

THE GREAT WESTERN TRAINING PROGRAM

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The Great Western Training Program is a renowned and highly regarded winter training program for cyclists, having built a strong legacy over many years. While last year's program was expertly led by Jacobo, I, Gilberto, have the privilege of guiding the team this year. This program is not just about individual performance; it's a powerful opportunity for team members to come together, build camaraderie, and grow as a unit. By training side by side, athletes strengthen their bonds while pushing each other to new heights of fitness.

Our program is designed to prepare participants for a successful preseason, laying a solid foundation for the upcoming racing season. The structured workouts and collaborative environment ensure that by the time competition begins, each cyclist will have significantly improved their fitness levels, ready to compete at their highest potential. The Great Western Training Program aims to elevate each athlete beyond their personal bests, setting them up to break personal records (PRs) and consistently contend for podium finishes.

Through a combination of discipline, teamwork, and expert guidance, this program offers more than just physical preparation—it fosters the mental and tactical readiness needed to excel in high-pressure race situations. By the end of the program, cyclists will not only have transformed their fitness but also developed the mindset and skills necessary to achieve their racing goals and dominate the competition in the upcoming season.

GENERAL INFORMATION:

- DATE:
 - October 27 to December 22, 2024
- COURSE:
 - Bonita, Rancho San Diego, Great Western, Rancho San Diego, Bonita
- DISTANCE:
 - 62 miles
- CLIMBING:
 - 5,200 ft
- WHERE TO MEET:
 - Starbucks Bonita, Corner of Bonita Road and Central Avenue, Bonita, CA 91902
- START TIME:
 - 8:00 AM
- DISCLAIMER:
 - Weather conditions may cancel coached activity. Notification the day before the ride will be posted on the Facebook page

SCHEDULE

| Wk | DATE | WORKOUT | LVR (Lyons Valley Rd) | ANARCHY |
|----|--------|--|--------------------------------|----------|
| 1 | Oct 27 | Easy Any Gear, no workout, get familiar with the course | | 70% |
| 2 | Nov 3 | Big Gear on all the intervals | ILTS (Individual Leg Training) | 80% |
| 3 | Nov 10 | Big Gear on all the intervals | ILTS (Individual Leg Training) | 82% |
| 4 | Nov 17 | Big Gear on all the intervals | ILTS (Individual Leg Training) | No Limit |
| 5 | Nov 24 | Little Gear on all the intervals | Pace-lining | No Limit |
| 6 | Dec 1 | Little Gear on all the intervals | Pace-lining | No Limit |
| 7 | Dec 8 | Little Gear on all the intervals | Pace-lining | No Limit |
| 8 | Dec 15 | Little Gear on all the intervals | Pace-lining | No Limit |
| 9 | Dec 22 | TTE (Time to Exhaustion) Individual full course practice | | |

MIDWEEK WORKOUT COMPANION TO THE GREAT WESTERN TRAINING PROGRAM

This program is tailored to enhance aerobic and muscular endurance through structured sub-threshold intervals, complemented by targeted strength workouts. These sessions are designed to help riders develop the stamina required for long-distance events while maintaining the energy needed for key race moments. Recognizing the limited time that many amateur athletes can dedicate to training, this plan delivers effective base-building fitness in a more practical timeframe by incorporating both interval and strength training.

The following midweek interval and strength workouts serve as a complement to the Great Western Training rides, providing the necessary intensity for off-season conditioning. In addition to these sessions, riders are encouraged to include one long, steady-paced endurance ride lasting at least two hours during the week to further enhance endurance and overall fitness.

WORKOUT INSTRUCTIONS

For beginner riders these workouts are recommended to be completed once per week. For more advanced riders, you can complete them up to twice per week.

For the interval sessions, the use of an indoor trainer is highly recommended for consistency. Alternatively, if riding outdoors, select a course with minimal interruptions, allowing continuous pedaling for up to the time of your longest interval. Steady power output is the key goal.

Your main set will consist of interval at 'Sweet Spot' intensity. This zone can be determined by the following metrics:

- Perceived Exertion: Slightly below the point of labored breathing. You should be able to say a short sentence, but holding a conversation would be challenging.
- Heart Rate: 85% of maximum heart rate. Brief periods above this threshold are acceptable but aim to maintain between 85-90%. If your maximum heart rate is unknown, calculate it using 220 minus your age. If you need assistance with Metabolic testing, feel free to reach out.
- Power: Target 88-90% of your Functional Threshold Power (FTP). If you need assistance with FTP testing, feel free to reach out.

SAMPLE WEEK PLANNING

These are general examples on how you can plan you week depending on your fitness level. Remember that everyone is different and this are just general guidelines, make your training plan fit your schedule and fitness level.

