

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Russell Debarbieris

Date: 2-Dec-07

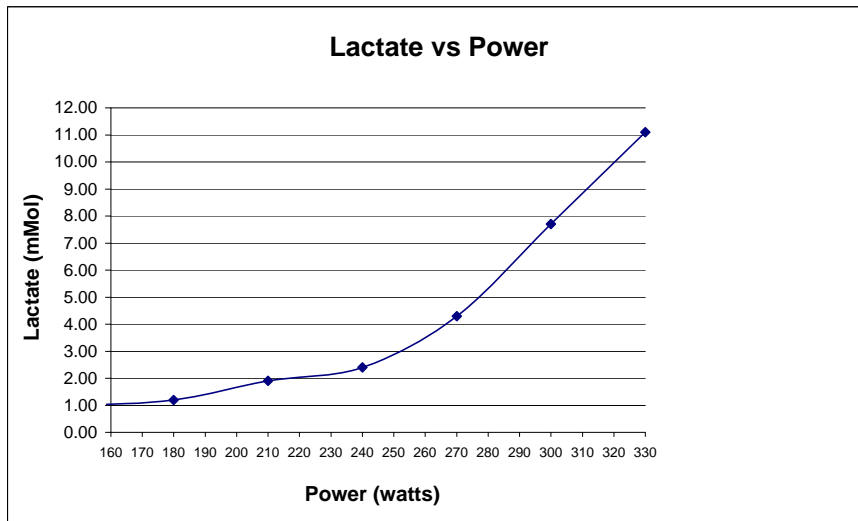


ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	150	117	1.00
2	180	127	1.2
3	210	137	1.9
4	240	140	2.4
5	270	154	4.30
6	300	163	7.7
7	330	168	11.1

SUMMARY			
WEIGHT (kg)	72.7	TOTAL TIME (min)	4:00
HEIGHT (cm)	169	MAX HR (bpm)	168
RPM	90		
STAGE TIME (min)	4:00	LAST STAGE COMPLETED	7

HEART RATE TRAINING ZONES (bpm)	
Zone 1	127-138
Zone 2	138-149
Zone 3	149-159
Zone 4	159-163
Zone 5	163-168

POWER TRAINING ZONES	
WATTS	
Zone 1	180-220
Zone 2	220-260
Zone 3	260-275
Zone 4	275-300
Zone 5	300-330



Workout Menu

Low Intensity Training (LIT)

Duration: 30 to 240+ min

Warm-up: None

Intensity: Zone 1 (below lactate and aerobic threshold)

Purpose/Description: To speed recovery from previous exercise and to condition the body to tolerate many hours of continuous exercise. This workout requires no warm-up and the intensity of the workout should be held steady in Zone 1 (i.e. below the lactate threshold).

Moderate Intensity Training 1 (MIT1)

Duration: 30 to 240 min

Warm-up: None

Intensity: Zone 2 (just above lactate and aerobic threshold)

Purpose/Description: To condition the body to tolerate several hours of continuous exercise. This workout requires no warm-up, and the intensity of the workout should be held steady in Zone 2 (i.e. at or just above the lactate threshold).

Moderate Intensity Training 2A (MIT2A)

Duration: 30 to 150 min

Warm-up: 10 min Zone 1 or previous workout

Intensity: Zone 3 (just below MLSS and anaerobic threshold)

Purpose/Description: To improve the velocity or power output you can sustain for one to two hours. After warming-up, hold the intensity of the workout steady in Zone 3 (i.e. just below MLSS).

Moderate Intensity Training 2B (MIT2B)

Duration: 30 to 150 min

Warm-up: 10 min Zone 1 or previous workout

Intensity: Zone 3 (just below MLSS and anaerobic threshold)

Purpose/Description: To improve the velocity or power output you can sustain for one to two hours. After warming-up, ride in Zone 3 (i.e. just below MLSS), but vary your effort randomly so your power or HR fluctuate within the entire range of Zone 3.

Maximum Lactate Steady State (MLSS) Training

Duration: 20 to 60 min

Warm-up: 20 min Zone 1 or previous workout

Intensity: Zone 4 (MLSS and anaerobic threshold)

Purpose/Description: to improve the velocity or power output associated with your MLSS. This workout is performed at a constant effort for the specified amount of time. Your effort should be Zone 4. Following this workout, you should cool down in Zone 1 for 10 min or continue with your the next workout.

