

## **Year Planning and Record Keeping**

### **Training Plan:**

At the beginning of each year you will need to sit down and decide what your realistic goals are for the season. Look at the race calendar and mark your events as far as possible. Decide on the key events and ones you hope to peak for. You can then build your training programme for the season. This will be a pyramid with the first couple of months doing base level 2 miles and gradually building up the distances each week. As you get closer to your races your mileage will start to decrease and the intensity and quality of your work will gradually move to a higher level/zone to focus on speed as opposed to stamina and power, (moving up the pyramid). The exact type of work you are doing at this time will be dictated by the type and frequency of the events you have planned to do remembering that it will take 2 weeks for any training effect to kick in. Work out a peaking strategy and try it out early in the season to see exactly what works best for you. Remember that you will need 3 sessions per week of your discipline to make the progression you are aiming for. Also build in plenty of rest to properly recover from the sessions. Training, resting and nutrition are the three most important elements of your training plan so you will need to get all three right to get the best out of yourself. Consistency is important so stick to your plan.

### **Training Diary:**

Whilst working as a member of the coaching staff for the GB Cyclo-cross squad in the 1990's, we introduced training diaries for all the squad members to be kept up to date and produced at the training weekends for the coaches to review, (I still keep a diary now and have a whole pile from previous seasons to refer back to).

At the beginning of the year you record your weight, resting heart rate (first thing in the morning), HR max. (20 minute test average), training levels/zones from the given %'s of your max, (%'s can be obtained from British Cycling web site plus what each level actually achieves).

The diary is completed on a daily basis with your training ride information. I use distance, speed and average HR. These should then match the appropriate

level/zone from your training plan. On a monthly basis weight and resting HR will be recorded plus max HR which should increase slightly as your fitness improves.

The recent addition of Power meters has meant that controlling, measuring and recording of your stats. has improved. If you can add in power then you will be recording power per kilo of body weight at a given heart rate for your rides. This will give you a more accurate assessment of your effort than HR alone.

It is also now possible to replace the diary with computer recording of all your information which can be viewed on line by you or your coach / trainer any time.

If you follow this regime you can be confident that you are getting the best out of yourselves during the season by taking the guesswork out of your training regime and replacing it with control. Your time is too valuable to waste when you can plan properly and have some control over your achievements.