Novice Riders

- Monday - Off
- Tuesday - Endurance Ride
- Wednesday - Mid Week Intervals and Strength Workouts
- Thursday - Endurance Ride
- Friday - Off
- Saturday - Endurance Ride
- Sunday - GWTP Ride

Intermediate Riders

- Monday - Off
- Tuesday - Mid Week Intervals and Strength Workouts
- Wednesday - Endurance Ride
- Thursday - Long Endurance Ride
- Friday - Off
- Saturday - Endurance Ride
- Sunday - GWTP Ride

Advanced Riders

- Monday - Off
- Tuesday - Mid Week Intervals and Strength Workouts
- Wednesday - Long Endurance Ride
- Thursday - Easy Ride
- Friday - Mid Week Intervals and Strength Workouts
- Saturday - Easy Ride
- Sunday - GWTP Ride

Expert Riders

- Monday - Off
- Tuesday - Mid Week Intervals and Strength Workouts
- Wednesday - Long Endurance Ride
- Thursday - Mid Week Intervals and Strength Workouts
- Friday - Endurance Ride
- Saturday - Endurance Ride
- Sunday - GWTP Ride

WARM-UP

Begin with a 10-15 minute warm-up, progressively increasing intensity as follows:

- 3 minutes: easy spin
- 3 minutes: endurance pace
- 3 minutes: 'Sweet Spot' pace
- 3 minutes: easy spin

MAIN SET

Example Set (Will vary per progression):

Perform 4 x 5 minutes at 'Sweet Spot' intensity with 5 minutes of recovery between intervals.

COOLDOWN

Conclude the session with a 5-minute cooldown at an easy pace, spinning your legs out.

INTERVAL PROGRESSION

Progress through these interval workouts at a rate that matches your fitness improvements. Ensure you avoid back-to-back sessions and maintain at least one recovery day before the Great Western Loop ride. If you find it difficult to complete the intervals as prescribed, repeat the workout until you are ready to move on.

Progression 1: 4 x 5 minutes with 5 minutes recovery

Progression 2: 2 x 10 minutes with 5 minutes recovery

Progression 3: 3 x 10 minutes with 5 minutes recovery

Progression 4: 1 x 30 minutes continuous

Progression 5: 2 x 20 minutes with 10 minutes recovery

Progression 6: 3 x 15 minutes with 10 minutes recovery

Progression 7: 5 x 10 minutes with 5 minutes recovery

Progression 8: 4 x 15 minutes with 10 minutes recovery

Progression 9: 1 x 60 minutes continuous

STRENGTH WORKOUTS

The following strength workouts are designed to complement the midweek interval sessions and should ideally be performed on the same day, directly after completing the intervals. If scheduling conflicts arise, they can be completed at a different time, provided a thorough warm-up is included. A suggested warm-up could consist of 10-15 minutes of easy cycling or a brisk walk or light jog, gradually increasing intensity, similar to the warm-up used for the intervals.

Strength training plays a critical role in balancing the repetitive nature of endurance workouts, helping prevent muscle imbalances and improving performance. The goal is to build functional strength by focusing on multi-joint exercises like squats, lunges, and single-leg movements that mimic the demands of cycling. These exercises develop stability, power, and injury resistance, which directly enhance cycling efficiency and endurance.

Athletes should perform the strength workouts in the order listed. Strength training is not included during week 9, as this will be a high-effort week with a focus on the GWL ride, allowing the body to concentrate fully on performance. Always prioritize quality and intensity in strength sessions over high repetition circuits and incorporate sufficient rest between sets to maximize power development.

By following a structured strength routine during the 9-week program, athletes can expect to build a solid strength base that will carry over into the competitive season, contributing to long-term endurance, performance improvements, and injury prevention.

1. Base Strength - Workout Set Week 1 & 2
 - Body Weight Split Squat:
 - 3 Sets of 15 Reps
 - Body Weight Good Morning:
 - 4 Sets of 15 Reps
 - Side Plank:
 - 4 Sets of 30 Seconds
 - Body Weight Lunge:
 - 4 Sets of 15 Reps
 - Leg Raise:
 - 4 Sets of 15 Reps
2. Base Strength - Workout Set Week 3 & 4
 - Body Weight Reverse Lunge:
 - 4 Sets of 15 Reps
 - Air Squat:
 - 4 Sets of 15 Reps
 - Forearm Plank:
 - 4 Sets of 30 Seconds
 - Straight Legged Hip Raise:
 - 4 Sets of 15 Reps
 - Elevated Body Weight Calf Raise:
 - 4 Sets of 15 Reps
3. Base Strength - Workout Set Week 5 & 6
 - Goblet Squat:
 - 3 Sets of 15 Reps
 - Romanian Deadlift:
 - 3 Sets of 15 Reps
 - Push Up:
 - 3 Sets of 15 Reps
 - Elevated Body Weight Calf Raise:
 - 3 Sets of 15 Reps
 - Forearm Plank:
 - 3 Sets of 30 Seconds

- Superman:
 - 3 Sets of 30 Seconds
- Hip Flexor Stretch:
 - 1 Set of 60 Seconds
- Butterfly Stretch:
 - 1 Set of 60 Seconds
- Double Pigeon Stretch:
 - 1 Set of 60 Seconds
- 4. Base Strength - Workout Set Week 7 & 8
 - Barbell Step Ups:
 - 3 Sets of 15 Reps with light barbell
 - Barbell Bulgarian Split Squat:
 - 3 Sets of 15 Reps with light barbell
 - Renegade Row:
 - 3 Sets of 15 Reps with light barbell
 - Mountain Climber:
 - 3 Sets of 15 Reps
 - Side Plank with Clam Shell Hold:
 - 3 Sets of 60 Seconds
 - Russian Twist:
 - 3 Sets of 15 Reps with light barbell or medicine ball
 - Hip Flexor Stretch:
 - 1 Set of 60 Seconds
 - Pigeon Stretch:
 - 1 Set of 60 Seconds
 - Side Stretch:
 - 1 Set of 60 Seconds

FOR FURTHER GUIDANCE OR QUESTIONS, FEEL FREE TO CONTACT:

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