Maximum Lactate Steady State (MLSS) Intervals

Duration: 8 to 20 min

Intensity: Zone 4 (MLSS and anaerobic threshold)

Warm-up: 20 min Zone 1, or previous workout

Recovery: Zone 1 for 33% duration of work interval

Purpose/Description: to improve the velocity or power output associated with your MLSS. This workout is performed interval style. Perform one work interval followed by one recovery interval until you've completed the required number of work intervals. Recovery intervals should be 25% the duration of the work interval. For example, a 12 min work interval should be followed by 3 min of recovery. Following this workout, you should cool down in Zone 1 for 10 min or continue with your the next workout.

Supra-MLSS Intervals

Duration: 50% T_{max}

Intensity: Middle of Zone 5 (Halfway between MLSS and VO_{2peak})

Warm-up: 20 min zone 1, or previous workout

Recovery: Zone 1 for 100% duration of workout interval.

Purpose/Description: to improve the velocity or power output associated with your MLSS. This workout is performed interval style. Perform one work interval followed by one recovery interval until you've completed the required number of work intervals. Following this workout, you should cool down in Zone 1 for 10 min or continue with your the next workout. Each work interval will be performed at the middle of Zone 5 for 50% of your time to exhaustion at that intensity (50% T_{max}). For example, if your time to exhaustion at the middle of Zone 5 is 10 min, the length of your work intervals will be 5 min. Your recovery intervals will be the same length as your work intervals. You will determine T_{max} during a time to exhaustion trial.

VO_{2peak} Intervals

Duration: 50% T_{max}

Intensity: Top of Zone 5 (VO_{2peak})

Warm-up: 20 min zone 1, or previous workout

Recovery: Zone 1 for 200% duration of workout interval.

Purpose/Description: to improve the velocity or power output associated with your VO_{2peak}. This workout is performed interval style. Perform one work interval followed by one recovery interval until you've completed the required number of work intervals. Following this workout, you should cool down in Zone 1 for 10 min or continue with your the next workout. Each work interval will be performed at the top of Zone 5 for 50% of your time to exhaustion at that intensity (50% T_{max}). For example, if your time to exhaustion at the top of Zone 5 is 5 min, the length of your work intervals will be 2.5 min. Your recovery intervals will be twice the length as your work intervals. You will determine T_{max} during a time to exhaustion trial.

Time to Exhaustion Trial (TET)

Duration: 100% T_{max}

Intensity: Varies

Warm-up: 20 min zone 1, or previous workout

Purpose/Description: to determine the maximum duration you can sustain a certain effort to test your fitness and to determine optimal interval duration for interval workouts. After warming up, maintain the prescribed intensity for as long as possible. When you have reached exhaustion, record the amount time you were able to sustain this intensity as T_{max} and cool down in Zone 1 for 10 min or continue with your the next workout.

Sprint Intervals

Duration: 10 to 60 s

Intensity: Full sprint

Warm-up: 20 min Zone 1, or previous workout

Recovery: Zone 1 for 5 min

Purpose/Description: to improve muscular power and efficiency. This workout is performed interval style. Perform one work interval followed by one recovery interval until you've completed the required number of work intervals. Following this workout, you should cool down in Zone 1 for 10 min or continue with your the next workout.

Tips: To perform a bicycle sprint, explode out of the saddle and gradually shift into the largest gear you can turnover at 110-140 rpm. You should position your body so your weight is directly over the pedal when the crank is all the way forward. This will allow you to apply the greatest amount of force possible during to downstroke, which will help you accelerate you're the bicycle. Once peak cadence is reached, slowly transition into the saddle and finish the sprint in the seated position.

High-Resistance Cycling

Duration: 30 s

Intensity: 170% pVO_{2peak} (170% top of Zone 5)

Warm-up: 20 min Zone 1, or previous workout

Purpose/Description: to improve cycling power and efficiency. This workout is performed on a bike in the seated position on a steep hill or a CompuTrainer. You will complete three sets of five repetitions of high-resistance cycling with 30 s of rest between repetitions and 5 min of rest between sets. Rest involves performing no activity unless otherwise specified. Pedaling cadence should be 60-70 rpm. Following this workout, you should cool down in Zone 1 for 10 min or continue with your the next workout.

Tips: If you are performing this workout on a CompuTrainer, set the press-on force to ~4.5 lb.

Strength Training (ST)

Purpose/Description: The purpose of strength training is to improve your muscles' ability to generate force. This is important for cyclists because accelerating and sprinting require high force production combined with high leg speed. Poor acceleration and sprinting abilities will lead to poor results, even if you are aerobically fit. That is why it is important to develop your force generation capacity through strength training. A well-designed strength program will also improve muscle balance and decrease your risk of injury. Select a resistance for each exercise where your last repetition will be difficult, but you can still maintain proper form. You should perform each exercise at a speed that allows you to complete one repetition in 2-4 seconds. Before starting each exercise, perform two warm-up sets with ½ and ¾ of the weight you will be lifting. Do the same number of repetitions as you will do while lifting the full weight. It is only necessary to rest 1 minute between each warm-up set. After warming up, perform the required number of sets of each exercise, taking a full rest between each set.

