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## 100km cycling training plan pdf

Photo: Dave HollandLegend:Warm-up before interval training: 15 minutes easy plus 90 seconds of increased intensityShort Interval (SI) = 2.5 minutes at 7 out of 10 Intensity (10 being HARD), 5 minutes easy pedaling to recoveryLong Interval (LI) = 10 minutes at 5-6 out of 10 Intensity (10 being HARD), 5 minutes easy pedaling to recoveryWarm-down after interval training: 15 minutes easy pedaling to lower your heart rateEasy ride = 30-90 minutes, could be at a gym, on a trainer, or on the roadXT = cross train, strength or other sportM = mobility, stretch, foam roller' = minutesScheduleWeek 1Monday: OFFTuesday (SI): 4 x 2.5'Wednesday (XT or M): XT/restThursday (LI): 2 x 10'Friday: 60'Saturday (M): EasySunday (Ride): 20KWeek 2Monday: 30'Tuesday (SI): 4 x 2.5'Wednesday (XT or M) : XT/restThursday (LI): 3 x 10'пятница: 60'суббота (M): EasySunday (Ride): 40KWeek 3Морд: 60'вторник (SI): 5 x 2.5'Wednesday (XT или M): XT/restThursday (LI): OFFFriday: OFFSaturday (M): 60 - 90воскресенье (Ride): 50KWeek 4Monday: OFFTuesday (SI): OFFWednesday (XT или M): XT/restThursday (LI): 2 x 10'Friday: 30'Saturday (M): OFFSunday (Ride): OFFWeek 5Monday: OFFTuesday (SI): 4 x 2.5'Wednesday (XT или M): XT/restThursday (LI): 4 x 10'friday: OFFSaturday (M): 60 - 90воскресенье (Ride): 50KWeek 6Monday: 30'Tuesday (SI): 5 x 2.5'wednesday (XT или M): XTWeek 6Monday: 30'Tuesday (SI): 5 x 2.5'wednesday (XT или M): XT /restThursday (LI): 4 x 10 пятница: 60суббота (M): EasySunday (Ride): 80KWeek 7Monday: 60вторник (SI): 5 x 2,5 среда (XT или M): XT / RestThursday (LI): OFFFriday: 60'суббота (M) : EasySunday (Ride): 30KWeek 8Monday: 45вторник (SI) : 2 x 2.5 среда (XT или M): XT/ restThursday (LI): 65пятница: 60суббота (M): EasySunday (Ride): 100KClick для просмотра Тяня Dubnicoff в 100 Гран статьи. С 1991 года журнал IMPACT выпустил свободно распространяемый удостоенный наград редакционный контент, включая отделы по фитнесу, здоровью, питанию, питанию, обучению, спортивной медицине, путешествиям и функциям лучших спортсменов по всей стране. Почему ваша поддержка вопросы IMPACT журнал сохранил свою публикацию бесплатной и доступной для читателей в течение 29 лет. Мы считаем, что каждый заслуживает доступа к качеству, надежному содержанию здоровья и фитнеса, чтобы жить своей здоровой и лучшей жизнью. Мы гордимся тем, что поставляем лучшие редакционные от лучших экспертов в своих областях наряду с поддержкой как местных, так и национальных брендов, которые соответствуют нашим основным ценностям. Мы независимо собственности и эксплуатации и поддержке местных фитнес и медицинских работников, писателей, фотографов, дизайнеров и художников. Пожалуйста, подумайте о поддержке ЖУРНАЛА IMPACT, сделав пожертвование любой суммы через PayPal ниже. Ваши пожертвования помогут нам продолжать делать IMPACT в будущем! Impact Magazine DonationsTAGSCyclingMay/June 2016 - Открытый и мультиспортивный план по to release Daniel Oines via Flickr A 100-mile trip is an important milestone milestone Every cyclist strives to reach. The obstacle for most of us is the search for time to prepare for the centenary. With only so many hours a day, most of which we spend on work and sleep, ride time is limited. This eight-week plan for a century of riding will have any determined cyclist ready to hit 100 in just three rides a week: one long, one steady and one fastest. On rest days, be sure to do something to keep your body moving. Long trip: Meat. In the first week, you want to drive from 1.5 to 2 hours, or about 20 miles, and build from there. (If you're already comfortable with a longer ride than Week 1 prescribes, start at 2.5 to 3 hours and follow the same guidelines for a mileage building, topping off about 85 miles.) Make your long trips on a steady but not taxing pace - about 70 to 75 percent of the maximum heart rate. While most cyclists believe that Saturdays or Sundays are best to work for their long trips, it doesn't matter which day you choose as long as you get to do it. RELATED: Conquer the 100-mile mountain bike RideSteady Ride: Bread and Butter. During these trips, aim for two to four more efforts (15 to 30 minutes in length; 15 minutes of easy pedaling in between), which increase your breathing and raise your heart rate to about 80 to 85 percent of your MHR. Ride on the doorstep as if you're pedaling with someone a little faster than you. These rides will mimic your purpose for your age and train your body to ride more briskly while maintaining comfort so that you can finish 100 miles faster and fresher. Want to know why some riders