-80</td>
<td>Individual Leg Training (ILTs). In this section we’re going to work on building more strength with an on the bike leg lifting effort. Carefully unclip from the pedal one side while continuing to pedal with the other for 30 seconds. As you come to the end of that 30 seconds, put the released foot on the pedal and get ready to reattach and pedal. At 30 seconds, switch legs and unclip the opposite side. Just let your leg hang. It’ll be fine. Continue doing this for the entire 25 minutes. Your quads should be burning by the end of 30 seconds and if not, add some more resistance.</td>
</tr>
<tr>
<td>4</td>
<td>50:00-1:10:00</td>
<td>Interval Climb</td>
<td>+4%</td>
<td>4 to 5</td>
<td>80-120</td>
<td>Let’s work on quick intervals. In this section we’re going to kick up your cardio system with short fast accelerations each lasting 30 seconds. To start click it up two gears and bring up your RPM to a pace you can hold for 30 seconds. At the end rest in an easy gear for 30 seconds. Do this 5 times, then take a full 2 minute break then repeat the interval set for 5 more times. Do this the entire 20 minutes.</td>
</tr>
<tr>
<td>5</td>
<td>1:10:00-1:25:00</td>
<td>Interval Climb</td>
<td>+4%</td>
<td>3 - 4</td>
<td>80-120</td>
<td>Last hard section and this time it’s over’s and under. This is a 15 minute climb. During the climb you are going to be going at your climbing pace which should have you breathing hard. At the top of the minute you are going to increase your pace by 10 RPMs for 2 full minutes. Don’t stop in the middle or slow down the RPM. At the end of 2 minutes, go back to race pace. DON’T REST OR JUST SPIN. Back to race pace. This helps you work on your bodies ability to go catch onto a passing pack or drop riders. You’ll continue to do this the entire 15 minutes and by the end you should be ready for a cool down.</td>
</tr>
<tr>
<td>6</td>
<td>1:25:00-1:30:00</td>
<td>Cool Down</td>
<td>-5%</td>
<td>1 - 2</td>
<td>50-100</td>
<td>I like to cool down like I warmed up. Start a slow RPM around 50 to 60 and slowly, every minute, increase the RPM by 10 up to 100. Then hold it at 100 for 2 to 5 minutes. Once you complete that slowly, every 30 seconds, reduce your RPM by 10 down to 50 or 60. This will take longer but it allows your body to recover, clear that lactic acid out of your blood stream and allow your body to cool down.</td>
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## Hard Ride

<table>
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<tr>
<td>1</td>
<td>00:00-05:00</td>
<td>Warm Up</td>
<td>+1%</td>
<td>1-2</td>
<td>50-120</td>
<td>Like any warm up it’s important to get your muscle ready for what exercise you are about to put on them. Most of us are sitting during the day and not moving a whole lot. You body and muscles have constricted the flow of blood and in a sense folded up. I recommend starting slow, 50 to 60 RPMs on your stationary and slowly increasing the speed of your pedaling 5 or 10 RPMs each minute. up to 100. Then start over again and increase every 30 seconds 10 RPMs up to 120. Resistance should be light at this point. Take 10 minutes or more to warm up. You’ll appreciate later and are less likely to strain something.</td>
</tr>
<tr>
<td>2</td>
<td>00:05-25:00</td>
<td>Climb</td>
<td>+6%</td>
<td>3-4</td>
<td>50-80</td>
<td>Now we’re going to do what we did in the moderate section but reduce the rest time to 30 seconds. Use a big gear with a resistance that will allow you to push 50 to 60 RPMs. This should feel like pushing up an incline of 10 % or more. Now sit and spin for 30 seconds easy gear. Next, sit in a big gear pushing 50 to 60 RPMs for 2 minutes. Next, spin for 30 seconds. Alternate this for the full 20 minutes.</td>
</tr>
<tr>
<td>3</td>
<td>25:00 - 50:00</td>
<td>Hard Climb</td>
<td>+7%</td>
<td>4-5</td>
<td>50-80</td>
<td>Time for ILTs again (See Moderate Ride for ILT details). In the moderate section we were using 30 seconds, now we’re going to kick it up to a minute. The resistance should be set to allow you to pull up and over and by 45 seconds your quad should feel the burn. No rest though. Get the other foot ready to snap in and start the next minute on the opposite leg.</td>
</tr>
<tr>
<td>4</td>
<td>50:00 - 1:10:00</td>
<td>Interval Climb</td>
<td>+4%</td>
<td>4-5</td>
<td>80-120</td>
<td>We are going to work on our cardio fitness with intervals. They hurt at 30 seconds but at 1 minute each, they really burn. Again, 1 minute of a tempo you can hold the entire time, than 1 minute off. Do this 5 times, then rest for 2 minutes. You won’t get as many intervals in as you did in the Moderate Ride workout but it will hurt a lot more.</td>
</tr>
<tr>
<td>5</td>
<td>1:10:00 - 1:25:00</td>
<td>Interval Climb</td>
<td>+4%</td>
<td>3-4</td>
<td>80-120</td>
<td>In the moderate section we did over and under. We are going to do it again but this time we increase the time to 3 minutes with 2 minutes pace between. Start by riding at climbing pace which should have you breathing hard for 2 minutes. At the end increase your RPM by 10 and ride at that pace for 3 minutes. DON’T SLOW DOWN. At the end, reduce the RPM to climbing pace and recover for 2 minutes. At the end of 2 minutes pick it up again by 10 RPMs and hold for 3 minutes. I recommend this workout once a week and do it at least 2 days or more prior to a weekend ride. You’ll need time to recover from this really hard effort.</td>
</tr>
<tr>
<td>6</td>
<td>1:25:00 - 1:30:00</td>
<td>Cool Down</td>
<td>-5%</td>
<td>1-2</td>
<td>50-100</td>
<td>I like to cool down like I warmed up. Start a slow RPM around 50 to 60 and slowly, every minute, increase the RPM by 10 up to 100. Then hold it at 100 for 2 to 5 minutes. Once you complete that slowly, every 30 seconds, reduce your RPM by 10 down to 50 or 60. This will take longer but it allows your body to recover, clear that lactic acid out of your blood stream and allow your body to cool down.</td>
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**TRAINING GOAL:**

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<td>1-2</td>
<td></td>
<td></td>
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<td>2-3</td>
<td></td>
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