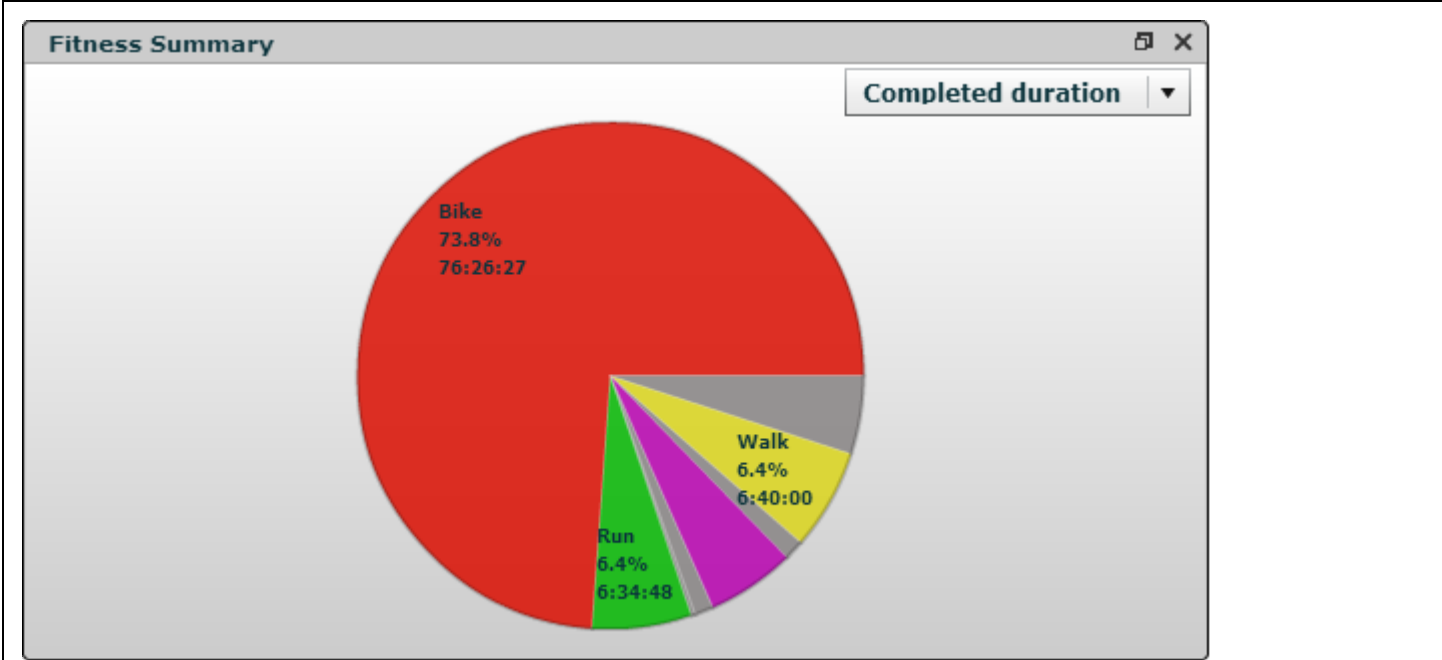
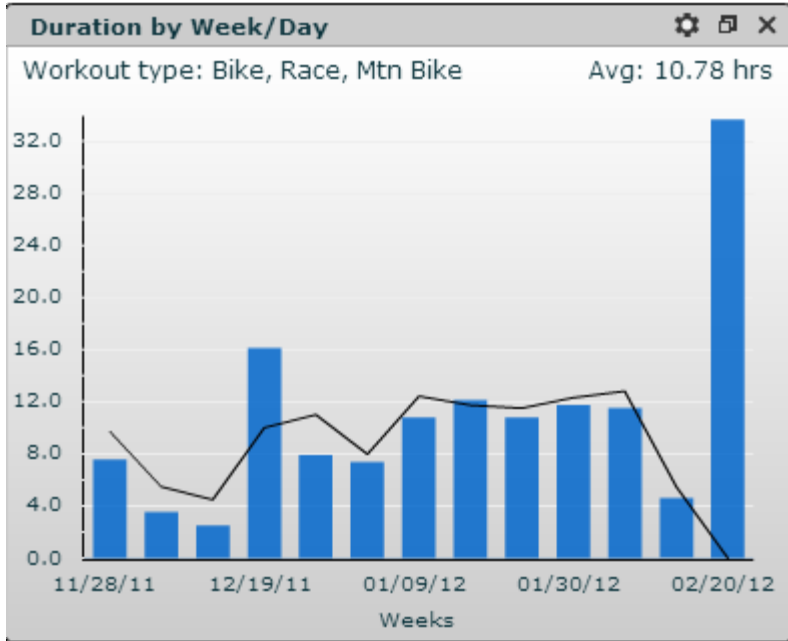


