



# Grupetto Fall Winter Training Schedule | November/December

Week #	Date	Ride Time	Training Work	Technique/Skill	Start Location
1	Sunday, 11/7/10	2 Hours LSD FLATS	<b>CADENCE INTERVALS</b> 4x after 30 min warm up 1 min: (39/17 or 34/15) @ 100 rpm 1 min rest 1 min: (39/17 or 34/15) @ 105 rpm 1 min rest 1 min: (39/17 or 34/15) @ 110 rpm (standard small ring = 39 x 17, compact small ring = 34 x 15)	First Week Out 3 Mile Individual TT For Base Fitness  Basics of Heart Rate Training & Gear Selection for Intervals  Single Line Pace line	Folsom Bike
2	Sunday, 11/14/10				Folsom Bike
3	Saturday, 11/20/10	3 Hours LSD FLATS	<b>CADENCE INTERVALS</b> 4x after 30 min warm up 1 min: (39/17 or 34/15) @ 100 rpm 1 min rest 1 min: (39/17 or 34/15) @ 105 rpm 1 min rest 1 min: (39/17 or 34/15) @ 110 rpm (standard small ring = 39 x 17, compact small ring = 34 x 15)	Single Line Pace Line + Tight Formations & Techniques  Cornering on Flat Roads 101	Folsom Bike
4	Saturday, 11/27/10				Folsom Bike
5	Saturday, 12/4/10	4 Hours LSD FLATS	<b>CADENCE INTERVALS</b> See above for instructions  <b>SPEED INTERVALS</b> Begin after William Pond Repeat 4x 2 x 10 minute speed intervals 5 min rest between intervals Use medium gearing (39/21 or (34/23 or 50/25)) 90 rpm	Double Line Pace Lines  More Tight Formation Techniques	Folsom Bike
6	Saturday, 12/11/10				Folsom Bike
7	Saturday, 12/18/10	5 Hours LSD FLATS	<b>CADENCE INTERVALS</b> See above for instructions  <b>SPEED INTERVALS</b> Begin after William Pond Repeat 4x 2 x 10 minute speed intervals 5 min rest between intervals Use medium gearing (39/21 or (34/23 or 50/25)) 90 rpm	Double Line Pace Lines  More Tight Formation Techniques	Folsom Bike
8	Saturday, 12/25/10				Folsom Bike



# Grupetto Fall Winter Training Schedule | January/February

<b>9</b>	Saturday, 1/1/11	1.5 Hrs Hill Repeats	<p><b>SFR (Slow Frequency Revolutions)</b>            Easy Warm Up ~ 20 min            2x 8 min Medium Endurance Effort intervals with 5 min slow spin rest in between (90 rpm's at your ME heart rate)            Recovery pace for 10 mins</p>	Climbing While Seated	Folsom Bike
<b>10</b>	Saturday, 1/8/11		<p>4x 4 min repeats with 4 min slow spin rest in between: biggest gear you can push at 65 rpm while remaining seated: 3 to 5% grade.            Ride a recovery pace for 20 min then end the ride.</p>	Basics of Descending	Folsom Bike
<b>11</b>	Saturday, 1/15/11	2:45 Hour Route (i.e. Indian Hill)	<p><b>SFR (Slow Frequency Revolutions)</b>            Easy Warm Up ~ 20 min            2x 8 min Medium Endurance Effort intervals with 5 min slow spin rest in between (90 rpm's at your ME heart rate)            Recovery pace for 10 mins</p>	Climbing While Seated	Folsom Bike
<b>12</b>	Saturday, 1/22/11		<p>4x 4 min repeats with 4 min slow spin rest in between: biggest gear you can push at 65 rpm while remaining seated: 3 to 5% grade.            Ride a recovery pace for 20 min then end the ride.</p>	Basics of Descending	Folsom Bike
<b>13</b>	Saturday, 1/29/11	3:15 Hour Route (i.e. Rescue Route)	<p><b>SFR (Slow Frequency Revolutions)</b>            Easy Warm Up ~ 20 min            2x 8 min Medium Endurance Effort intervals with 5 min slow spin rest in between (90 rpm's at your ME heart rate)            Recovery pace for 10 mins</p>	Climbing While Seated & Climbing While Standing	Folsom Bike
<b>14</b>	Saturday, 2/5/11		<p>4x 4 min repeats with 4 min slow spin rest in between: biggest gear you can push at 65 rpm while remaining seated: 3 to 5% grade.            Ride a recovery pace for 20 min then end the ride.</p>	Cornering on Hills	Folsom Bike
<b>15</b>	Saturday, 2/12/11	4 Hour Route (i.e. Folsom Lake Loop/Coloma)	<p><b>SFR (Slow Frequency Revolutions)</b>            Easy Warm Up ~ 20 min            2x 8 min Medium Endurance Effort intervals with 5 min slow spin rest in between (90 rpm's at your ME heart rate)            Recovery pace for 10 mins</p>	Climbing While Seated & Climbing While Standing	Folsom Bike
<b>16</b>	Saturday, 2/19/11		<p>4x 4 min repeats with 4 min slow spin rest in between: biggest gear you can push at 65 rpm while remaining seated: 3 to 5% grade.            Ride a recovery pace for 20 min then end the ride.</p>	Cornering on Hills	Folsom Bike



## Grupetto Fall Winter Training Schedule | Late February / March

<b>17</b>	Saturday, 2/26/11		TBD		Folsom Bike
<b>18</b>	Saturday, 3/5/11		TBD		Folsom Bike
<b>19</b>	Saturday, 3/12/11		TBD		Folsom Bike
<b>20</b>	Saturday, 3/19/11		TBD		Folsom Bike
<b>21</b>	Saturday, 3/26/11		TBD		Folsom Bike