

Cycling Tips--Periodization--Say Whaat?

The competitive season is changing & nearing its conclusion for most athletes. Were you perfect? Of course you were, and the goal is always your personal achievements. One needs the fulfillment of personal management at one's best. That's the groundwork for this little **ASay Whaat?**

Plan Your Work & Work Your Plan Here are some comments from that old cliché **Plan your work & work your plan**. Perhaps the easiest planning of all is to make use of a calendar. Each month should have two minimum labels on it such as **Phase & Primary Training Task**. For example, most of the cyclists I coach will be using the month of September as a Rest & Transition as a Phase. School begins, the Seasons are changing & it is necessary to refresh and try different activities.

For many cyclists, October becomes the month where Cyclocross preparation & racing is the thing to do. The Phase can be Transition & our October Task could be Cyclocross Training.

November could well be where the Phase becomes Preparation & primary training task is muscle regeneration. For many cyclists this preparation will include a variety of activities such as Cyclocross, Cross Country Skiing, Soccer, & even some Basketball. Strength rebuilding is planned and begun.

December, January, & February are usually part of the Preparation Phase & the Primary Tasks are strength & agility. For cycling It's also time to do some testing. Being agile here means being faster later. Spin those legs! 200RPM is possible on rollers or trainers. Rollers are very effective if used in a variety of ways. This is a time for the weight room & strength is the objective. For cyclists, lots of emphasis should be placed on hamstrings, lower back & abdomen.

March & April are usually listed as the Specialization Phase. Emphasis is now placed on Endurance Conditioning and event training. Ride the bike, but with a lot of variety. Long hours spent at one tempo will result in a one speed cyclist, which could be okay if the wind never blew or the road was always flat.

May to September become the Competition Phase. Each monthly period will have its own Primary Task as will each week and part of the week. It is during this Phase that the breakdown for specific events can become very detailed. Each training task should have an evaluation portion. This evaluation can be as formal lab testing or just a consistent course vs. time appraisal. Break the tasks into smaller events & be consistent. The axiom should be **Record it to be better**. Your best satisfaction is likely to be when you set objectives & then achieve them. The questions are: how fast? how far? & how long? I like to think of progress coming from a task & test sequence.

Wow we just went through the 1998 season with a well organized plan, almost. This was a test to see if you could finish this piece--& if the author could get through it all without

gross use of words such as, Periodization, Macrocycle, Microcycle, or even Tertiary Training Task.

Your extra reading might include Serious Cycling by Edmund R. Burke, Human Kinetics Publishing, Inc.

Just like the downtown Portland, the next Go Fast Cycling Tips is under construction with lots of available subjects.

The author is a USCF Elite Coach. His racers are consistent medalists.

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