

# Durango Sports Club In House Training (D.S.C. I.H.T.) w/ Chris Grotefend



**The 2012 Iron Horse Training begins January 1  
Price \$300**

**Special 5 month program membership for non members**

**The Dual-Peak program design will insure you reach your  
cycling and fitness goals!**

<b>January : Base/Build</b>	<b>Economy/ Form</b>	<b>Riding Posture – Breathing – The “Spin”</b>
<b>February : Build</b>	<b>Race Specific Fitness</b>	<b>Power – Interval Volume – Endurance</b>
<b>March: Peak</b>	<b>Race Preparation</b>	<b>Refine Strengths – Tune up Races</b>
<b>April: Base/Build</b>	<b>Economy/Sport Specific</b>	<b>Enhance Lung Capacity – Endurance</b>
<b>May: Peak/Race</b>	<b>Race Efforts + Recovery</b>	<b>Hill Repeats - Refine Strengths</b>

## The Weekly Layout

<b>January</b>	<b>Fitness / Nutrition Assessment – V02 max</b>	<b>Week 1</b>
	<b>Spin Scan Test</b>	<b>Week 2</b>
	<b>Aerobic Time Trial Test</b>	<b>Week 3</b>
<b>February</b>	<b>Power Test</b>	<b>Week 5</b>
	<b>Anaerobic Threshold Test</b>	<b>Week 7</b>
<b>March</b>	<b>Spin Scan 2</b>	<b>Week 9</b>
	<b>Aerobic Time Trial 2</b>	<b>Week 12</b>
<b>April</b>	<b>Power Test 2</b>	<b>Week 15</b>
	<b>Anaerobic Threshold 2</b>	<b>Week 18</b>
<b>May</b>	<b>Fitness Assessment 2 – V02 max</b>	<b>Week 20</b>

January 3 – January 24

### **Training Period 1 Economy and Form**

1. January 3<sup>rd</sup> Organizational Meeting 6:30pm in PT clinic.
2. Week of January 2-6 schedule your **Primary Fitness Assessment**
3. Week of January 9-13 schedule your **Spin Scan**
4. January 10<sup>th</sup> 6:30pm **Tuesday Night Lecture** – Primary 9 Core
5. January 11<sup>th</sup> – 24<sup>th</sup> Daily focus - Primary 9 core program
6. Week of January 16-20 schedule your **Aerobic Time Trial Test**
7. **January 17<sup>th</sup> Lecture** on Economy Riding Posture and The Spin
8. **January 24<sup>th</sup> 6:30pm Tuesday Night Lecture** – Body Circuits

January 25 – February 14

### **Training Period 2 Intervals and Power**

1. January 25<sup>th</sup> – February 14<sup>th</sup> Body Circuits 2x/week
2. Week of January 30<sup>th</sup> - Feb 3<sup>rd</sup> schedule your **Power Test**
3. February 7<sup>th</sup> 6:30pm **Tuesday Night Lecture**- Active Recovery& Mind
4. Week of February 13<sup>th</sup> – 17<sup>th</sup> schedule your **Anaerobic Threshold Test**

February 15 – March 6<sup>th</sup>

### **Training Period 3 Race Ready- Peak 1**

1. Week of February 27-March 3 schedule your **2<sup>nd</sup> Spin Scan**
2. Week of March 6 – 10 schedule your **2<sup>nd</sup> Aerobic Time Trial**

March 7<sup>th</sup> – March 27<sup>th</sup>

### **Training Period 4 Economy Efficiency and Foundation on the Bike**

1. March 7<sup>th</sup> – March 27<sup>th</sup> Daily Primary 9 Core Program
2. March 14<sup>th</sup> Wednesday Night Rides Begin **La-Posta Road out-n-back**
3. March 21<sup>st</sup> Wednesday Night Ride **Bakers Bridge (Shalona option)**

March 28<sup>th</sup> – April 17<sup>th</sup>

### **Training Period 5 Developing Strength on the Bike**

1. March 28<sup>th</sup> Wednesday Night Ride **Elmore's Store out-n-back**
2. April 4<sup>th</sup> Wednesday Night Ride **Helens Store (Lemon Dam option)**
3. Week of April 9-13 schedule your **2<sup>nd</sup> Anaerobic Threshold Test**

4. April 3<sup>rd</sup> - May 15<sup>th</sup> Body Circuits 2x/ week
5. April 11<sup>th</sup> Wednesday Night Ride **Nighthorse Lake out-n-back**

April 18<sup>th</sup> – May 8<sup>th</sup>

### **Training Period 6 Strength to Power**

1. April 18<sup>th</sup> Wednesday Night Ride **Hesperus Hill Climb (Mayday opt)**
2. Week of April 23-27 schedule your **2<sup>nd</sup> Power Test**
3. April 25<sup>th</sup> Wednesday Night Ride **Nighthorse to CR125 to 160**
4. May 2<sup>nd</sup> Wednesday Night Ride **Breen Loop**

