

Gordon Singleton's November 2006 Training Program

We know that November is entering winter time and snow.

I have designed the schedule as though you are riding outdoors in conditions that are decent for riding, or indoors at the Forest City Velodrome.

When the weather is bad please move indoor and utilize your rollers or turbo.

Here are 3 turbo workouts to follow. 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, 2 min 40 sec rest in between
rest 4 minutes

2 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 30 second efforts, 4 min 30 sec rest in between
use a little resistance here
feel like 48x15

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:

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

November 2006

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
30		31		1		2		3		4		5	
		2 hour ride spinning		weights & riding at FCV, race skills night, 2 x 20 laps, record time		2 hour ride spinning		weights & riding with 4 x 100m flying start, max effort		Forest City Velodrome race		3 hour club ride, spinning	
6		7		8		9		10		11		12	
weights & riding at FCV, race skills night		2 hour ride, spinning		weights & riding at FCV, race skills night, Madison work		rest day		weights & riding with 2 x 150m efforts at max rpm		Forest City Velodrome race		3 hour club ride	
13		14		15		16		17		18		19	
Big Gear Week 84"	weights & riding with 3 x 150m SS, 84"	2 hour ride, spinning, regular gears fixed		weights & riding at FCV, race skills night, 2 x 20 laps, go for PB, 84"		2 hour spinning, regular gears fixed		weights & riding, 3 x 150m sprints, max rpm, 84"		Forest City Velodrome race, 84"		3 hour club ride, regular gears	
20		21		22		23		24		25		26	
weights & riding 3 x 5 min efforts at TT rpm 105		2 hour spinning		weights & riding at FCV race skills night, max rpm, 5 x 2 laps		rest day		weights & riding, 3 x 30 sec efforts at 140 rpm		riding 3 hours, include 3 x 5 min efforts at TT speed, 105 rpm		3 hour club ride	
27		28		29		30							
weights & riding with 3 x 3 min efforts at pursuit, 120 rpm		rest day		weights & riding at FCV race skills night, 3 x 4 laps at 140 rpm									