ST1 Heavy

Exercise	Load	Volume	Rest
Bench Press	Maximum for 12 reps	4 x 12 reps	90 s between sets
Single-leg Lying Leg Curl	Maximum for 12 reps	4 x 12 reps	90 s between sets
Twisting Crunch	Body weight	2 x 30 reps	60 s between sets
Calf Raise	Maximum for 12 reps	4 x 12 reps	90 s between sets
Seated Row	Maximum for 12 reps	4 x 12 reps	90 s between sets
Squat	Maximum for 12 reps	4 x 12 reps	90 s between sets

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ST1 Light

Exercise	Load	Volume	Rest
Bench Press	10 lb. below Maximum for 12 reps	4 x 12 reps	90 s between sets
Single-leg Lying Leg Curl	10 lb. below Maximum for 12 reps	4 x 12 reps	90 s between sets
Twisting Crunch	Body Weight	2 x 30 reps	60 s between sets
Calf Raise	20 lb. below Maximum for 12 reps	4 x 12 reps	90 s between sets
Seated Row	15 lb. below Maximum for 12 reps	4 x 12 reps	90 s between sets
Squat	20 lb. below Maximum for 12 reps	4 x 12 reps	90 s between sets

ST3A

Exercise	Volume	Rest
Bench Press	4 x 8 reps	3 min between sets
Twisting Crunch	2 x 30 reps	1 min between sets
Seated Row	4 x 8 reps	3 min between sets
Squat	4 x 8 reps	3 min between sets

ST3B

Exercise	Volume	Rest
Bench Press	4 x 8 reps	3 min between sets
Twisting Crunch	2 x 30 reps	1 min between sets
Seated Row	4 x 8 reps	3 min between sets

Concurrent Training (CON)

Warm-up: 10 min Zone 1, or previous workout

Cooldown: 10 min Zone 1

Purpose/Description: Concurrent training is a type of interval training which alternates resistance and aerobic exercise. Cycling between anaerobic and aerobic exercise produces a greater training stress than when these exercises were performed alone. This results in increased fat utilization at rest and subsequent fat loss. To perform this workout, complete one set of resistance exercise followed by one set of aerobic exercise during the recovery. After you have completed the required number of sets of one resistance exercise, proceed immediately to the next exercise.

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CON1

Exercise	Volume	Intensity	Recovery
Squat	4 x 25 reps	Maximum weight you can lift for 25 reps	2.5 min Zone 2 cycling
Step-up	4 x 25 reps	Maximum weight you can lift for 25 reps	2.5 min Zone 2 cycling

CON3

Exercise	Volume	Intensity	Recovery
Bench Press	4 x 25 reps	Maximum weight you can lift for 25 reps	2.5 min Zone 2 cycling
Twisting Crunch	4 x 25 reps	Maximum weight you can lift for 25 reps	2.5 min Zone 2 cycling
Seated Row	4 x 25 reps	Maximum weight you can lift for 25 reps	2.5 min Zone 2 cycling

CON3

Exercise	Volume	Intensity	Recovery
Squat	2 x 25 reps	Maximum weight you can lift for 25 reps	3 min Zone 2 cycling
Bench Press	2 x 25 reps	Maximum weight you can lift for 25 reps	3 min Zone 2 cycling
Twisting Crunch	2 x 25 reps	Maximum weight you can lift for 25 reps	3 min Zone 2 cycling
Seated Row	2 x 25 reps	Maximum weight you can lift for 25 reps	3 min Zone 2 cycling

Additional Guidelines

Guidelines:

Nutrition & Repletion	<p>You should be eating between 1.0-1.5 grams/kg per day of protein to assist with muscle recovery and regeneration. Take in a source of low/moderate glycemic index carbohydrates (liquid, gels etc.) with you on rides – at least 50 grams of carbohydrates per hour. Take advantage of the 15 min window following the long and intense sessions to eat/drink at least 30 grams of fast carbohydrates.</p> <p>In addition, try to eat a meal within 1-2 hours post training that includes protein and low glycemic carbohydrates (grains, whole wheat, veggies).</p>
Rest & Recovery	<p>Rest is key during training. The sleep cycles that take place 48 hrs following a training session are when the body recovers/regenerates and the necessary adaptations take place.</p> <p>NO REST = NO IMPROVEMENT.</p> <p><i>Let me know if you do not feel recovered following a day of training.</i></p>
Intensity:	<p>Remember to complete at least a 10' Z1 warm up & calibration (computrainer) prior to starting the intensity.</p>



