

GUY'S BICYCLES 2019 WINTER INDOOR TRAINING

Introducing the 14th Winter Indoor Training Series! The reason it has continued since 2006 is because it delivers results. It is a 10 week indoor cycling program designed to have you in tip top shape by spring when you are ready to venture outside again.

Training is done on your own bike, using a stationary trainer that measures your power output (watts), speed, and distance. Monitoring your power output in combination with your heart rate, we take you through 10 rewarding weeks of training. The ten week plan will build on your core strength, endurance base, emphasize various cycling drills and techniques, and motivate you through interval workouts in your different energy zones. The group dynamics makes it fun and the skilled instructor enables individualized training.

Who should attend? Recreational cyclists, road racing cyclists, triathletes and duathletes – anyone who is ready to challenge themselves and work on honing cycling skills.



Guy's Bicycles' own Bob Burke will again be our Winter Training Series Instructor. You may recognize the name Bob Burke, whether it be from his presence at Guy's Bicycles since 1979, or from his esteemed recognition in the Delaware Valley for his fitting expertise, or from his racing career. Or maybe you have seen him out on the roads of Bucks county more recently – He is still averaging 7000 miles per year!

Bob's passion for bicycles is as strong now as it was when he got his first Schwinn Sting Ray. His expertise in cycling, technique and endurance training, along with over 35 years of experience in communicating his passion, makes him ideal to take you to your next level! Whether you are currently a beginner, an avid cyclist or a competitive racer, Bob will motivate you to work smarter and harder.

Guy's Winter Indoor Training Series Schedule:

WHEN: Tuesday and Thursday Evenings: 6:30 p.m. – 8:30 p.m., starting Tuesday January 8th, 2018 and finishing March 21nd.

WHERE: THE SPORTSPLEX
1331 O'Reilly Dr.
Feasterville, PA 19053
215- 355-2582
www.sportsplexpanew.com

SESSION SAMPLE SCHEDULE: See attached.

DETAILS: Basic Program requirements include your bike, towels, a yoga mat and a heart rate monitor:

- 10 Week Program, meeting two nights weekly, 2-hour sessions.
- Initial and post power output field tests
- Initial and post sub-max heart rate threshold field tests
- Bicycle fitting if needed
- Visit www.guysbicycles.com for a registration form

HEART RATE MONITOR PRICING FOR PARTICIPANTS:

- Contact Guy's if you need a heartrate monitor

VO2 Max Test: Referral available upon request.

SAMPLE

Guy's Bicycle's Winter Indoor Training Schedule

TRAINING FOCUS (ENERGY ZONE EMPHASIS)

Session 1 – Tues. Set up / Introduction to Equipment / Field Test (zone 5)

Session 2 – Thurs. Intro to Drills & Technique/Heart Rate and Wattage parameters (zones 1-7) (These drills will be part of each class throughout the series)

Session 3 – Tues. Endurance Ride (zone 2) and Max Power Test (zone 7 – minimal time after warm up)
Strength Exercises – Toward end of class (Bring shoes)

Session 4 – Thurs. Endurance Group Ride (zone 2) – All Drill Review
Core exercises at end of class – last 10 minutes

Session 5 – Tues. Endurance Ride (zones 2-3) w/over gearing emphasis
Strength exercises – bring athletic shoes that slip on/off easily

Session 6 – Thurs. Long Hill Intervals (zones 2-4) *Core work at end*

Session 7 – Tues. Tempo Steady State Intervals (zones 2-3)

Session 8 – Thurs. Long Steady Climb (zones 2-3) *Bring athletic shoes that slip on/off easily*

Session 9 – Tues. Time Trial effort with pedal drills (zones 4-5)

Session 10 – Thurs. Strength / Short Hill Intervals (zone 6)

week off

Session 11 – Tues. Lactate Threshold Intervals (zone 4)

Session 12 – Thurs. Race Day ride with short Fast Intervals (zones 6-7)

Session 13 – Tues. Tempo Ride (Zone 3) w/ VO2 Max Intervals (Zone 5)

Session 14 – Thurs. Long Steady Climb (zones 2-5) *Core work at end*

Session 15 – Tues. Endurance Ride (zones 2-3) w/over gearing emphasis

Session 16 – Thurs. VO2 Max Intervals (Zone 5)

Session 17 – Tues. Time Trial (zones 4-5)

Session 18 – Thurs. Hill Intervals (zones 6-7)

Session 19 – Tues. Tempo Intervals (zones 2-3)

Session 20 – Thurs. Final Field Test (zone 5)