

# Women B & Mens C Base 3

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-Feb	8 Hours	Off	1:30 E2: Endurance ride Zone2 S5: Form Sprints	1:30 M2: Cruise Intervals 4X6mins w/ 2 mins. recovery Zone4- 5a	Off	1:00 E1: Recovery ride Zone1 S1: Spinups	2 :30 E2 : Endurance ride Zone2 , M1: 60 min Tempo Zone3 half on way home.	1:30 E2: Endurance ride Zone2
12-Feb	9.5 Hours	Off	2:00 E2: Endurance ride Zone2 S5: Form Sprints	1:30 M2: Cruise Intervals 4X8mins w/ 2 mins. recovery Zone4- 5a	Off	1:00 E1: Recovery ride Zone1 S5: Form Sprints	3:00 E2 : Endurance ride Zone2 , M1: 60 min Tempo Zone3 half on way home.	2:00 E2: Endurance ride Zone2
19-Feb	10 Hours	Off	2:00 M2: Cruise Intervals 3X10mins w/ 2 mins. recovery Zone4-5a	2:00 E2: Endurance ride Zone2	1:30 E2: Endurance ride Zone2 S5: Form Sprints	1:00 E1: Recovery ride Zone1 S1: Spinups	2:00 OSU RR or E2 : Endurance ride Zone2 , M1: 60 min Tempo Zone3 half on way home.	1:30 OSU Crit or E2: Endurance ride Zone2
26-Feb	5 hours	Off	1:00 E1: Recovery ride Zone 1	off	1:30 E2: Endurance ride Zone2 M8: 3x2min build ups w/4 mins recovery S5: Form Sprints	off	1:30 Depauw Road Race or E2: Endurance ride Zone2	1:00 Race Depauw Crit or E1: Recovery ride Zone 1

In the base 3 period we will continue to build our aerobic fitness as in base 1 & 2. The force and muscular endurance workouts will continue and the duration of these workouts is increased. I've also added some sprint drills to prepare you for the rigors of racing.

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 racing will also begin toward the end of this period. You'll notice that we don't ease off the workload in the third week of the period even though you have a race scheduled. It is important to train through this race as it will make you stronger later in the year. Granted you might not feel 100% at OSU, but it'll pay dividends later in the season.