

# Bright Boot Camp Basic Training Plan

## How fit you need to be?

Firstly, the Bright Boot Camp is structure so that it can be ridden by novice to the elite cyclists.... Generally you would need to:

- Have been regularly riding for more than a year
- Complete a 100km ride with ease with an average speed above 25km
- Be comfortable riding in a bunch of 20+ riders.

Remember that everyone is different so these are recommendations and you should take into consideration your own personal circumstances.

## Notes:

1. This is a generic program designed to help those who are already cycling regularly to train specifically for the demands of the Bright Boot Camp
2. You can change them around and can have two hard days together as long as you ensure that you pay particular focus on recovering well on these days and afterwards.

# 7 Week Program

Week	Phase	Week	Exercise	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total Km	Total Weekly Km	Total Weekly Time								
1	Base	24-Dec-07 to 30-Dec-07	Exercise 1	Km	Rest	30	E2HILLS	Rest	30	BASE	Rest	75	BASE	75	BASE	210	210.0	8.0			
				Time	REST	1.0	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	REST	1.0	E1-E2 @ 100 rpm	REST	2.5	E1-E2 @ 100 rpm	2.5	E1-E2 @ 100 rpm	7					
			Exercise 2	Km	REST		REST		MBBP1		REST		MBBP1		REST				REST		1
				Time	REST		REST	0.5	Matt Brindle Beginner Program 1		REST	0.5	Matt Brindle Beginner Program 1		REST				REST		
2	Base	24-Dec-07 to 30-Dec-07	Exercise 1	Km	REST	30	E2HILLS	30	REC	30	BASE	30	REC	50	E2HILLS	75	E2HILLS	245	245.0	8.7	
				Time	REST	1.0	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	1.0	E1 @ 100 rpm	1.0	E1-E2 @ 100 rpm	1.0	E1 @ 100 rpm	1.7	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	2.5	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	8.2			
			Exercise 2	Km	REST		REST		MBBP1		REST		MBBP1		REST		REST				0.5
				Time	REST		REST		Matt Brindle Beginner Program 1		REST	0.5	Matt Brindle Beginner Program 1		REST		REST				

Week	Phase	Week	Exercise	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total Km	Total Weekly Km	Total Weekly Time	
														Km
3	Base	24-Dec-07 to 30-Dec-07	Exercise 1	REST	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	E1 @ 100 rpm	E1-E2 @ 100 rpm	E1 @ 100 rpm	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	9	270.0	9.5	
			Exercise 2	REST	REST	Matt Brindle Beginner Program 1	REST	Matt Brindle Beginner Program 1	REST	REST	REST			0.5
4	Build 1	24-Dec-07 to 30-Dec-07	Exercise 1	REST	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	E1 @ 100 rpm	E1-E2 @ 100 rpm	E1 @ 100 rpm	Ride along the flat at E1 @ 100rpm. Do hills at 70-80 rpm alternating between seated and standing in E3	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	8.166667	245.0	8.7	
			Exercise 2	REST	REST	Matt Brindle Beginner Program 1	REST	Matt Brindle Beginner Program 1	REST	REST	REST			0.5

Week	Phase	Week	Exercise	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total Km	Total Weekly Km	Total Weekly Time								
5	Build 1	24-Dec-07 to 30-Dec-07	Exercise 1	Km	REST	30	E2HILLS	30	REC	30	BASE	30	REC	75	E3HILLS	100	E2HILLS	295	9.8		
				Time	REST	1.0	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated	1.0	E1 @ 100 rpm	1.0	E1-E2 @ 100 rpm	1.0	E1 @ 100 rpm	2.5	Ride along the flat at E1 @ 100rpm. Do hills at 70-80 rpm alternating between seated and standing in E3	3.3	Ride along the flat at E1-E2 @ 100rpm. Do hills at 70-80 rpm seated				
			Exercise 2	Km	REST		REST		MBBP1		REST		MBBP1		REST		REST		REST	0.5	0.5
				Time	REST		REST		Matt Brindle Beginner Program 1		REST	0.5	Matt Brindle Beginner Program 1		REST		REST		REST		
9	Specific Prep	24-Dec-07 to 30-Dec-07	Exercise 1	Km	REST	30	E3HILLS	30	REC	30	BASE	30	REC	50	E3HILLS	100	BASE	270	9		
				Time	REST	1.0	Ride along the flat at E1 @ 100rpm. Do hills at 70-80 rpm alternating between seated and standing in E3	1.0	E1 @ 100 rpm	1.0	E1-E2 @ 100 rpm	1.0	E1 @ 100 rpm	1.7	Ride along the flat at E1 @ 100rpm. Do hills at 70-80 rpm alternating between seated and standing in E3	3.3	E1-E2 @ 100 rpm				
			Exercise 2	Km	REST		REST		MBBP1		REST		MBBP1		REST		REST		REST	0.5	0.5
				Time	REST		REST		Matt Brindle Beginner Program 1		REST	0.5	Matt Brindle Beginner Program 1		REST		REST		REST		
														Total Km	Total Weekly Km	Total Weekly Time					
														295	295.0	10.3					
														Total Km	Total Weekly Km	Total Weekly Time					
														270	270.0	9.5					



