

Masters Winter conditioning programme template



Goals: Prepare for Southland road champs

Include track specific workouts to increase specificity for track riders aiming at 2011 track nationals.

Key: A1 = steady riding, able to hold short conversations

A2= TT type pace, only able to speak in short bursts.

	Sunday 27th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Am	Bunch Ride 3 hours steady	Rest or gym work					2.5 hours With 6 x 10 sec standing starts 53 x 15
Pm			50 km with 30 min up tempo	Bow/ wow track session or 1.5 hours a1	2 hours with 30 min tempo	Rest day	

July	Sunday 4th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Am	3 hours steady a1	Gym work or rest					
Pm			2 hours with 4 x 6 min TT efforts. Or club track roll.	Bow/Wow Track session OR 1.5 hrs W/T 6 x 30 sec max efforts big gear.	2 hrs 20 a1	1 hour 4 x 15 sec big gear (52 x 14) road sprints	2.5 hrs 2 x bluff hill repeats.

	Sunday 11th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Am	3.5 hour A1 (bunch)	Rest day	2 hours same as 6 th Alternate big /small gears 80 rpm/110 rpm				2.5 hours A1
Pm				Bow/Wow OR 1 hour with 6 x 10 sec big gear	2.5 hours or 1.5 hours w/t steady	1 hour 6 x 8 sec standing starts.	

Masters Winter conditioning programme template (cont.)

seated accels							
	Sunday 18th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Am	3 hours 4 x 10 min mod hard efforts , high cadence	Gym work / Rest day	Club Track Roll , Small Gear	Bow /Wow Track Session	2.5 hours Or1.5 hrs WT	Club track racing	3 hours hills on & off seat (mataura)
Pm							
	Sunday 25 th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Am	3.5 hours a1	Gym or rest day	1.5 hr w/t 4 x 5 min efforts 2 x big gear(70 rpm) 2 x small(110 rpm)		2 hours steady		Club Race 1
Pm				Bow / Wow Track session or 1.5 hrs with 6 x 20 sec max hill sprints		1 hour easy	
	Sunday 1st	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 7th
Am	Steady 3 hours	Rest day	Repeat last tuesday	1 hour a1			Club Race 2
Pm				Bow /wow track session	2 hours steady	Club track racing	

