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# SINGLETON'S OCTOBER – DECEMBER '07 PROGRAM

Our programs at Forest City Velodrome are continuing to grow and our riders are showing positive signs of improvement. We have made great strides and inroads at Track Nationals and we are continually adding new talent to our pool. Progress of the group has been such that, at this time, we feel that it is necessary to divide our riders into two groups:

## TIER 1 - RIDERS THAT HAVE DEVELOPED THROUGH THE PROGRAMS AND RACED ON A CONSISTENT BASIS

This group includes riders that are second year juniors and first or second year seniors.

## TIER 2 - CADET AND FIRST YEAR JUNIORS

We feel that it is extremely important for this group to follow the program in order to develop properly as a racer and athlete.

This is a general overview of where we would like to see your focus. Please read this program and discuss it with your personal coaches and advisors.

## SPINNING

Back to our basic spinning philosophy. We introduced this last fall and feel that this is the cornerstone to your development as a racer. If you can go fast and spin, spin, spin, everything else will fall into place.

## PROGRAM STRUCTURE

Your complete program should revolve around the 3 key factors:

- SPEED
- STRENGTH
- ENDURANCE

Depending on your discipline in cycling this becomes the factor to how much speed work vs. strength work vs. endurance work you do. It is easy to control. If you find that you are lacking speed you do a few more sessions of speed work. If it is endurance that you require then you do a few more sessions of endurance.

Sticking with the basic fundamentals is very important to your development. All disciplines require some time and hours simply sitting on the bike. We have mentioned in the past that hours and kilometres are essential. Therefore between now and Christmas we suggest that you all get in as many hours as possible. Utilize the Forest City Velodrome for your speed work. If it is not possible for you to attend the track then you can substitute your Turbo trainer and follow the Turbo workouts that we have prescribed before.

## 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 x 6 seconds efforts, 54 sec rest in between
- rest 2 minutes
- 3 x 10 second efforts, 50 sec rest in between
- rest 2 minutes
- 2 x 20 second efforts, 2 min 40 sec rest in between
- rest 4 minutes
- 2 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 X 30 second efforts, 4 min 30 sec rest in between  
(use some resistance here – it should feel like a 48x15 gear)

## 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 X 5 minute efforts, rest 6-8 minutes in between (or when you are ready)
- ride at 115-120 rpm with no resistance

This season we would like to see our Tier 1 riders restricting their gears to 84" until Christmas for both racing and training at FCV. Our Tier 2 riders will use the same gears as last year – 81" or less.

## POWER AND STRENGTH

We think that it is important for you to introduce more power and strength work into your programs. These two factors will help you build endurance.

**Tier 1** - Last year at this time we introduced you to some very high cadence riding on the rollers or Turbos. This was great to develop leg speed so please continue. This year along with a solid weight training program and spinning, we would like to see you doing some serious resistance training on the Turbo to build more power. We would like to see the Tier 1 riders develop (with the aid of their coaches) a weight training program that will have them reach a peak gym strength for the end of January or approximately one week before Winter Nationals at the Forest City Velodrome. This should be the strongest in the gym that you will be for the year 2008. Weight training for the remainder of the year 2008 should be a series of peaks and valleys always building towards an important event. If your program is balanced correctly you can possibly hit your winter strength targets later on in the summer.

**Tier 2** - This program will do you good as well. But here is the Tier 2 program that we showed you last year.

## TIER 2 WEIGHT PROGRAM

### WARM UP:

- Ride to gym, stretch, if weather is bad stretch for 10 minutes.

### LOWER BODY EXERCISES

#### SQUATS:

- Start with 95lb x 8 reps, do 6 sets
- November increase reps to 10, do 6 sets
- December increase reps to 12, do 6 sets

#### LEG PRESS:

- 125lb x 12 reps, do 3 sets

#### LEG EXTENSION:

- 40lb x 8 reps, do 3 sets

#### LEG CURL (HAMSTRING):

- 40x8 reps, do 3 sets

#### CALF RAISES:

- 150lb x 25 reps, do 3 sets

### UPPER BODY EXERCISES

#### BENCH PRESS:

- 75lb x 8 reps, do 3 sets

#### LAT PULL-DOWNS:

- 75lb x 8 reps, do 3 sets

#### CURLS:

- 50lb x 8 reps, do 3 sets

#### BENCH FLIES:

- 20lb dumbbells x 8 reps do 3 sets

### CORE EXERCISES

Spend at least 10minutes on this each workout, there are a multitude of ways, use your imagination.

## TRAINING NOTES:

1. Not too much focus on pure weight training.
2. Do not be frightened to have a dig on your Turbo.
3. One more important point that we like to maintain in our program is BIG GEAR WEEK. The third week of every month you can raise your gear. Forest City Velodrome Tier 1 riders will increase to 88" for October; 90" for November; 92" for December and 94" for January 2008. Tier 2 riders use the same formula but remain 4" lower than the Tier 1 group.

## KEY POINTS TO REMEMBER

- speed, strength & endurance, balance all 3 in your program
- develop a sound weight & strength program (get a coach for this)
- lay down a good foundation of road miles
- restrict your gears till Christmas, 84" for Tier 1 and 81" for Tier 2, while racing and training at the Forest City Velodrome
- focus your pedalling around the basic cadences that we have established:
  - 100-105 rpm for TT
  - 115-120 rpm for pursuits
  - 145 rpm for kilos
  - 155+ rpm for sprints
  - 95 to 100 rpm for general road rides

One last point for Tier 2, in the past we have recommended three efforts per workout, with each effort being of maximum potential. We would seriously like you to expand on this idea and raise the bar one, two or even three efforts more per workout. This will likely take place as you get fitter into the season. The only controlling factor is the quality of the effort. Do not try to do six efforts if the last two are significantly below your standard. This expanded program will build strength and endurance.

As always, any questions regarding your personal programs and developments please ask either Rob or me. Like we always say, if we can't answer it we will find you the answer.

Have a good one and train hard.

Thank you.

Gordon Singleton

[nbt@cogeco.net](mailto:nbt@cogeco.net)

<http://www.gordonsingleton.com/>