# Heart Rate Zones

Description	Intensity	Code	Zone	
VO2 MAX Boosting	Very Hard – Can't speak	O2	92 -	100 %
Anaerobic Threshold Endurance	Hard – Difficult to speak at all	E3	85 -	91 %
General Aerobic Endurance	Moderate – Talk in short sentences	E2	75 -	84 %
Base Aerobic Endurance	Easy – Able to carry out conversation	E1	65 -	74 %
Recovery	Easy – Able to carry out conversation	REC	50 -	64 %

*Cycling Australia official Heart Rate Zones*

## Rest <50% MHR

Any training done lower than 50% MHR is rest. This zone is not really training at all and is normally associated with very light exercise such as walking. This zone can be used during the transition phase of the training year.

## Zone REC (Recovery) 50-64%MHR

This zone can be used for recovery rides on the bike. It takes discipline to ride at this pace though!

## Zone E1 (Aerobic Endurance) 65-74%MHR

This is the zone you will spend most of your time in. It is the zone used for base training and to build your aerobic base and your foundation for the season ahead. In practice you'll be training in this zone throughout the year as it builds aerobic power throughout the season. Training in this zone allows you to ride with a good average speed but without a great deal of perceived effort. If you're riding fast but not hard you'll most likely be in this zone. You should be able to maintain a conversation without taking deep or extended breaths. For this reason, this training is very effective when done with one or two training partners and whilst having a sociable chat on the bike.

## Zone E2. (General Aerobic Endurance) 75-84%MHR

Be careful with this zone. Because this zone is still just below your lactate threshold, it will do little to increase your VO2 Max or increase your lactate threshold. This zone is sometimes called the "no-man's land" training since it is too fast for an endurance ride and too slow to improve your maximum aerobic power or threshold. It is an important zone to train in but it's even more important that you manage the amount of time and how you train in this zone. This is because it is at the top end of the endurance zone and this it will tire you out if you train in it without proper control! Interestingly, it is the zone that you usually end up riding in when riding in a group! It's ok though in the specialization period before the start of racing and can be used as an introduction to interval training.

## Zone E3. (Anaerobic Threshold Endurance) 85-91%MHR

This zone is critical to your success in bike racing. Training in this zone develops your ability to ride at lactate threshold. Train in this zone and you will be able to tolerate lactic acid in your muscles whilst maintaining the muscle contractions necessary to produce sustainable power on the bike. Use this zone to train for bridging across to a break, working in a break or climbing for an extended period of time. Training in this zone is hard! Train in this zone to increase VO2 Max and Maximum Aerobic Power.

## Zone O2. (VO2 MAX Boosting) 92-100% MHR

In this zone you are riding flat out. These intervals are probably best done on a trainer. If you do them on the road take care to keep your head

up and in control of the bike! Typically you will only last seconds in this zone as your muscles fill with lactic acid and force you to recover. Use this zone to train for sprinting.

## Terms used in the program

**REST (Rest)** – No training but you can perform light cross training exercised like yoga, walking, stretching or the mobilises of Matt's Brindles Functional Strength DVD. You can also perform Matts' beginner Program or two as long as you do it without weights.

**REC (Recovery)** - Performed at E1. Build aerobic base and clears out legs after a hard session of training. Important to use it as recovery! Keep your cadence around 100 rpm. Can go to 120 rpm for 2-3 min periods if you are particularly fit but ensure that you keep it on the E1 zone.

**BASE (Aerobic Base Training)** - Performed at E1 & E2 HR zones – Builds aerobic capacity. Mainly done on flat roads but can be done on rolling roads as long as you keep your HR within the zones. Focus on keeping you cadence around 100rpm for the entire ride.

**E2HILLS (E2 Hills)** – Similar to BASE but with a focus on riding on a rolling course. Ride along the flat between hills at in your E1-E2 @ 100rpm. Then when you hit a hill drop your cadence to around 70-80 rpm and climbing while seated. This can also be done into a headwind if you don't have any hills around your area. If this is the case ensure that you alternate between riding in your E1-E2 Zone @ 100rpm and E1-E2 @ 70-80 rpm.

**E3HILLS (E3 Hills)** - Similar to E2HILLS only that instead of Riding E1-E2 zones you ride at E1 @ 100 rpm along the flats and the E3 Zone @ 70-80 rpm up the hills. In this case you can alternate between seated and standing during the climb. Again, if you don't have hills in your area ride into a head wind alternating between E1 @ 100 rpm and E3 Zone at @ 70-80 rpm. And again, you can do the E3 at @ 70-80 rpm alternating between seated and standing.

**Note:** This workout (E3HILLS) is a Strength Endurance workout variation. This training therefore can be stressful on the knee joints and cause injury if not conducted properly, you have a history of knee pain or you don't have sufficient conditioning to perform this exercise. If you experience pain of any sort while performing this or any exercise on this program you are to stop immediately and seek advice from a medical partitioner.

## Disclaimer

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