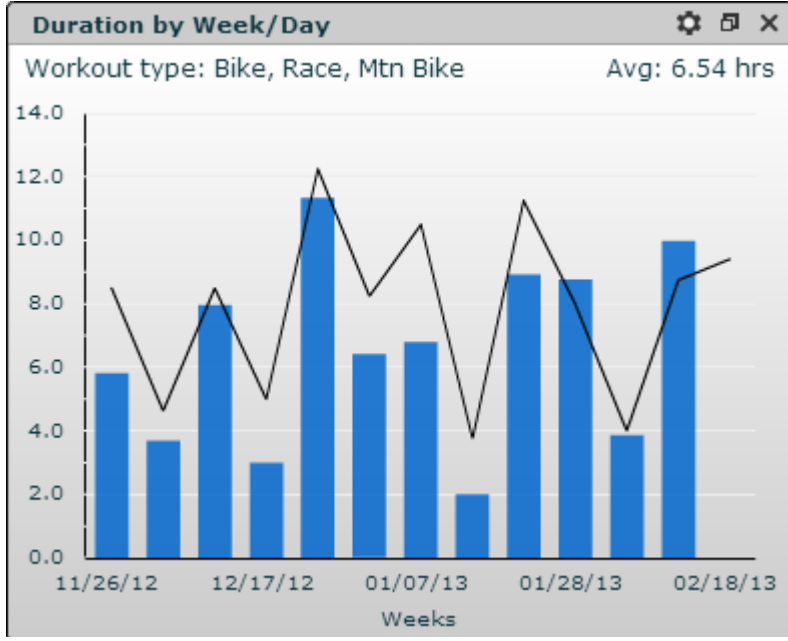
Dec 2011-Feb 20th 2012



Dec 2012 - Feb 20th 2012 (incorporating some cross training this year)



You had a high volume week at the end of Feb last year. You rode closer to 12 hours /week last year.



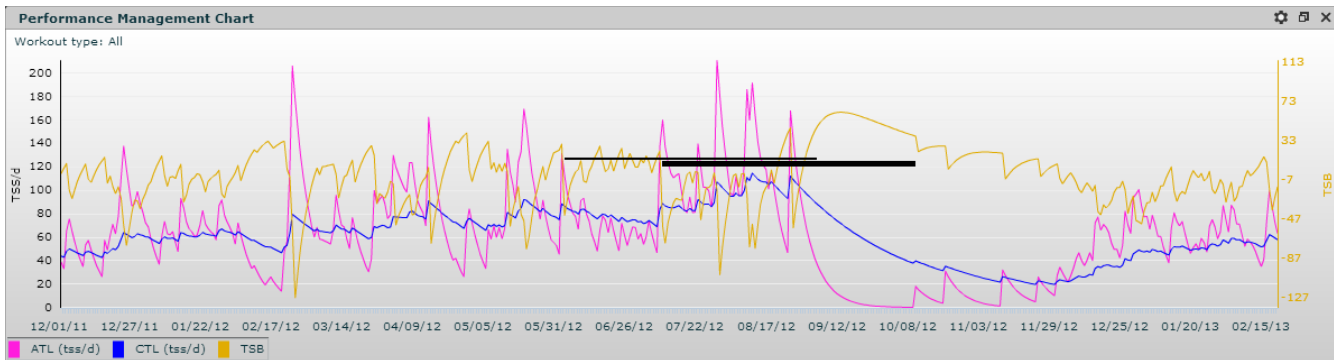
This year your schedule has reduced your total time on the bike but you can see how we are slowly building up.

See the next page for more details...

This graph is what I use to monitor overall progress and why it helps to at least have HR data for each ride. It's based on your Training Stress Score (TSS) for each ride and shows accumulated fitness. It's even more accurate if we get a good threshold power number and power data. But HR will work, too! (sorry about the black lines - ignore them).

You can see the spikes in the pink line are your big volume weeks. The blue line is your chronic training load (CTL) and can be considered your overall fitness. We want that blue line to steadily increase. We aren't too far off where we were last year at this time. The more consistent training, especially the weekly interval workout you do, and the long endurance rides on the weekend will help keep the blue line moving forward.

We can't get too caught up in the numbers, but it is a good guide of trend that you are getting in the work you need, so that you are around 100-120 CTL around the summer months.



You have a lot of fitness from last year so now that you are training more regularly after taking time off in the fall, you should feel at least as strong as you did this time last year. And you made a comment as such, which is great.

I am going to continue with a weekly interval set (we will mix up threshold Z4 and some higher efforts as well to work the speed and the top end.) Those interval workouts are important to help you gain even more fitness.

I hope this helps a little! You've got a lot of events on your calendar, we'll use some of these as training races to see where you are at.

- You listen to your body well, and as you know getting as much sleep as you can and eating well is important. I also understand it is hard with a busy schedule!
- The bike workouts and strength workouts are of course top priority. Then a close second are flexibility and last running.
- You mentioned wanting to lose a little weight so tracking your food as you have just started back doing will help make sure you are eating enough or not too much, and getting a good mix of macro-nutrients. Try to eat 5-6 times a day to help keep your blood sugar stable.
- Let me know what questions you have!