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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Epic Acadia

Train to a Virtual Ride in Acadia National Park, Maine with a beautiful and challenging climb up Cadillac Mountain!

VIRTUAL RIDES / REAL WORKOUTS
for indoor cycle training

Introduction

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)!

MapMyRide.com powered by MapMyFitness

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

by Joey Adams

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 I will ask athletes that I 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 Joey Adams

Joey Adams is a twenty-five year veteran of the sports and fitness industry, as well as a ten year Indoor Cycling Master Trainer.

Joey holds a Bachelor's Degree in Physical Education, a Master's in Exercise Science and a Post-Baccalaureate in Education. He is an elementary educator and owner of Intelligent Fitness. Intelligent Fitness provides human performance assessments and coaching. Joey has based his philosophy of wellness and fitness on the science and principles of training. Training with power provides that "science"' link that has been missing in cardiovascular training, until the development of the CycleOps Power Indoor Cycle.

Joey resides in Vermont living the vegan lifestyle while running amuck with his wife and curious children.

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epicRIDES™ Training Zones

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	• 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

Epic Acadia Training Ride 1

TRAINING GOAL: Aerobic Climbing - EASY

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00-05:00	Warmup	+4%	1-2	Varied	In and out of saddle every minute or when riders come out of saddle, but keep heart rate low and breathing easy.
2	05:00-20:00	Rolling Hills	+/- 4%	2-3	80 when easy, 90+ when working hard	30 seconds of work and settle into 4 minutes of rest/easy spin and 1 minute of work x 3 efforts. You may choose to "go" a little when a rider takes off.
3	20:00-30:00	Power Paceline	+4%	2-3	Work 70-80 Rest 60-70	Steady intervals of even time work to rest, recover as needed or when you notice an increase in your breathing.
4	30:00-50:00	Hard Climb	+7%	4	70-80	Set a steady working tempo, one that you can sustain, but is an effort. Vary your tempo as needed, shift in and out of the saddle as needed. Make the steady climb count!
5	50:00-55:00	Speed Work	-7%	2	90-100	Flush out those legs with some rpms! Set a high cadence and use it to clear out lactate to feel better for your next epic ride
6	55:00-1:00:00	Cool Down	-4%	1	90 that fades over time	You've earned it, time to head to the shower, but first cool down with low resistance and easy rpm. Let your HR come down to within 20% of starting.

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.

Epic Acadia Training Ride 2

TRAINING GOAL: Aerobic and Anaerobic - MODERATE

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00-05:00	Warmup	+4%	1-2	Varied	In and out of saddle every minute or when riders come out of saddle, gradually raise HR with varied gearing.
2	05:00-20:00	Rolling Hills	+/- 4%	2-4	90+	Think uphill TT, gradually increase resistance every 3-5 minutes as it gets steeper. The goal is to keep RPM constant in a TT like fashion that builds power. Surge and accelerate with the riders.
3	20:00-30:00	Power Paceline	+4%	2-4	Out of saddle 70-80 In the saddle 60-70	Start out of the saddle for 1 minute followed by 2 minutes of work in the saddle. The aim is to keep gearing constant and steady. As you climb the goal is to repeat intervals with the riders.
4	30:00-50:00	Hard Climb	+7%	4-5	70-80 90 when surging	Time to crank the resistance and increase the rpm as you climb. Every 5 minutes the hill gets steeper with more resistance. After every fourth minute take a 1 minute high rpm spin with less resistance to recover for the next harder effort. With one minute left unwind a sprint to the top!
5	50:00-55:00	Speed Work	-7%	2	90-100	Flush out those legs with some rpms! Set a high cadence and use it to clear out lactate to feel better for your next epic ride.
6	55:00-1:00:00	Cool Down	-4%	1	90 that fades over time	You've earned it, time to head to the shower, but first cool down with low resistance and easy rpm. Let your HR come down to within 20% of starting.

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Epic Acadia Training Ride 3

TRAINING GOAL: Aerobic and Anaerobic - MODERATE

Segment	Time	Training Activity	Avg. Grade	TZ	RPM	Action
1	00:00-05:00	Warmup	+4%	1-2	Varied	In and out of saddle every minute or when riders come out of saddle, but keep heart rate low and breathing easy.
2	05:00-20:00	Rolling Hills	+/- 4%	2-4	80 when easy, 90+ when working hard	Ride the ride, every time a rider goes or stands up, you go with them… try to keep up! Use the climb clock to work the interval, don't get dropped on minutes 18 through 20!, and don't forget to sprint at the end!
3	20:00-30:00	Power Paceline	+4%	2-4	Work 70-80 Rest 90-100	1 minute to 5 minutes of rest, 1:45-2 minutes of work. When resting put on some resistance and learn to recover with higher rpm. When working start the interval seated until the added resistance forces you out of the saddle.
4	30:00-50:00	Hard Climb	+7%	4-5	80-90	20 minutes of just hard work, start at low rpm, add a little rpm and resistance every five minutes. As the riders get close to the top start breaking with them. When you see the countdown timers pop up break into a 15 second sprint, recover for 45 seconds and enjoy the final sprint for the finish!
5	50:00-55:00	Speed Work	-7%	2	90-100	Flush out those legs with some rpms! Set a high cadence and use it to clear out lactate to feel better for your next epic ride.
6	55:00-1:00:00	Cool Down	-4%	1	90 that fades over time	You've earned it, time to head to the shower, but first cool down with low resistance and easy rpm. Let your HR come down to within 20% of starting.

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Epic Acadia Training Ride Template

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	Warmup	+4%	1-2		
2	05:00-20:00	Rolling Hills	+/- 4%	2-4		
3	20:00-30:00	Power Paceline	+4%	2-4		
4	30:00-50:00	Hard Climb	+7%	4-5		
5	50:00-55:00	Speed Work	-7%	2		
6	55:00-1:00:00	Cool Down	-4%	1		

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