



HQ: 132 Aisha Street, Greenville, SC 29607 – United States

W1D1: Training Session December 15, 2015

3. 20 min warm-up Z1 easy
4. Sky TT protocol
 - I. 5 min light
 - II. 8 min progressive to Z5
 - III. 2 min easy
 - IV. 2 min to include - 3 x 6s accelerations
 - V. 3 mins easy
2. 4 x 90 sec. SFR (Strength-Force-Recruitment) interval at 40-50 rpm/HR <Z3 or 85% of you Functional Lactate Threshold. If working on perceived effort, that is a 7-8 level of pain/fatigue/exhaustion on a scale 1-10. Recovery 2 min. in Z1
3. 5-10 min. casual pace in Z2-3
4. Repeat Step “2”
5. 10-15 min, at goal-race pace, or in Z2-Z3-high, aka 75-95% of FLT. If working on perceived effort, that is a 7-8 level of pain/fatigue/exhaustion on a scale 1-10.
6. Warm-down 10-20 min

W2D2: Training Session December 22, 2015

1. 20 min warm-up
2. Sky TT protocolⁱ
3. FLT/FLT-Power/FLT-HR Test (*Cycling LT Test*):
 - a. Warm-up with 10-15 minutes of light cycling (or the Sky Protocol)
 - b. Begin a 20 minute Time Trial (TT), and work up to your maximum *sustainable* intensity within the first 3-5 minutes.
 - c. Hold that pace to your 10th minute
 - d. Hit “lap” on your Garmin or HRM, and keep going as hard as you



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can for 10-15 more minutes, within your “sustainable” pace—as opposed to going too hard, than slowing down, then picking the pace up again, etc.

e. **Record** your AVERAGE heart rate for the last 10-15 minutes.

5. Write down all significant LAP data available to you:

- Average HR
- Average Power
- Average NP Power
- Average Cadence
- Calories Burned
- Temperature
- Mood
- Health state
- Stress level
- Type of bike (Road or TT)
- Personal Considerations

6. Testing Notes and Considerations

- If 30 minutes is daunting, this test can be modified by simply performing three 5 minute hard, sustainable efforts with 5 minutes rest between each effort; HOWEVER I strongly suggest to stick to the original 10+10-15 min protocol. This is a baseline test, so no worries if the numbers are not what you thought would/should be
- An alternative method is, following the warm-up, to cycle for 8 minutes as steady and fast as possible up a slight hill (2-3%), at 80-100RPM. Record your average heart rate during the climb, then rest 3 minutes (or descend). Repeat 1x, and record your LT heart rate for cycling as an average of your two 8 minute climbs

7. Email your data to: AeV.Hincapie@gmail.com - Subject line “BASELINE FLT Test”

8. End of Session Considerations and Club Notes:



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- Core will resume on January 7, 2015, at GCB or other location-to be announced
- Later today I will upload the workouts to do on your own during the holidays. Let me know ASAP if you are interested on trying a Sufferfest video.
- Team kits: if you need/want me to order team uniforms:
 - Amore&Vita-USA Racing Hincapie-Velocity Top+Bottom Team Kit Deal: \$120
 - Any Hincapie CUSTOM item, same design, (-) 30% MSRP, the 5% (considering a 35-40% discount from Hincapie) profit goes toward team clinics, travel contributions, etc.
 - T-Shirts: I will order those today as well. I will sell them at \$25 each, but team members get a 40% off that price, meaning \$15/each. My cost is around 10-12 bucks, so if there is any profit, it will be used toward team activities as well.
- See you on January 12, 2016 (cycling), either at GCB or at the new “S.H.I.E.L.D. location-enhanced Pain Cave.” Merry Christmas and Happy 2016.

Christmas/New Year’s Holidays (2015-2016)

Guidelines: During our holidays break (23DEC15-07JN16), we will focus on finding balance in life, rather than actual peak performance. Ultimately, the achievement of a mostly-balanced life will lead to peak performance, but peak performance is a byproduct of balance and not the other way around. In order to celebrate our lives and the lives of our loved ones, it is key for all of us to put our families at the center of our “training universe” without compromising our fitness progression. The good news is that, because of your affiliation with Amore&Vita-USA Racing, you can benefit from some heartfelt holidays’ damage-control



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help. Here it

Tuesday, December 29, 2015: SFR Week 2-3. This workout can be done once a week, as part 2 of a 2-part strength protocol. Part 1 would be lifting weights at the gym. It is essential to complement this strength work with core/mobility specific protocols.

1. **Sky TT Warm-up Protocol:** see endnote
2. **5 min easy (Z1)**
3. **6 x 90 sec. SFR** (Strength-Force-Recruitment) interval at 40-50rpm/HR <Z3 or 85% of you Functional Lactate Threshold. If working on perceived effort, that is a 7-8 level of pain/fatigue/exhaustion on a scale 1-10. Recovery 2 min. in Z1
5. **5-10 min. casual pace** in Z2-3
6. **5. 10-15 min, at goal-race pace**, or in Z2-Z3-high, aka 75-95% of FLT. If working on perceived effort, that is a 7-8 level of pain/fatigue/exhaustion on a scale 1-10.
6. **Warm-down** 10-20 min

Weekend after Christmas: Repeat the same session.

Tuesday, January 5, 2016: Sufferfest “THE LONG SCREAM.” Available at: <http://thesufferfest.com/collections/cycling-videos/products/the-long-scream> - Sufferfest does an incredible job: let’s reward them with the \$9.99/download for life.



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Thursday, January 20, 2016: “SFR-Long” W4-Cycling. This workout can be done once a week, as part 2 of a 2-part strength protocol. Part 1 would be lifting weights at the gym. It is essential to complement this strength work with core/mobility specific protocols.

Total Duration: 75-90 minutes

1. **Sky TT protocol:** see endnote
2. **5 min easy (Z1)**
3. **4 x 6 min. SFR-Long** (Strength-Force-Recruitment)



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1. 40-50rpm
2. HR Z2-high to Z3-low (or 80-90% FLT-HR.
3. Recovery between sets: 3 min. as **FIRST RECOVERY MINUTE** in Z2 at 100-110 RPM cadence, then 2 min. Z1-Z2 at any cadence conducive to recovery
- 4. 5 min. casual pace** in Z1-2
- 5. 5-10 min, at MAF-high (+/- 145 BPM)**
- 6. Warm-down** 10-20 min

Saturday, January 22 (facultative): “Introduction to HIIT techniques in cycling” – **Duration:** 40-60 min.

- 6. 10-15 min. Z1-Z2 Warm-up**
- 7. Sky TT Warm-Up Protocol:** see endnote
- 8. 5 min. Z1**
- 9. 4-6 30-sec. MAXIMAL EFFORT sprints:**
 - i. Recovery 4min 30sec. recovery after each sprint
 - ii. MAXIMAL means that you should almost pass out at the end of each sprint, thus, recovery can be REST
 - iii. **Indoor:** Sprint Seated
 - iv. **Outdoor:** Uphill Sprints Standing
- 10. Warm-down:** 5-15 min.

Post Session Comments



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References/Endnotes:

ⁱ Sky TT protocol

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- II. 8 min progressive effort or gear to Z5
- III. 2 min easy
- IV. 2 min to include - 3 x 6s accelerations
- V. 3 min easy