



PERFORMANCE CYCLING CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING CYCLISTS

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Cycling Coaching Tips 101 Periodization In Simple Terms

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Phil started assisting riders in 1974 and was licensed as an Elite/Level 1 coach in 1988. Though the years his racers have generated hundreds of local championship medals plus many National Medals. Go Fast Cycling philosophy is fast first!

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he competitive season has concluded for most athletes. This is the ideal time for cyclist and their coaches to start the planning process for next season. Here are some tips and considerations.

Plan Your Work and Work Your Plan

Here are some comments forms that old cliché “plan your work and work your plan.” Perhaps the easiest planning of all is to make use of a calendar. Each month should have two minimum labels on it such as “Phase and Primary Training Task”. For example, most of the cyclists I coach will be using the month of September as a Rest and Transition as a Phase. School begins, the seasons are changing and it is necessary to refresh and try different activities.

For many cyclists, October becomes the month where Cyclocross preparation and racing is the thing to do. The phase can be Transition and our October Task could be Cyclocross Training.

November could well be where the Phase becomes preparation and primary training task is muscle regeneration. For many cyclists this preparation will include a variety of activities such as Cyclocross, Cross Country Skiing, Soccer, and even some Basketball. Strength rebuilding is planned and begun.

December, January, and February are usually part of the Preparation Phase and the Primary Tasks are strength and “cycling agility”. For cycling it’s also time to do some testing. Being agile here means being faster later. Spin those legs! 200RPM is possible on rollers or trainers. Rollers are very effective if used in a variety of ways. This is a time for the weight room and strength is the objective. For cyclists, lots of emphasis should be placed on hamstrings, lower back and abdomen.

March and April are usually listed as the Specialization Phase. Emphasis is now placed on endurance conditioning and event training. Ride the bike, but with a lot of variety. Long hours spent at one tempo will result in a one speed cyclist, which could be okay if the wind never blew or the road was always flat.

May to September become the Competition Phase. Each monthly period will have its own Primary Task as will each week and part of the week. It is during this Phase that the breakdown for specific events can become very detailed. Each training task should have an evaluation portion. This evaluation can be as formal lab testing or just a consistent course vs. time appraisal. Break the tasks into smaller events & be consistent. The axiom should be “record it to be better”. Your best satisfaction is likely to be when you set objectives & then achieve them. The questions are: how fast? how far? and how long? I like to think of progress coming from a task and test sequence.

We just went through a season with a well organized plan, almost. This was a test to see if you could finish this piece--and if the author could get through it all without gross use of words such as, Periodization, Macrocycle, Microcycle, or even Tertiary Training Task. ●

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Don't miss Principles of Cycling Periodization, Sean Wilson Ph.D., for more information on the topic. Click [HERE](#)