

TRAINING TIPS from Carmichael Training Systems (Week 10 of 12)



Making the most of your final few weeks before the Tour de Cure By Carmichael Training Systems

You're just a few weeks away from your goal event, you've been working hard on your training rides and putting the time in for the longer rides, but you start to question... "Have I done enough?" One of the worst things you can do is panic, and try to cram a bunch of riding into the last two weeks leading up to your event. Around 10-14 days out from your event, the fitness you have is pretty much the fitness you're going to get. At this point, cramming in extra training will lead to excessive fatigue rather than the improved performance you're hoping for. The way to have your best performance in your event is to make the most of the fitness you have by going into the event fresh and well rested. However, being rested doesn't mean hanging your bike up for two weeks. Rather, over the next two weeks you want to keep riding and managing your workload so you're optimally ready for the day of the Tour de Cure!

Over the next two weeks you want to gradually decrease your riding volume, especially on the weekends. You want to keep the frequency of your rides the same. If you've been riding 4-5 days a week, keep riding 4-5 days a week just cut down the amount of time you spend on the bike.

We are decreasing the volume on the bike, but we want to keep some intensity work on the bike. Lowering the volume and increasing the intensity a little is going to allow you to rest and still keep the legs feeling snappy. The idea is that you want to reduce the overall training workload so you can reduce fatigue, but incorporate enough intensity to avoid detraining.

If you go back to what we discussed on Week 5 about intensity you'll find some great interval workout suggestions. A great workout to keep in the mix the last two weeks leading up to your event would be a modification of Interval Set #2: Six 2-minute intervals spinning a moderate gear at a high cadence (90+rpm) and high effort level. Your heart rate and breathing rate will increase dramatically and your power output will be quite high. Take 2 minutes of easy riding between intervals. Where the original Fast Pedal interval targeted your pedal stroke, these shorter and harder efforts help keep your high-end energy systems primed and ready to work! I suggest doing this workout 1-2 times a week depending on your fitness level.

I would also suggest trying to find a group to ride with once a week – if you're not already - to keep your group riding skills sharp! This is the time where you need to start putting all the pieces of the puzzle together, including making sure your nutrition and hydration are dialed in on the bike.

Also check on your nutrition off the bike. You're going to be cutting back on the riding in order to rest up for your big event; you may need to moderately reduce your caloric intake as you reduce your training workload over the next two weeks.

You've been doing a great job preparing for your event so far, stick with it and don't give up now! Too much rest can be just as bad as doing too much work leading into an event. If you're off the bike for two weeks going into the Tour de Cure, you'll feel stale and empty on the day of the ride. Consistency and a moderate taper going into the ride will ensure you're fresh, fit, and ready to go.

Carmichael Training Systems Founder and Head Coach Chris Carmichael is the 2012 National Spokesperson for the American Diabetes Association Tour de Cure. This article is part of a series of articles prepared by Chris and the coaches at CTS to help you prepare for your Tour de Cure event. For more information on CTS and to sign up for our free newsletter and a chance to win a signed copy of “The Time-Crunched Cyclist” book, visit www.trainright.com/register.