

Gordon Singleton's May-June 2007 Program

Build up to Provincials and Nationals

It is a known fact that if an athlete attains a peak performance it will take 5-6 weeks to recover neurologically. Physically you will recover within 48 hrs. This is an important element when designing your training programs with the focus being on track Provincials in early June followed by Nationals in mid-July. The nice thing is that the timing works great.

As I have said before with the variety of riders that we have along with the various distances that they race I am recommending this program as a guide, as something that you can use when you work with your personal coach to help you achieve your own specific objectives.

Sprinter, Team Sprint, Kilo Riders

Starting on Monday, April 30, do a 4-day road block of riding. This should involve two 2-hour sessions every day for four days. Ride at a nice pace, 30kph average and focus on 98 rpm with tiny gears. During two of the sessions do three short 100m sprints on a 75-79" gear at maximum effort!

The next thing that I recommend is start your programs using an 8-day cycle. This will allow you to do two heavy weight sessions in the gym, one every four days, with both of these days being legs. Throw in a lighter third day somewhere, and do upper body and back.

Once every cycle do your flying 500's. Twice during the cycle focus on some starts.

The other two days pertain to flying 100m and flying 200-300m.

Eight-day cycles are good because they will allow you 6 days of training with 2 days of rest.

Don't forget that the third week of the month will be big gear week. Whatever the session you have planned during that time frame should be on a larger gear. Following what we have done so far I would suggest a 92".

Something to keep in the back of your mind is attending FCV Wednesday training sessions. These will be excellent and just what you need. But you might have to adjust your 8 day cycle to fit in the FCV sessions as they come once every 7 days.

If you have trouble with this, just contact me at nbt@cogeco.net.

Pursuit, Team Pursuit

Like the sprinters I like the 8-day cycle program.

For pursuiteders, you will require some road work; I recommend 8-16 hours per week, depending on your school, work schedules etc.

As you get closer to the Championships, taper the road volume and increase the high intensity training.

I recommend two weight sessions per cycle, one day heavy legs, and the second day, very light legs, lower back and upper body.

During the other training days of the cycle you will need to do some flying 500m, flying 1000m, flying 2000m (this could be simply a timed effort of say 2min. 15sec.). These need to be full on efforts and as they get longer you will insert some pace. But don't forget about the 120 rpm's that we worked on all winter. Your 2000m efforts should be done at 120rpm.

Add one other day working on starts; I would suggest doing a standing start and continuing the effort for 250m.

Also on the third week of the month do some big gear work; 92" will be good.

Something to keep in the back of your mind is attending FCV Wednesday training sessions. These will be excellent and just what you need. But you might have to adjust your 8 day cycle to fit in the FCV sessions as they come once every 7 days.

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After Provincials the build up for National will be exactly the same: same idea, same program. The only change should be for big gear week use 94".

Lastly, for our cadets, cut this work load in half.

The Taper

The taper is the fine tuning that we do during final preparations leading up to a championship. By cutting the volume of training and increasing the speed work, we recover completely from training. This brings on a tremendous abundance of speed.

If you have balanced your speed, strength and endurance work correctly you will peak for the championships – guaranteed – showing your best potential.

Now, it is common knowledge the big boys at the top of the world will only taper once or twice per year. They maintain training programs through World Cup events and other races. This is because they have a larger future goal down the road.

I would like to see you all taper for Provincials and Nationals just for the practice. Write everything down: how you feel, how your speed increased, what you are eating, how much sleep you are getting. From this information you will be able to fine tune future tapers. When you get them down to a fine art, peaking for an event is almost a given.

To start a taper, simply cut off the weights 6-8 days before the races. No big gear work. Sprinters should have done their final 500m work. Pursuiters reduce the distance of their efforts to 500m and 1000m. Reduce the volume of starts.

It is all trial and error until you discover what works for you. But this is the level of racing where you can experiment.

Thank you.

Now go and win some medals!

Gordon