actually gain weight during a workout for a century? Check out this video: Speed Ride: Secret Sauce. Distance riders often miss the speed of work because they think they need volume rather than intensity to go long. But riding quickly improves your stamina by raising a lactate threshold, the point at which your muscles scream slow down! When you lift this ceiling, you can drive faster and further before your body hits the brakes. The goal is to make four to six very difficult or max efforts ranging from 30 seconds to two minutes; Between them, spin easily at twice the length of the interval. Do this on a difficult stretch of road, for example, on a hill or in the oncoming wind. Related videos: These 5 Stabilizing Moves will keep you strong in the saddle to make every mile count. The end of the century means making the best choice for all 100 of these miles. The space is out. Stuffing yourself full of calories before the trip will distract the blood into your stomach, which weakens your feet and slows you down. Instead, eat a carbohydrate-rich breakfast of 400 to 500 calories two to three hours before the start Then aim to eat and drink 200 to 300 calories every hour after that. Keep a steady stream. Consume at least one bottle worth of energy drink per hour (more if hot) to provide electrolytes and a few carbohydrates. Choose a fragrance that will seduce you Often. Pedal your pace. The biggest mistake of a beginner is allowing himself to be seduced into speeding along with faster riders earlier in the day, only to crack a 60 mile inch drop with riders who pedal your pace and avoid going into the red (feeling breathless) for the first 50 miles. You'll end up fresh and strong. RELATED: Get fit faster with interval trainingmove around. Avoid pain and neck and back pain, often changing the position of your arms and standing out of the saddle to stretch periodically. Keep it short. Take advantage of the rest stop to use the bathroom, refill the bottles, stretch and grab some food. But don't hold on. A stop that lasts more than 10 to 15 minutes will cause your feet to stiffen and make it harder to get going again. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io We have teamed up with Dig Deep Coaching to present three cycling training plans; one for beginners, one for riders looking to improve their stamina for longer rides, and one for riders looking for that competitive advantage. No matter who you are - but especially if you're going to raise money for Alzheimer's Research UK - these 10-week training plans will give you the structure, motivation and know-how to get fitter, healthier and stronger on your bike. Workouts include intervals based on the maximum heart rate, or functional power threshold - so you can train with a heart rate monitor or power counter. If you don't have access to any of them, you can still get involved using perceived voltages that you can learn more about further down this page. Motivate yourself to be a target event. Our sister company, UKCE, hosts sporting events across the country, with a number of distance options available. You will get road markings, stern stations, mechanical support and more - see the events here. The Cycling Curriculum for Beginners Our Beginners Plan is designed for people who are relatively new to the sport and looking to take on the challenge of building fitness and improving overall health. The idea is to get you to specify where you can drive at a consistent pace for about three hours. The first five-week unit will help you start with some low-intensity workouts, construction in the second half of the program and some longer and higher-intensity sessions. In total you will need to perform about 6.5 to 8 hours of exercise per week, which includes Session with the bike to work different muscle groups and reduce the likelihood of injury. Start now: Cycling Training Plan for Beginners Cycling Endurance Training Plan This plan is for riders looking to build their endurance for long-distance sports or just for big weekend rides of five hours or more. Training for 100 miles of sport: sports: And tricks the 10-week plan will build an aerobic base starting with muscle strength and focus on cadence, which will increase your resistance to fatigue. The second half of the program uses low-intensity sessions to improve the body's ability to use fat as an energy source, followed by higher aerobic efforts to improve overall fitness. You will need to commit about 8-10 hours a week to complete the program, which includes a small amount of off-the-bike cross-training. Start now: Cycling Training Plan for Endurance Cycling