May 9<sup>th</sup> – May 30<sup>th</sup>

### **Training Period 7 Race Efforts and Recovery**

1. May 9<sup>th</sup> Wednesday Night Ride **Old Shalona - CR201 -New Shalona**
2. May 16<sup>th</sup> Wednesday Night Ride **Purgatory to Molas**
3. May 23<sup>rd</sup> Wednesday Night Ride **Trimble to Purgatory**
4. Week of May 21-25 schedule your **Final Fitness Assessment**

# D.S.C.I.H.T

## Personal Data Sheet

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

### Fitness Assessment

T-1 Date \_\_\_\_\_

Weight \_\_\_\_\_ Body Fat \_\_\_\_\_ VO2max \_\_\_\_\_ 1RML \_\_\_\_\_ 1RMH \_\_\_\_\_ LBE \_\_\_\_\_

T-2 Date \_\_\_\_\_

Weight \_\_\_\_\_ Body Fat \_\_\_\_\_ VO2max \_\_\_\_\_ 1RML \_\_\_\_\_ 1RMH \_\_\_\_\_ LBE \_\_\_\_\_

### Aerobic Test – Steady State Output

T-1 Date \_\_\_\_\_

10min. Gear \_\_\_\_\_ HR Ave \_\_\_\_\_ Watts Ave \_\_\_\_\_ Cadence \_\_\_\_\_

20min. Gear \_\_\_\_\_ HR Ave \_\_\_\_\_ Watts Ave \_\_\_\_\_ Cadence \_\_\_\_\_

T-2 Date \_\_\_\_\_

10min. Gear \_\_\_\_\_ HR Ave \_\_\_\_\_ Watts Ave \_\_\_\_\_ Cadence \_\_\_\_\_

20min. Gear \_\_\_\_\_ HR Ave \_\_\_\_\_ Watts Ave \_\_\_\_\_ Cadence \_\_\_\_\_

### Spin Scan – Can you make circles?

T-1 Date \_\_\_\_\_

Both Legs. Quads \_\_\_\_\_ Hams \_\_\_\_\_ Hips \_\_\_\_\_ Glutes \_\_\_\_\_ (1-4)

Leg R. Quads \_\_\_\_\_ Hams \_\_\_\_\_ Hips \_\_\_\_\_ Glutes \_\_\_\_\_ (1-4)

Leg L. Quads \_\_\_\_\_ Hams \_\_\_\_\_ Hips \_\_\_\_\_ Glutes \_\_\_\_\_ (1-4)

T-2 Date \_\_\_\_\_

Both Legs. Quads \_\_\_\_\_ Hams \_\_\_\_\_ Hips \_\_\_\_\_ Glutes \_\_\_\_\_ (1-4)

Leg R. Quads \_\_\_\_\_ Hams \_\_\_\_\_ Hips \_\_\_\_\_ Glutes \_\_\_\_\_ (1-4)

Leg L. Quads \_\_\_\_\_ Hams \_\_\_\_\_ Hips \_\_\_\_\_ Glutes \_\_\_\_\_ (1-4)

## Anaerobic Test – How long till you break

T-1 Date \_\_\_\_\_

15mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

16mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

17mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

18mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

19mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

T-2 Date \_\_\_\_\_

15mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

16mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

17mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

18mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

19mph Gear \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ Cadence \_\_\_\_\_ RPE \_\_\_\_\_

## Morgul – Bismark Intervals

T-1 Date \_\_\_\_\_

Time \_\_\_\_\_ Distance \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ RPE \_\_\_\_\_

T-2 Date \_\_\_\_\_

Time \_\_\_\_\_ Distance \_\_\_\_\_ HRave \_\_\_\_\_ WattsAve \_\_\_\_\_ RPE \_\_\_\_\_

## Power Test – The quick and the painful.

T-1 Date \_\_\_\_\_

1. Gear \_\_\_\_\_ Watts Max \_\_\_\_\_ HR \_\_\_\_\_

2. Gear \_\_\_\_\_ Watts Max \_\_\_\_\_ HR \_\_\_\_\_

3. Gear \_\_\_\_\_ Watts Max \_\_\_\_\_ HR \_\_\_\_\_

T-2 Date \_\_\_\_\_

1. Gear \_\_\_\_\_ Watts Max \_\_\_\_\_ HR \_\_\_\_\_

2. Gear \_\_\_\_\_ Watts Max \_\_\_\_\_ HR \_\_\_\_\_

3. Gear \_\_\_\_\_ Watts Max \_\_\_\_\_ HR \_\_\_\_\_