

GEISINGER

SPORTS MEDICINE

Training for the 75 Miles of Montour Bicycle Race

Spring and summer are just around the corner and for all of you adventure seekers, that means it is nearing the start of the River Town Race Series. If you are looking for a good way to get out and truly “Step out of your comfort zone”, getting involved in one of the many races that the series has to offer is a good way to do so.

This year is the fourth year for the 75 mile Mon-tour Bike Epic which offers some of the toughest roads in Montour County and will prove to be a challenge for even the most experienced riders. Yeah, there really is 75 miles of road in Montour County. The route covers nearly all the townships in Montour County and actually totals 77 miles. The elevation is 5940'+. If you think this race is something that you would be interested in, the following is a training schedule for both **BEGINNERS** and **EXPERIENCED** bikers that will help you to prepare and perform your best on the big day. Good Luck!

Race Day: May 16th, 2009
Start Time: 8:30 Rain or Shine



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Training Schedule for BEGINNERS 75 Miles of Montour

Wk	Type	Mon miles	Tues	Wed miles	Thurs	Fri miles	Sat miles	Sun	Total miles
1	Prep	5	XT	5	XT	6	6	OFF	22
2	Prep	6	XT	6	XT	7	7	OFF	28
3	Prep	7	XT	7	XT	8	9	OFF	31
4	Base	10	XT	10	XT	10	12	OFF	42
5	Base	10	XT	10	XT	12	12	OFF	44
6	S&Q	Hills	Strength	Power	Strength	Hills	25	OFF	25
7	Base	10	XT	12	XT	15	12	OFF	49
8	Base	12	XT	12	XT	12	15	OFF	51
9	S&Q	Hills	Strength	Power	Strength	Hills	30	OFF	30
10	Base	12	XT	12	XT	15	15	OFF	54
11	Base	12	XT	15	XT	15	15	OFF	57
12	S&Q	Hills	Strength	Power	Strength	Hills	35	OFF	35
13	Intensity	10	XT	10	XT	10	50	OFF	80
14	Intensity	50							

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Training Schedule for EXPERIENCED RIDERS 75 Miles of Montour

Wk	Type	Mon miles	Tues	Wed miles	Thurs	Fri miles	Sat miles	Sun	Total miles
1	Prep	10	XT	10	XT	10	15	OFF	45
2	Prep	10	XT	15	XT	10	25	OFF	60
3	Prep	10	XT	15	XT	10	30	OFF	65
4	Base	10	XT	10	XT	15	40	OFF	75
5	Base	10	XT	10	XT	15	50	OFF	85
6	S&Q	Hills	Strength	Power	Strength	Hills	25	OFF	25
7	Base	20	XT	15	XT	15	50	OFF	100
8	Base	20	XT	20	XT	20	65	OFF	125
9	S&Q	Hills	Strength	Power	Strength	Hills	30	OFF	30
10	Base	35	XT	30	XT	25	80	OFF	170
11	Base	40	XT	40	XT	25	95	OFF	200
12	S&Q	Hills	Strength	Power	Strength	Hills	35	OFF	35
13	Intensity	45	XT	40	XT	25	115	OFF	225
14	Intensity	50	XT	40	XT	35	125	OFF	250
15	Intensity	20	XT	20	XT	20	65	OFF	125
16	Taper	10	Stretch	10	Stretch	10	Stretch	OFF	30
17	Taper	Stretch	5	Stretch	Prep	Prep	Race Day	OFF	80

Notes:

The schedule above was created for use by an experienced biker. If you do not have significant biking experience, your training regiment might require a slower advancement in mileage to allow for the body's adjustment to the increased workload.

The off day does not need to be the day in the schedule listed above. The days can be arranged to best fit your schedule, BUT make sure that you maintain the number of XT/OFF/bike workout days listed above each week.

XT stands for cross training. Cross training means getting in a work out using a method other than biking. Examples of cross training include: running, swimming, XC skiing, using an elliptical, participating in a class such as Yoga or Pilates, or playing a recreational sport such as basketball.

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75 Miles of Montour Terminology

Prep: Beginning weeks of training regimen. This phase is designed to slowly progress to the desired training state.

Base: Core training weeks. Rides in this phase should be moderately paced.

Strength and Quickness: This phase focuses on building strength by decreasing duration and increasing speed.

Hills:

- 10min warm-up ride
- moderately steep hill
- 80-90% effort up and coast on descent
- initially 3-4 repetitions, increase to 7-10 by week 12

Strength:

- squats or leg press
- bench press
- lat pull downs
- biceps curls
- triceps extensions
- core/abdominals

Power:

- speed workout of around 25 miles once/week during the S&Q type training
- time trials or interval training
- of weeks 6, 9, 12 one speed workout should include hills for 25 miles

Intensity: This phase should include one long duration bike epic/week in preparation for race day mileage.

Taper: Gradual decrease in intensity of training sessions in preparation for the upcoming race day. Stretching during this phase will help to improve bike positioning, decrease risk of injury and muscle tightness, and improve overall flexibility and breathing.

Race Prep: These 2 days should be used to make any last minute preparations for Race Day! Make sure tires are properly inflated, bike is clean and fitted properly, race day attire is comfortable and weather ready, drive the route one last time (in a car!!) to make sure there are not any surprises, and get a good nights rest.

For more information on this and other training plans, please visit

www.geisingersportsmed.com

or call toll free to speak with one of our medical professionals

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