training plan for road racers If you start in road races and target events 30-90 km, then this is for you. It will also be useful if you are an established racer whose fitness has stalled. It suggests that you are already a cyclist with at least a year of consistent training behind you; You also need to be sure riding fast in a bunch. The first half of the 10-week program focuses, in part, on the change of pace, which are vital in racing whether to respond to assault or tackle hard terrain. It will also improve your anaerobic threshold. Over the past five weeks you will be working delivering short, explosive bursts and recovering quickly. This will allow you to make a strong effort even when tired. You will also work on your VO2 maximum power and anaerobic capacity. This program is not about big miles; too much volume will just make you tired, so the priority is to target a specific intensity of the race in a strategic way. Start now: Cycling Training Plan for road riders How to use these cycle training plans For our training plans, different parts of the rides are described using pro numbered training zones. It is planned to work at this level of effort during this time. Making the most of your time means working at the right level of effort for you. Here's how to understand where your training zones are. Turbo Training Sessions: Get most of your internal intensity understanding training During each school day, each effort has a prescribed zone (e.g. No. 1, i.e. zone 1). If you don't have a heart rate or power meter, you can also use the Perceived Load Rating (RPE) to estimate intensity. The Borg Scale, from one to 10, provides a guide to how these stress levels should feel: Perceived effort level 0 Nothing at all 0.5 Very easy 1 Very easy 2 Easy 3 Moderate 4 Somewhat hard 5 Hard 6 Gets Harder... 7 Very hard 8 Starting hurt 9 Arrgggh ... 10 Extremely difficult If you have a heart rate monitor (HR) and/or a power meter, we suggest figuring out your training areas. We recommend training levels Coggan, explained on the table below. To find your functional HR threshold and power (necessary for the development of zones), you will need to complete the following procedure: After warming up, perform tota all of the 20-minute effort, or inside on the турбо или снаружи на тихой дороге. Эти усилия аналогичны усилиям, предпринятым в ходе судебного разбирательства. Если у вас есть средний номер отдела кадров и мощности этого 20-минутного теста, используйте это число в качестве 100-процентного порогового показателя. Возьмите среднюю мощность в течение 20 минут и умножьте на 0,95 (например, 225 Вт в среднем x 0,95 и 209 Вт FTP). Это число является вашим функциональным пороговой мощностью, и ваши зоны основаны на проценте от этой цифры. Зона Название Средняя мощность (% FTP) Средний HR (% FTP HR) Воспринятое напряжение Описание 1 Активное &lt;55%&gt;&lt;55%&gt; &lt;68%&gt;&lt;68%&gt; &lt;2 "easy= spinning"= or= "light= pedal= pressure",= i.e.= very= low= level= exercise.= too= low= to= induce= significant= physiological= adaptations.= minimal= sensation= of= leg= effort.= relaxed= breathing.= 2= endurance= 56-75%= 69-83%= 3-4= "all= day"= pace,= or= classic= long= slow= distance= (lzd)= training.= sensation= of= leg= effort/fatigue= generally= low.= breathing= is= a= little= heavier= than= in= zone= 1.= 3= tempo= 76-90%= 84-94%= 5-6= more= frequent/greater= sensation= of= leg= effort/fatigue= than= at= zone= 2.= requires= concentration= to= maintain.= breathing= deeper= and= more= rhythmic= than= in= zone= 2.= breathing= too= hard= to= chat.= sweet-spot= sweetspot= 84-97%= 88-100%= 6-7= between= high= zone= 3= and= low= zone= 4.= for= riders= who= aren't= using= a= power= meter.= i'd= call= sweetspot= "medium= hard".= it's= just= below= your= 25-mile= tt= race= pace.= but= harder= than= a= traditional= tempo= workout.= 4= lactate= threshold= 91-105%= 95-105%= (may= not= be= achieved= in= first= few= efforts)= 7-8= similar= to= tt= race= effort.= relentless= feeling= of= leg= effort/fatigue.= breathing= too= hard= to= say= more= than= the= odd= word= or= two.= mentally= very= taxing= to= maintain.= 5= vo2= max= 106-120%=&gt;восстановление 106% (не может быть достигнуто в первые несколько усилий) 8-9 Максимальные усилия, которые вы можете выдержать в течение трех-восьми минут. Предназначен для увеличения VO2max. Тяжелые усилия ноги / усталость. 'Ragged' дыхание; не в состоянии говорить. NB: Средняя скорость сердечных сокращений менее полезна в качестве метрики, так как HR будет расти на протяжении всего интервала. 