

# **Gordon Singleton's March – April 2007 Program**

## ***The Season Begins***

Congratulations to all those that participated in the Forest City Velodrome's Winter Nationals. Double congratulations to those of you who accomplished your goals. We saw multiple riders who surpassed their times from a year ago at the same meet. The program of developing speed, strength and endurance is starting to show fruit.

Take the next few days until the end of February and have a short break. Maintain your activity with Turbo, FCV sessions, gym work, but relax and get ready to gear it up starting March 1.

We have two more goals for this season plus whatever goals you would like to achieve as an individual:

- Provincial Track Championships at the end of June
- National Championships
  - Juniors and Cadets in early June
  - Seniors in early September

## ***Programs***

Let me say again, with the variety of riders that we have, all focusing on various aspects of the sport (Road, Pursuit, Sprint), the program revolves around a philosophy for development. Take the philosophy and work with your personal coaches for the day-to-day development.

*Cadets should cut the work loads listed below in half.*

## **Road, Crit and Pursuit Riders**

For the riders who are focused on Road, Crits, and Pursuit it is now time to get some serious hours in sitting on the bike. Weather will have a lot to do with this, but each chance you have, get out there and put in some K's.

You will also need to do some work at L-1. I recommend riding at L-1 for 20 minutes, 3-4 times per four hour ride once every 8-10 days. Ride on other days for 2-3 hours at L-2/3 (the Pros call this "tempo work"). This will build a great deal of stamina.

For Pursuit riders, this type of road riding is good, but you will still need to get in some serious speed work. I like one day with some high speed intervals for 1 minute as fast as you can. When the weather gets warm these intervals will be at approximately 60 kph. On another day do some work for 3 minutes in duration at your pursuit effort.

For both Road and Track riders continue to use the third week of the month to do some big gear work. Road riders can attempt some 15 minute efforts on their largest gear. Pursuit riders do your 3 minute work on a 92" gear.

### **Sprinter, Team Sprint and Kilo Riders**

As I have said before, one long ride 5-6 hours once every 10 days at 28 kph is good. Add a couple of 3 hour rides preferably in a group situation, this way you will be able to ride 30+ kph . Keep the gearing in the 72-75" range, and sprint like crazy for the town and village signs.

Maintain your weight and strength training, and always look towards increasing the weight, even if it is only a kilo per week. Do exercises that will build explosive power, and incorporate some single leg work to balance out your strength per side.

Once every 10 days do some flying 500m work. For this time of year 2-3 top quality efforts is satisfactory. It is very important that they are as fast as possible. Utilize some tail winds, or slight downhill.

For in between days, you will need to work Standing Starts, 100m and 200m efforts. Once again practice every effort like it is the World Championships.

The third week of every month do some big gear work on 92". Do what ever track session that you have planned, but use 92".

Let's ask Rob, but I would recommend that if you race at FCV on the third Saturday of the month that you race all events that night on 92".

We are all in this together as a team, if you all race on 92" then there is no advantage or disadvantage to anyone. Heck we might even see some more records fall.

Lastly, train hard, get lots of rest. Eat well, good nutrition in the tank produces a much more efficient motor.

Thank you.

Gordon Singleton