

Triple Bypass 2010 Training Plan information

By Rob Lockey, CSCS

Hard to believe that it is time to talk about the 2010 Triple Bypass. It is anticipated that another record will be set when the registration opens. So, prepare to commit early if you want the Triple as one of your summer goals. With this thought, planning ahead for training should be considered as well so that your summer touring experience is at its best. As last year, Optimize Endurance Services will provide purchasable training plans to prepare riders for the event. Below you'll find descriptions about the plans and as always you're welcome to use the contact info provided to get any further questions answered.

New and improved:

- 2010 plans are enhanced based upon the feedback received from the survey sent out to 2009 training plan participants, a final thanks to the many people that completed the survey
- Enriched workout descriptions
- Longer weekend rides
- Mileage or time options on the workouts
- Updated Strength Training workouts using new media in the TrainingPeaks website

Revamped plan options:

- To remove some confusion and bring some simplicity to the decision process, we are reducing the number of options for 2010 (4 options from 16)
- You will choose whether you are experienced or beginner and what length of plan you desire
- 2 plans are 26 weeks in length and 2 are 15 weeks in length, you'll just need to choose your ability level (26 week starts in January and the 15 week starts in March)
- In the past we have had options of Flat Lander and Mountain Area, this has been removed and suggestions as to modify the workout for where you live are included

Practice rides of the climbs:

- Three practice rides will be conducted to give people a chance to meet others and get a great day of training in on the route the Triple Bypass follows (rides will be conducted in June 2010)
- Each ride is self supported and is either a loop or an out and back
- Even if you don't purchase a training plan you are welcome to join the rides because they are free of charge and will be posted on the OES website

Physiology testing:

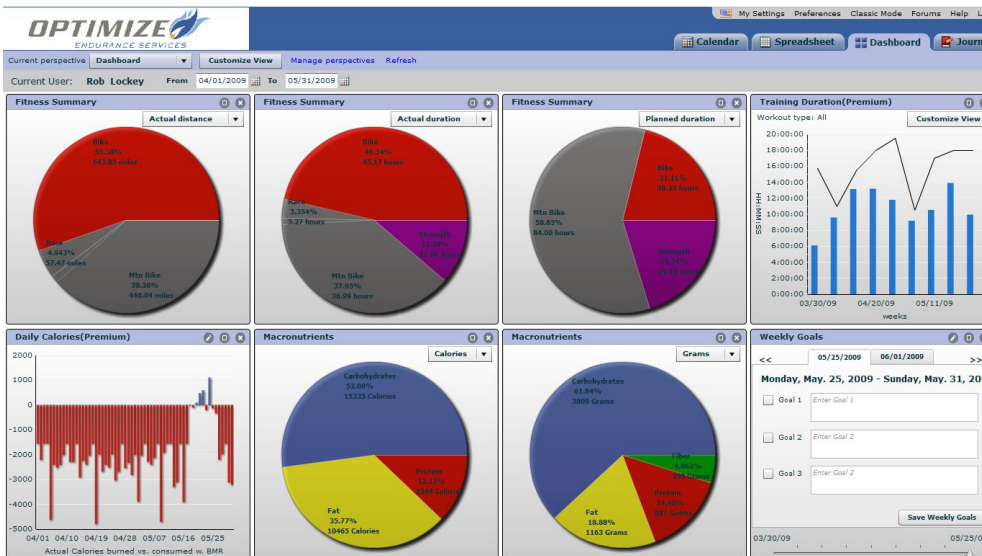
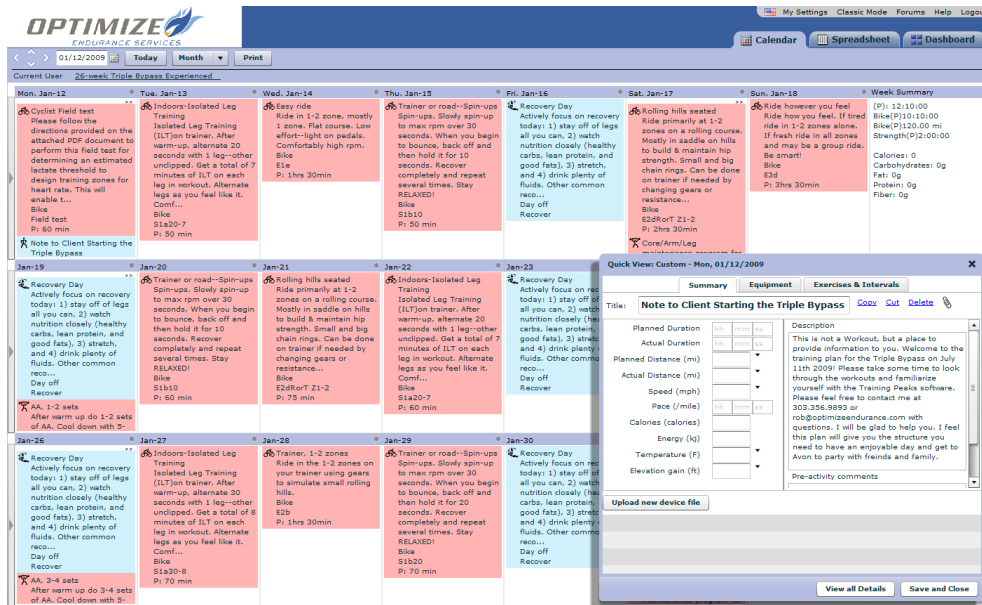
- Plan purchasers receive a 20% off coupon on a Lactate Threshold bike test to help dial in training zones with heart rate or power meters

Updated software for client interaction:

- Training Peaks.com has upgraded their interface for a more seamless use with drag and drop options and better calendar, nutrition, e-mailing of workouts and journaling tools

As the first of the year draws nearer please visit the OES website to read more information about the 2010 Triple Bypass Training plans and we look forward to working with you and Team Evergreen to bring you a wonderful ride in July.

Rob Lockey, CSCS, ACSM/HFS and a USA Cycling LII Certified Coach, provides testing and coaching through Optimize Endurance Services. Contact him at 303-356-9893 or rob@optimizeendurance.com



Presented here are two screen shots of the TrainingPeaks interface

for the 2010 Triple Bypass Training Plans

Look to purchase the plans in January 2010 from the Optimize Endurance Services Website