

## **Gordon Singleton's December 2006 Training Program**

We now have to assume our weather will be winter time and snow. I have written all of the workouts as though you are indoor. Now if for some reason you can get outside, please do so.

Ride your fixed gear and attend the FCV track training sessions.

Here are three turbo workouts; please adapt them to the days on the schedule that are appropriate.

### **Speed day:**

Warm up 10-12 minutes, make sure that you are breaking a sweat and are ready to work.

For the next 30 minutes do:

3 times x 6 seconds efforts, 54 sec rest in between  
rest 2 minutes

3 times x 10 second efforts, 50 sec rest in between  
rest 2 minutes

2 times x 20 second efforts, 2min 40 sec rest in between  
rest 4 minutes

3 times x 30 second efforts, 5 min rest in between

### **Strength day:**

Warm up 10-12 minutes, make sure that you are breaking a sweat and are ready to work.

For the next 30 minutes do:

5 times x 1 minute efforts, 5-6 minutes rest in between (be fully recovered)  
use a little resistance here  
feel like 47x14

### **Endurance day:**

Warm up 10-12 minutes, make sure that you are breaking a sweat and are ready to work.

For the next 30 minutes do:

4 times 5 minute efforts, rest 6-8 minutes in between (when you are ready)  
Ride at 115-120 rpm with no resistance

## December 2006

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<b>1</b>	<b>2</b>	<b>3</b>
						rest day: prepare for CanAmQue Challenge	Forest City Velodrome CanAmQue Challenge	Forest City Velodrome CanAmQue Challenge
		<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		rest day	weights, turbo speed day	FCV training, 3x2 laps flying, look for PBs	weights, turbo strength day	rest day	Forest City Velodrome racing	weights, riding, possibly outdoor, try for 2 hours
		<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
		turbo endurance day	weights, turbo strength day	FCV training, 3x4 laps flying, look for PBs	weights, turbo speed day	rest day	Forest City Velodrome racing	weights, riding, possibly outdoor, try for 2 hours
Start Big Gear Week 86"	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	End Big Gear Week
	easy riding or 45 minutes spinning turbo	weights, turbo speed day	FCV training, 3x5 laps flying, 86"	weights, turbo endurance day	rest day	turbo endurance day	weights, turbo strength day	
		<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
		Christmas Day, enjoy!	weights, turbo strength day	FCV training	weights, turbo speed day	rest day	turbo endurance day	weights, turbo strength day