



Go For Broke – Ride to Beat Depression Ten Week Training Plan

Prepared by James Swadling of Fast Twitch Performance Coaching

www.FastTwitchPerformance.com

The following 10-week training plan is designed with the intermediate rider in mind, preparing for the 2020 ***Go For Broke***. Each training block includes specific techniques outlined below:

Endurance

- Steady state ride performed at an easy to moderate intensity. Avoid periods of coasting or soft pedalling, as well as any hard efforts.
- Maintain cadence between 90-100rpm on the flats and 75-85rpm on the climbs.

Spin Ups

- High cadence efforts performed for 20sec with light gear and low resistance designed to improve the neuromuscular connection.
- While riding in a light gear, accelerate to as fast a cadence as possible while keeping pedal stroke smooth. Allow for 3min recovery between efforts.

Power Climbs

- Uphill efforts with a challenging gear at a lower cadence and sustainable power output.
- Remain in the saddle for the duration of the effort maintaining a cadence range of 60-70rpm. Focus on pedalling in full circles, avoid dropping your heel below the pedal on your down stroke, and descend for recovery between reps.



Tempo

- Moderate to high intensity intervals performed at a steady state power output just below threshold on flat to undulating roads.
- Perceived effort should be 'comfortably uncomfortable'. Maintain cadence range of 90-100rpm.

Leg Speed

- High cadence interval workout designed to boost leg speed, refine pedalling technique and enhance neural pathways.
- Remain seated for each effort and use a gear that is light enough to spin but just heavy enough so that you can feel some light resistance.
- 4min set as follows: 2min @ 105rpm / 1min @ 110rpm / 30sec @ 115rpm / 15sec @ 120rpm / 15sec MAX

Hill Reps

- Maximal effort climbing intervals simulating race intensity. Alternate between seated and standing positions as necessary.
- Maintain cadence between 80-100rpm and descend for recovery between reps.

Speed Intervals

- Speed endurance session requiring you to ride 10sec hard, 50sec easy for a total of 6mins per set. Allow for 10min easy spin recovery between sets.
- Keep cadence above 110rpm for the 10sec hard and above 85rpm for the 50sec easy. Don't back off completely during the 50sec easy- be sure to maintain a moderate pace.

Recovery

- Very easy and comfortable ride with the sole aim of facilitating recovery via gentle spinning. Avoid hills and hard efforts at all costs.



Training Block #1: PREPARATION

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|------|--|---|------|--|------|--|
| Week #1 13 th Jul-19 st Jul Total: 170km | REST | SPIN UPS 30k with 5x20sec high cadence | POWER CLIMB 30k with 2x3000m power climbs | REST | TEMPO 30k with 1x20min flat road tempo | REST | ENDURANCE 80k Moderate intensity group ride |
| Week #2 20 th Jul-26 th Jul Total: 200km | REST | SPIN UPS 30k with 5x20sec high cadence | POWER CLIMB 40k with 2x3000m power climbs | REST | TEMPO 30k with 1x20min flat road tempo | REST | ENDURANCE 100k Moderate intensity group ride |
| Week #3 27 th Jul-2 nd Aug Total: 230km | REST | SPIN UPS 30k with 5x20sec high cadence | POWER CLIMB 50k with 3x3000m power climbs | REST | TEMPO 30k with 1x30min flat road tempo | REST | ENDURANCE 120k Moderate intensity group ride |
| Week #4 3 rd Aug-9 th Aug Total: 140km | REST | SPIN UPS 20k with 3x20sec high cadence | ENDURANCE 30k Moderate intensity group ride | REST | RECOVERY 20k Easy intensity group or solo ride | REST | ENDURANCE 70k Moderate intensity group ride |



Training Block #2: SHOCK

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|------|--|--|------|---|------|---|
| Week #5 10 th Aug-16 th Aug Total: 230km | REST | LEG SPEED 30k with 2x4min leg speed ramps | HILL REPS 50k with 2x3000m threshold hill reps | REST | SPEED INTERVALS 30k with 2x6min speed intervals | REST | TEMPO CLIMBS 120k With 3x3000m tempo climbs |
| Week #6 17 th Aug-23 rd Aug Total: 270km | REST | LEG SPEED 40k with 3x4min leg speed ramps | HILL REPS 50k with 3x3000m threshold hill reps | REST | SPEED INTERVALS 40k with 3x6min speed intervals | REST | TEMPO CLIMBS 140k With 4x3000m tempo climbs |
| Week #7 24 th Aug-30 th Sep Total: 140km | REST | RECOVERY 20k Easy intensity group or solo ride | ENDURANCE 30k Moderate intensity group ride | REST | RECOVERY 20k Easy intensity group or solo ride | REST | ENDURANCE 70k Moderate intensity group ride |
| Week #8 31 st Aug-6 th Sep Total: 310km | REST | LEG SPEED 50k with 4x4min leg speed ramps | HILL REPS 50k with 4x3000m threshold hill reps | REST | SPEED INTERVALS 50k with 4x6min speed intervals | REST | TEMPO CLIMBS 160k With 5x3000m tempo climbs |



Training Block #3: TAPER

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--|------|---|--|------|---|--|--|
| Week #9 7 th Sep-13 th Sep <i>Total: 160km</i> | REST | LEG SPEED 30k with 2x4min leg speed ramps | HILL REPS 30k with 2x3000m threshold hill reps | REST | SPEED INTERVALS 30k with 2x6min speed intervals | REST | TEMPO CLIMBS 70k With 2x3000m tempo climbs |
| Week #10 14 th Sep-20 th Sep <i>Total: 250km</i> | REST | LEG SPEED 20k with 1x4min leg speed ramp | HILL REPS 30k with 1x3000m threshold hill rep | REST | SPIN UPS 20k with 3x20sec high cadence | GO FOR BROKE 180k | REST |

Volumes and training frequency may be adjusted to suit the beginner or more advanced rider, as long as the balance of stress versus recovery is maintained and the periodised nature of the plan followed closely. Remember:

- **BE** consistent
- **DO** the intervals
- **RECOVER** and recover well

Best of luck!

Coach James Swadling, mobile: 0401 662 200, email: coaching@FastTwitchPerformance.com