Russell Debarbieris

February 2008 - March 2008



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
18-Feb		19-Feb		20-Feb		21-Feb		22-Feb		23-Feb		24-Feb	
-		-		MIT2B 60'		Warm up Z1 - 20'		Warm Up Z1 -20'		Race		Race	
				Huge Carb Dinner		Huge Carb Dinner		Huge Carb Dinner		Walburg		Pace Bend	
* finish the day with an easy Z1 ride on the bike. This will help in your recovery													
25-Feb		26-Feb		27-Feb		28-Feb		29-Feb		1-Mar		2-Mar	
Off		LIT 60"		Supra-MLSS intervals 40 LIT - 30'		LIT 60"		Warm Up Z1 -20'		Race		Race	
				Huge Carb Dinner		Huge Carb Dinner		Huge Carb Dinner		Lago Vista		Lago Vista	
* finish the day with an easy Z1 ride on the bike. This will help in your recovery													
3-Mar		4-Mar		5-Mar		6-Mar		7-Mar		8-Mar		9-Mar	
Off		LIT 60" ST3A		MIT2B 90'		LIT 60"		LIT 60" ST3A		MIT1 180 - 240'		MIT1 180-240'	
Recovery Week													
10-Mar		11-Mar		12-Mar		13-Mar		14-Mar		15-Mar		16-Mar	
Off		LIT 60" ST3A		Sprint Intervals 30' LIT - 30'		Warm up Z1 - 20'		Warm Up Z1 -20'		Race		Race	
				Huge Carb Dinner		Huge Carb Dinner		Huge Carb Dinner		Fayetteville Stg Race		Fayetteville Stg Race	
* finish the day with an easy Z1 ride on the bike. This will help in your recovery													
<p>Send availability and race update Today so I can have your plan built for next week.</p>													

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Johnny shelby <shelbyjohnny@gmail.com>

TT Bike

Russell DeBarbieris <roxpop@alltel.net>**Sat, Feb 16, 2008 at 2:31 PM**

To: Johnny shelby <Johnny@thirdcoasttraining.com>

Hi Johnny,
Sounds like it is really coming together for you! That's great!
The past 45 days ...
Monday-off

Tuesday-Thursday-35-45 minutes in the gym & 30 min -1hr on the bike, sometimes will do intervals--
Computrainer

Wednesday- 1 hr- 1 1/2 hr bike with intervals
intervals are either 3-5 min z3 with 2 min rest for 4 to 5 times or ascending 2, 4,6,8,8,6,4,2 z3 with 2min rest in
the beginning and a 4 min rest after the 8 min effort
I have only completed that workout once...sometimes I have to back off on the time. Computrainer

Fri- z1 for 1hr+Computrainer

Sat- 3-4 hours On the road

Sun-3-4 hours On the road

Today (Sat), the weather is crap. I did 1hr 5mins z1 on the TTbike in the aero position. I will ride again for
another hour later.

Yesterday (Fri) I did 15min z1 and then 18 min z3 high-low (3 min at 260 watts 3 min at 275 watts 3 min at
260 watts...etc) and then finished of with z1. This work out lasted 40 mins. I then switched bikes and road the
TT bike for 20 mins with two z3 efforts.

On thursday I did 1 hr z1 with 2 maximum efforts lasting 1 minute each. The first effort was at 400 watts and
the second was at 410 watts...both lasted 1 min. I want to work on this and be able to sustain that wattage for
up to 3 minutes and/or to higher wattage for the same time.)ie: 500 watts for 1 min.)

I am hoping to ride on the road tomorrow, but will ride the computrainer if it is crap again.

I am changing my day off to Thursday.

RACES COMING UP....

Feb 23- Walburg--Some hills but VERY windy...won this race last year, but too tired to race the next day at
Pace Bend

Feb 24- Pace Bend--Very Hilly

Mar 1st/2nd-Lago Vista--Very Hilly

March 15th-16th Fayetteville stage race--Hilly
has a short (about a 10k) TT
2 road races

I am hopng to do better on the TT. This is where I have always sucked. I need to ride hard for 16 minutes!!
That is after having ridden hard for 60 miles!!!!

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Mar 29th- Beltera Circuit RR--hilly

I am really trying to do more interval training now that I have a computrainer.

I feel very comfortable on the TT bike but will want to ride it more before I start doing a lot of intervals on it.

I will get Lea to take a picture of me on the TT bike and I will send it to you.

Thanks again!

Russell

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