



CAP TO CAP 2010

By following this plan, you will be ready to complete the Cap to Cap. There are a few things you need to know before getting started.

For the first month, whatever distance you are riding, you can complete all of the workouts as designed, EXCEPT for the Saturday longer ride. That duration is intended for the 100 mile riders. Those wishing to complete the 50 mile ride should cut the Saturday ride 30% each week. Those wishing to complete the 25 mile ride can cut the intended duration 60-70%. The workouts are in time except for the Saturday ride which is in mileage/distance. For the Saturday ride, make sure you get the distance in, despite time. In terms of intensity, modifications will be noted in the plan after the first month, but for now, you will all be doing the same thing other than on the weekends. Sunday will remain an optional recovery day. If you need to eliminate on the other 4 rides, start with the recovery session, and always prioritize the weekend long ride first and the Monday interval session second. Get these two rides in even if you need to move them around.

The plan is built around training zones which are explained below. Please take some time to familiarize yourself with the terminology. Zone based training is very easy to understand with a little practice. We encourage you to learn what each zone feels like and use this foremost. You can also use heart rate or power to pinpoint the correct intensity if desired.

ZONE	PURPOSE	FEELS LIKE	HEART RATE	MAX TIME HELD	INTERVAL DURATION	REST INTERVAL
Recovery (1)	Recovery b/w Workouts	Super easy -Can Sing	<60% of Max HR	Forever	N/A	N/A
Endurance (2)	Aerobic System Devo	Comfortable - Can Talk Easily	65-75% of Max HR	3-5 Hrs	N/A	N/A
Tempo (3)	Magnifies Aerobic Devo	Semi-Comfortable - Can Talk	75-85% of Max HR	2-3 Hrs	N/A	N/A
Threshold (4)	Endurance at AT	Hard/Controllable - Short Phrases	80-90% of Max HR	40-60 Min	3-20 Min	2-5 Min
VO2 Max (5)	Increase AT, VO2 Max Devo	Hard - 1 Word Responses	95% of Max HR	10-15 Min	3-5 Min	Equal to Bout
Anaerobic Endurance (6)	Learn to Deal with Lactate	This Hurts - No Talking	Not Useful	2.5-3 Min	30-120 Sec	2-3x Bout
Max (7)	Power/Speed Devo	All Out - Explosive & Short	Not Useful	90-120 Sec	Sub 30 Sec	Full Recovery

Best of luck - we look forward to your success!

VIEWING YOUR TRAINING PLAN

To receive the training plan we have created for you, there are a few steps you need to do:

1. Go to <https://home.trainingpeaks.com/create-account-personal-edition.aspx?cid=85086> and create a free account.
2. After login, a settings box will appear. Choose a username and password and enter it here. On the left side of this box, click on "calendar & layout." Next, click on the "workout labels" tab at the top. Here, you will choose what information will be displayed on the screen for each workout which is shown under the "selected labels" column. It is important that you drag the following 4 items into the "selected labels" column in this order: "type," "title," "planned duration," "planned distance." All other labels should go under the "available labels" column to the left in any order. Once you have done this, click "ok" in the bottom, left corner of the window to get out of it.
3. Block images - There are a series of ads that will appear to the right and bottom of your screen. If you wish to not see these every time to login (recommended), right click on the ad box and choose to "block images from ..." or simply select that you would not like to view flash if the option appears when first logging in.
4. We will get an email asking us to upload your plan at this time. We will do this as soon as possible but please allow for 24-hours.
5. In the future, you will go to endorphinfitness.com and scroll down to find the login. Enter your username and password. On the screen, you will see for each workout the type of workout (icon and name), a short description/training zone, and a planned duration/distance. This is only a summary though - make sure you left click on each workout to get the full description shown on the right hand side of the box that pops up under "comments and notes." To scroll between weeks, hit the down or up arrow in the upper, left corner above the actual calendar. If you hit the right or left arrows, it will jump forward or back the number of weeks you have showing on the screen.

ADDITIONAL TRAINING OPTIONS

In addition to the training plan, we are offering CAP TO CAP participants an additional training option.

WEEKLY CYCLING CLASSES - We are offering a 12-week cycling technique and intensity class Feb 8 - April 28 Mon and Wed evenings from 7:15-8:15 PM. Cost is \$250 which includes 2 classes/week plus a Saturday endurance group ride. We will prorate for late sign-ups.

Please email info@endorphinfitness.com or call 804.741.1599 if interested.

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