



Johnny shelby <shelbyjohnny@gmail.com>

TT Bike

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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!!!!

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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