

FCV 2008

Our program is beginning to show many fruits of the labour that has been kindly donated by our hard working volunteers.

Team Ontario is once again competing at the National level for the number one spot year in and year out.

Every month we are introducing new athletes to the sport of cycling. Our programs are designed to teach from the ground up; focusing on technique, skills, tactics, and of course our never ending search for more speed, strength and endurance.

Plus new for 2008 we will introduce a nutrition corner with cutting edge advise from a qualified person in the field of exercise physiology & nutrition. This will be available only to those that have joined the FCV Velodrome and paid their membership.

Our programs have developed to a point now where we have had to structure the levels into separate categories; tier 1, tier 2 and elite.

I didn't feel that there was much point in introducing a new program for 2008 but rather reintroducing the old ones because they work and provide the very basic fundamentals to develop you as racers.

TIER ONE & TIER TWO

Follow the Junior and Cadet programs that were published in the beginning of 2007

<http://www.forestcityvelodrome.ca/pdf/SingletonJanFeb2007.pdf>

<http://www.forestcityvelodrome.ca/pdf/SingletonJanFeb2007.pdf>

<http://www.forestcityvelodrome.ca/pdf/SingletonMayJune2007.pdf>

The only difference is the fact that Nationals are in B.C. at the end of August.

ELITE

For our riders that will be moving onto Elite National but remain a significant part of our program.

One important thing to remember as you develop is never forget the basics. The previous programs always form solid foundation that you will use for as long as you continue to compete.

Now that you have moved into uncharted territory as far as racing is concerned you will need to formulate the following advise into your own programs. You should discuss this with your personal coaches or you can continue to look to Rob or myself.

Begin by establishing some realistic goals for 2008 but bear in mind that you should want to achieve the highest possible for your self.

3 main factors: desire, commitment and ability.

When designing your individual programs it is very important to remember the three basic elements that I spoken about since the beginning.

Speed, Strength & Endurance

The very top training programs in the World are specifying that you arrange your workouts such that you train at and above competition intensity.

Every effort you do you should try to make it your best ever.

The addition of training on gears significantly larger than gears you race on will make you stronger. This approach only works if can maintain the same race intensity.

Once again I stress that you divide your program into various blocks that incorporate the 3 elements of speed, strength and endurance.

Make your speed blocks very fast and utilize things like downhills and motor pacing to help you to go past the race expected rpm.

Arrange your strength blocks so that you maintain the race intensity, yet at the same time get accustomed to larger gears.

Your endurance road riding should be done at approximately 80% of your top capacity.

Always try to achieve new peaks in training. Every effort counts.

Peak power, peak cadence, but no sub max efforts.

Power is the ultimate measurement of intensity.

They should either mean something or they are not worth doing. If you are to maintain your training at this level then it is essential to balance your lifestyle.

You will need plenty of good rest, good nutrition, good training.

Any additional riding that you do should be for recovery and recreation.

I can tell you one thing that you will experience if you are able to achieve these heights.

IT'S A LOT OF FUN

All the best

Gordon