

Women A Build 1

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-Mar	12.5 Hours	1:00 E1: Recovery ride Zone 1	1:30 M6: Threshold 2X20mins w/ 5mins. recovery Zone4- 5a	3:00 E2 : Endurance ride Zone2	2:00 P1: Jumps	Off	3:00 Road Race @ Mizzou Or A1: Hard group ride	2:00 ITT @ Mizzou Or E2:Endurance ride
12-Mar	12.5 Hours	1:00 E1: Recovery ride Zone 1	1:30 A3: Pyramid intervals 1-2-3-4-4-3-2-1 Equal recovery Zone 5b	2:30 E2 : Endurance ride Zone2	2:00 M6: Threshold 2X20mins w/ 5mins. recovery Zone4- 5a	Off	3:00 E2 : Endurance ride Zone2 & A1: Hard Group Ride on the way home	2:30 E2:Endurance ride S5: Form Sprints
19-Mar	12.5 Hours	1:00 E1: Recovery ride Zone 1	1:30 M6: Threshold 2X20mins w/ 5mins. recovery Zone4- 5a	3:00 E2 : Endurance ride Zone2	2:00 P1: Jumps	Off	3:00 U Mich Road Race or E2: Endurance ride Zone2	2:30 Race MSU RR or E2: Recovery ride Zone 2
26-Mar	7 Hours	Off	1:00 E1: Recovery ride Zone2 S1: Spinups	1:00 E2: Endurance ride Zone2	1:30 E2: Endurance ride Zone2 M8: 3x2min build ups w/4 mins recovery S5: Form Sprints	off	2:00 WMU Road Race or E2: Endurance ride Zone2	1:30 WMU Crit or E2: Recovery ride Zone 2

The build 1 period marks the start of the more intense part of the training season. You'll notice a slight decrease in training volume, but the intensity will increase significantly. We've added two new forms of workout, Power and Anaerobic endurance. Power workouts focus on developing the ability to accelerate quickly, while anaerobic endurance workouts train your body to be able to sustain a high effort for moderate amounts of time (3-5mins). These two areas are pretty much the heart of road and crit racing. Your explosive power often determines your sprint finish or your ability to attack and establish a gap. Your anaerobic endurance is a key element that may allow you to stay with the group after an attack, or your ability to close a large gap. As you may have already seen, it's not the average speed that determines the outcome of the race, it's the short bursts of speed. This period's workouts will better prepare you for the rigors of racing.

Also, there will be some races in the BASE 1 and the BASE 2 period. Each race counts as a very intense workout that may call upon all of your abilities (force, endurance, ME, AE, power).

You should try to do all of your workouts on the bike. As usual you may ride the rollers/trainer, but avoid putting in many consecutive long days riding the bike indoors. In some cases, (especially workouts F1 and M2) doing the workout on a trainer indoors is a good thing, as it allows for better control over the workout. If you do these workouts indoors, ride a 15 min warm-up then do the suggested intervals. Follow the intervals with a cooldown to bring your total workout to 1-1:30 in duration.

The goal in BUILD 1 period is to develop the more intense race specific fitness needs. This will be accomplished with a slightly reduced training volume and a much higher intensity.