

## **Gordon Singleton's October 2006 Training Program**

October will be an easy month with some light riding: shorter miles, light gears, and the premise that we build for a peak in February.

I assume that you are all in school; remember that studies come first, especially exams. I have designed October to allow you to race, have some fun, enjoy the bike, and recover from the season. At the same time you are learning about yourself, learning new skills in weights, and pedaling small gears (preferably fixed 68" to 72").

Please start your training diary. Rob and I will be looking at these from time to time.

A couple of you will be doing the six day in October; we will arrange your schedule around this, but the rest of you please follow the program. Even though we want you to be riding easy and light, we do not want to lose sight of the feeling of some training. The size of the gears will help to keep the intensity level down.

It is okay to incorporate some nice hills in your riding days, or ride with your club and participate in fun club sprints. Like I said it is the size of the gears that will keep the intensity down.

Now be smart, if the weather is bad then use your turbos,

These workouts (especially the efforts) can be duplicated on indoor equipment. I usually reduce the hours to maybe 35-45 minutes, but include the efforts. For October use zero resistance and work on pedaling.

If you are going to continue to improve, you must try real hard to live like an athlete. Studies come first, train hard, eat well, and get to bed. Nothing will work without rest.

We will know from your performances if you are not doing the job!

Also, because this is published, everyone across Canada will see what you people are doing. This has not changed since the beginning of time. We will just be doing it better.

There is nothing more frightening to your opponents than knowing that they cheated themselves in their preparation.

# October 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9</b> weights, 1 hour easy ride, light gears spinning 100 rpm	<b>10</b> 2 hours spinning light gears	<b>11</b> weights, 1 hour ride, 2x150m sprints, spinning 150 rpm	<b>12</b> 2 hour spinning light gears	<b>13</b> weights, 1 hour ride, 2x150m sprints, spinning 150 rpm	<b>14</b> race at Forest City Velodrome	<b>15</b> 3 hour ride, spinning low gears
<b>16</b> weights, 1 hour ride, 2x3 minute efforts, 120 rpm, pursuit intensity	<b>17</b> 2 hour spinning light gears	<b>18</b> weights, 1 hour ride, 2x5 min, 16k TT speed, 105-110 rpm	<b>19</b> rest day, 1 easy hour if you like, nothing more	<b>20</b> weights, 1 hour spinning, (6 day for some)	<b>21</b> 2 hours riding, 2x5 min, 16k TT speed, 105-110 rpm (6 day)	<b>22</b> 3 hour ride, light gears, maybe with your club
<b>23</b> weights, 1 hour riding, 2x 3 min, pursuit speed, 120 rpm	<b>24</b> 2 hour ride, spinning light gears	<b>25</b> weights, 1 hour ride, 2 x standing starts, 100m, light gears	<b>26</b> rest day, 1 hour easy if you like	<b>27</b> weights, 1 hour ride, 2x150m sprints, 150 rpm (6 day for some)	<b>28</b> 2-3 hour ride, maybe with your club (6 day for some)	<b>29</b> 3 hour ride, light gears, with club (6 day)
<b>30</b> weights, 1 hour ride 2 x 150m sprints, 150 rpm	<b>31</b>					