



TRAINING FOR A 1000m BIKEERG RACE

8 WEEK TRAINING PROGRAM - WORKOUT DETAILS - MONITORING PROGRESS - UNDERSTANDING PACING

TRAINING PROGRAM

WEEK 1	WORKOUT	AVERAGE PACE LOG
day 1	1000m ride. This is your initial time trial. Aim to maintain your pace over the second half. Record your time.	
day 2	6 x 500m work with 3 min rest	
day 3	4 x 1000m with 2 min rest	
day 4 (optional)	10,000m ride at a consistent pace	

WEEK 2	WORKOUT	AVERAGE PACE LOG
day 1	8 x 250m with 90 seconds rest	
day 2	6 x 500m with 3 min rest	
day 3	4 x 1000m with 2 min rest	
day 4 (optional)	6 x 1500m with 1 min rest	

WEEK 3	WORKOUT	AVERAGE PACE LOG
day 1	8 x 250m with 90 seconds rest	
day 2	7 x 500m with 3 min rest	
day 3	5 x 1000m with 2 min rest	
day 4 (optional)	12,000m ride at a consistent pace	

WEEK 4	WORKOUT	AVERAGE PACE LOG
day 1	10 x 250m with 90 seconds rest	
day 2	7 x 500m with 3 min rest	
day 3	5 x 1000m with 2 min rest	
day 4 (optional)	6 x 2000m with 1 min rest	

WEEK 5	WORKOUT	AVERAGE PACE LOG
day 1	10 x 250m with 90 seconds rest	
day 2	8 x 500m with 3 min rest	
day 3	6 x 1000m with 2 min rest	
day 4 (optional)	15,000m ride at a consistent pace	

WEEK 6	WORKOUT	AVERAGE PACE LOG
day 1	12 x 250m with 90 seconds rest	
day 2	8 x 500m with 3 min rest	
day 3	6 x 1000m with 2 min rest	
day 4 (optional)	5 x 3000m with 1 min rest	

WEEK 7	WORKOUT	AVERAGE PACE LOG
day 1	12 x 250m with 90 seconds rest	
day 2	10 x 500m with 3 min rest	
day 3	8 x 1000m with 2 min rest	
day 4 (optional)	20,000m ride at a consistent pace	

WEEK 8	WORKOUT	AVERAGE PACE LOG
day 1	6 x 250m with 90 seconds rest	
day 2	2 x 500m with 3 min rest	
day 3	1000m race	
day 4 (optional)	20,000m ride at a consistent pace	

Use your recorded pace from previous workouts to plan for the next. If the workout is the same as the previous week, see if you can improve your pace. If the workout has more intervals than the previous week, see if you can maintain the same pace.

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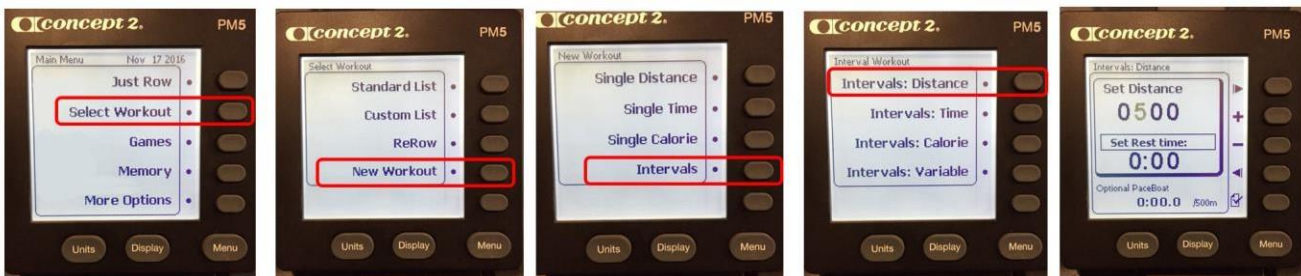
WORKOUTS

- Warm up prior to the workouts listed. The warm-up should consist of 5 to 10 minutes of cycling that begins easily, builds to moderate intensity, and includes a few short bursts of higher intensity near the end.
- Each week includes 3 workouts. We have included an optional 4th workout for those wishing to ride 4 times per week. Off days should include optional cross-training exercise.
- For the interval workouts, "Rest" is defined as very easy, zero intensity cycling.
- ***Review the section below on Monitoring Progress. Average pace of prior workouts will be used to target workout intensity.

