

Gordon Singleton's January-February 2007 Program
Forest City Velodrome, London, Ontario

Hello everyone, Happy New Year.

Our fall (October to December) program's focus was on pedaling efficiently and developing speed. This you all have made great strides towards. At the start of 2007 we must focus on developing strength and endurance. By adding in speed workouts to the other two areas you will maintain and improve your pedaling.

For those who attended the clinic at the Forest City Velodrome on December 30, 2006, we spoke firsthand about where our program is headed for 2007.

As a follow up here is what I would like to see you all striving for:

- Our goals for 2007 are to have performance peaks for:
 - The two-day Winter Nationals meet at the Forest City Velodrome on February 15-16, 2007;
 - Provincial Track Championships at the end of June; and
 - National Championships for Cadet and Junior in mid-July and Elite Nationals for those over 19 in early September.

Winter 06/07 has been rather mild for Ontario. We must assume that snow will arrive soon. We have riders living from Windsor to Ottawa which makes designing training programs difficult.

Here is the focus that I would like to see you follow. Use the indoor Turbo workouts to help achieve these goals if weather is hindering.

For those riders that have goals involve the road and longer track events:

Your training needs to incorporate more strength and endurance. You need to be getting in some regular 5-6 hour rides at a steady pace. For January and February, your fixed road fixed gear is okay. You should also throw into the work some 20 minute speed work at TT pace. This will work your system at high L-2 and L-1.

For Cadets, cut this work in half.

Continuing the fall program, the third week of January is our "big gear week". This month the gear for fixed is 86" and out on the road use 90". Do three workouts that week using these gears, and work in the higher thresholds of L-1. February's big gear week will be Winter Nationals.

For those riders who are focusing on the sprint events:

Our sprinters will require some endurance work as well. Some 5-6hour rides are fine for you, but not as many. You should do some work at high L-2 and L-1 for about 10 minutes in duration. Three 10min intervals once every 10 days is good. These longer rides will build the stamina for greater track workouts to follow.

Big gear week for sprinters should incorporate explosive starts, seated starts, and a couple of 30 sec efforts.

You all should supplement these rides with some speed work, more so for sprinters, then pursuiter, followed by road.

Once again, Cadets cut this work in half.

Strength training:

Regarding strength training, we recommend this highly and cannot stress the importance of you getting some help in this area. You need to find an instructor that can monitor your progress, add exercises that will help to make you a better cyclist.

Strength training will fill in the deficiencies in your development.

Ask your strength advisor to design a program that will help you achieve strength goals that coincide with our cycling objectives.

Tapering:

Approximately seven days before our first goal (Winter Nationals meet at the Forest City Velodrome on February 15-16, 2007) taper your work load, and add in some speed work. Even speed work on the Turbo is excellent to meet your expectations. Also drop the weights the previous week to the Championships.

Remember – work hard and get lots of rest. The more that you win the more fun the sport becomes.

If you have any questions, please contact either Rob Good (Rob.Good@ForestCityVelodrome.ca) or myself (nbt@cogeco.net).

Thanks everyone.

Gordon Singleton