6 Анаэробная емкость N/A N/A 10 Ультра-высокоинтенсивных интервалов 10-30 секунд, предназначенных для увеличения анаэробной емкости. Квартира-аут; не сдерживая. Сердечный ритм ограниченного использования. Вышеупомянутое основано как на шкале интенсивности борга, так и на тренировочных зонах, разработанных Эндрю Когганом. Glossary Понимание терминов. используемых в рамках этих учебных планов: Cadence (rpm): количество оборотов кривошипа в минуту - скорость, с которой велосипедист педали / поворота педалей. Если у вас нет датчика каденции, то просто подумайте с точки зрения средних (85-95 which should feel natural and normal without increasing the movement of the upper body; 'high' (95-120rpm) is often described as spinning - it feels out of your comfort zone and can cause you to bounce a bit in the saddle and breathe faster. Threshold Efforts: The term threshold means the upper limit of the level of effort that you can maintain during the period of the period 'Lactate threshold' or 'LT' refers to a byproduct of anaerobic exercise - the harder your efforts are, the more lactate accumulates in the blood. The point at which lactate starts to accumulate faster than it can be processed by your LT or, in terms of riding, the fastest pace you can maintain for 20-40 minutes. Tempo: Tempo is an intensity often referred to as tough aerobic exercise - a trip that requires more concentration and effort than regular endurance riding. The term tempo means a consistent solid force suitable for periods from 20 minutes to one hour. Aerobic trip: It is usually a short trip (one hour or less) at low intensity. It works your aerobic system without putting too much exercise stress. As a rule, it is a training that can be done both indoors and on the road. It's easy! Endurance Ride: These trips are conducted with less intensity, but for a longer time, so they build your ability to perform exercises for long periods of time. Levels of fatigue after riding will be higher than in aerobic training. These trips are usually more than 1hr 30min. Cross Training: This term describes another activity that is not cycling: a range of activities, either outdoors, at home or in the gym. Mixing your activities allows you to work different muscle groups, giving your core muscles a cycling break. Slow Tension Effort: They focus on building a common strength on the bike. We all know strength plays a big role in cycling fitness, and with the help of strategic on-the-bike strength workouts we can maximize this important performance component. Typically, these efforts are completed at low cadence, below 70rpm, and at moderate intensity. Endurance Fatigue Resistance: Enhancing aerobic fitness by developing your base endurance, these workouts gain slow twitch muscle fibers and train the body to use fat as a fuel source. This session has the added benefit of teaching your body to work hard while fatigued. Make sure you click on the required duration. VO2 Max: This is the maximum aerobic intensity that lasted from two to five minutes. These intervals are designed to increase VO2max - the maximum absorption rate of oxygen. (Note: It takes a minute or two for your heart rate to reach your VO2max level, so don't rely on average HR at these intervals.) Explosion: An explosion is a short acceleration from the saddle designed to simulate a short/intense change in tempo. This is not a full sprint; it's more like trying to jump on a passing wheel or speed over the top of a hill. After the explosion, return to the solid sustained efforts of the state. Effort: These efforts develop your ability to tolerate prolonged high intensity without fading. This is achieved by completing short periods with high intensity to accumulate a high lactate state and then a short recovery period, causing causing debt and accelerating recovery. Cycling Weekly provides these training plans in collaboration with Dig Deep Coaching - a global coaching company that works with athletes of all levels across the road, track, cyclo-cross and MTB. Whether you are participating in your first ever Gran Fondo or seeking to compete in a professional peloton, Dig Deep Coaching offers personal coaching to help you build your training around your lifestyle and make sure every stroke pedal counts. Learn more about Dig Deep Coaching by subscribing to its Training Tips and E.E. Mailing List tips, or follow Dig Deep Coaching on Facebook, Twitter and Instagram. If you want a digital version of your chosen cycling weekly training plan, with smart trainer-ready sessions, please contact Dig Deep Coaching here: . . 100km cycling training plan pdf. british cycling 100km training plan

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