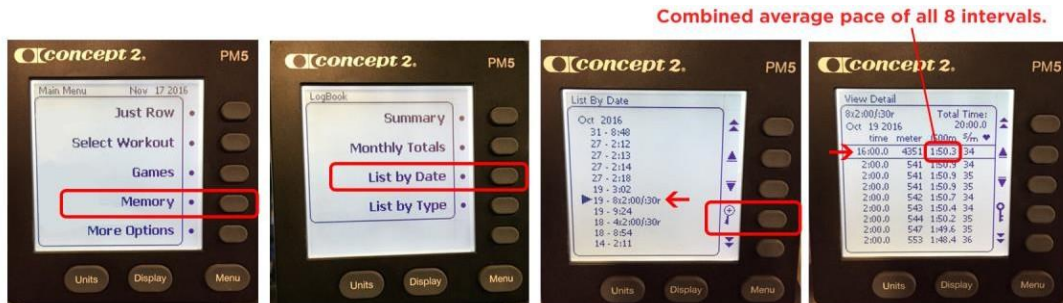
MONITORING PROGRESS

This training plan is based on targeting your "average pace" for varying workouts. Learn how to use the monitor on the ergometer, which automatically calculates your average pace for the workout. For each of your workouts:

- After warming up, set up the workout using the "Select Workout" functions on the monitor.



- After completion, view the memory and note the average pace. This will be the average pace of a single distance OR the combined average pace of all the work portions of an interval workout.



Record this data for all your workouts, as it will be used in future workouts for determining your target pace

- For Time Trials, be sure to also record your final time.

Full instructions for using the PM can be found here: <http://www.concept2.com/service/monitors/pm5/how-to-use>

UNDERSTANDING PACING

- Pace on the Concept2 BikeErg
 - When riding, pace is measured as time per 1000 meters. It is like time per mile in running. The smaller the time, the faster you are going. Example: a pace of 2:30/1000m is slower than a pace of 2:05/1000m.
 - The Performance Monitor shows your pace in the large central display.
 - Your average pace can also be shown while exercising, in some display options.
 - Your pace info is also saved in the PM memory so that you can retrieve and review it after your workout.
- Pace Chart & Calculator
 - Concept2 offers several pace-related tools, which can help you understand the relationship between pace, distance and elapsed time.
 - Pace Chart: http://www.concept2.com/files/pdf/us/training/Training_PaceChart.pdf
 - Pace Calculator: <http://www.concept2.com/indoor-rowers/training/calculators/pace-calculator>
- Using the Online Ranking
 - Concept2 maintains an online ranking of best performances from athletes of all ages around the world. This serves as a useful database with which to compare your own performance.
 - To add your own results to the Ranking, you will need to set up a free Online Logbook where you can store all your workouts, and then choose to rank your best pieces.
- Developing a Race Plan
 - Before doing a Time Trial or Race, it is important to have a Race Plan. This plan needs to be based on the paces you have been achieving during your training for the race distance in question. Know what your target average pace should be. Useful strategies include:
 - Maintain a constant pace throughout the distance.
 - “Negative splits”, which involves starting the time trial at a pace one or two seconds slower than target and finishing faster than target average pace.
 - It is amazingly easy to go too hard in the first part of a Race or Time Trial. It just feels SO easy then! You need to have the discipline to keep yourself on your target pace, and not “fly’n’die”.

