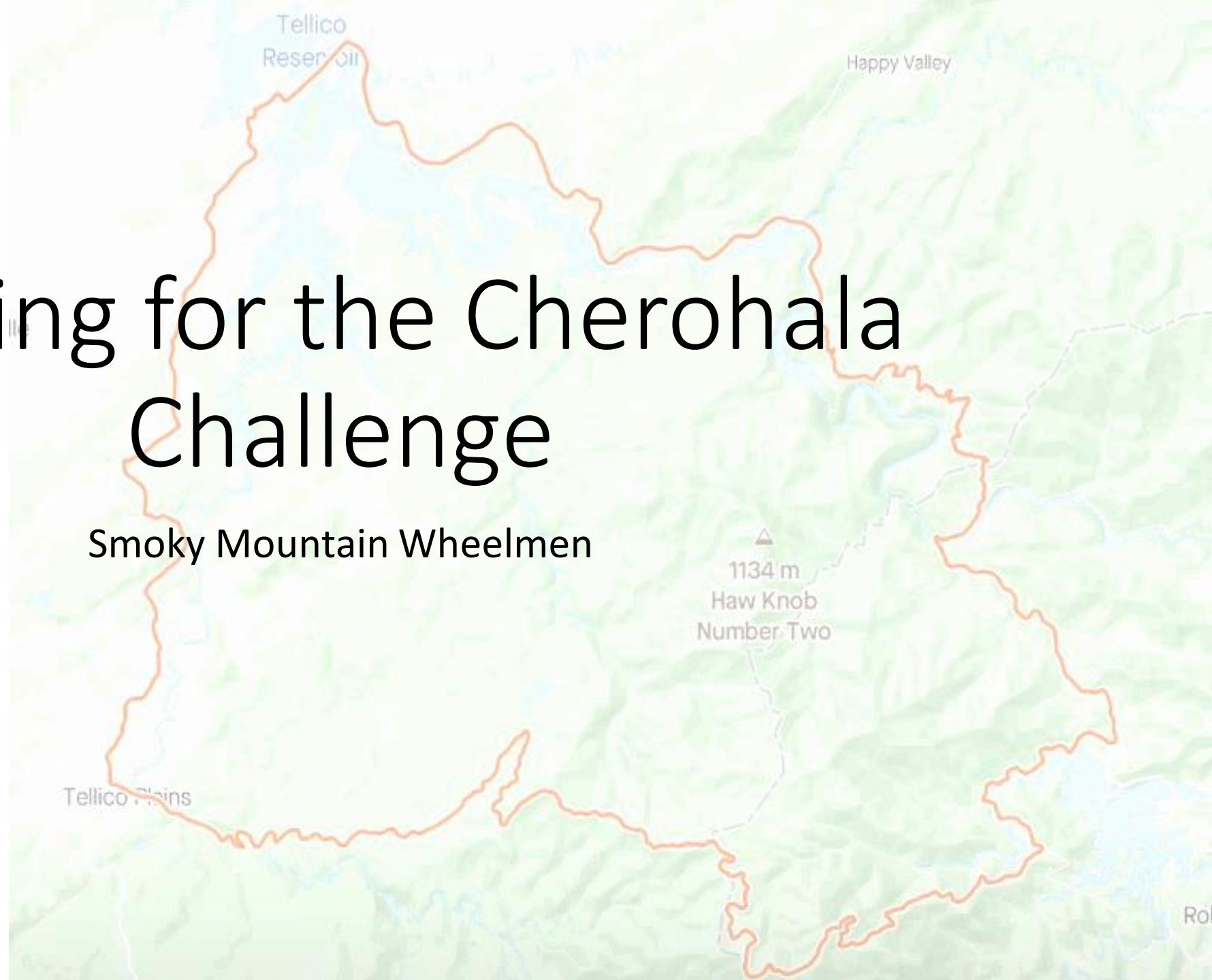
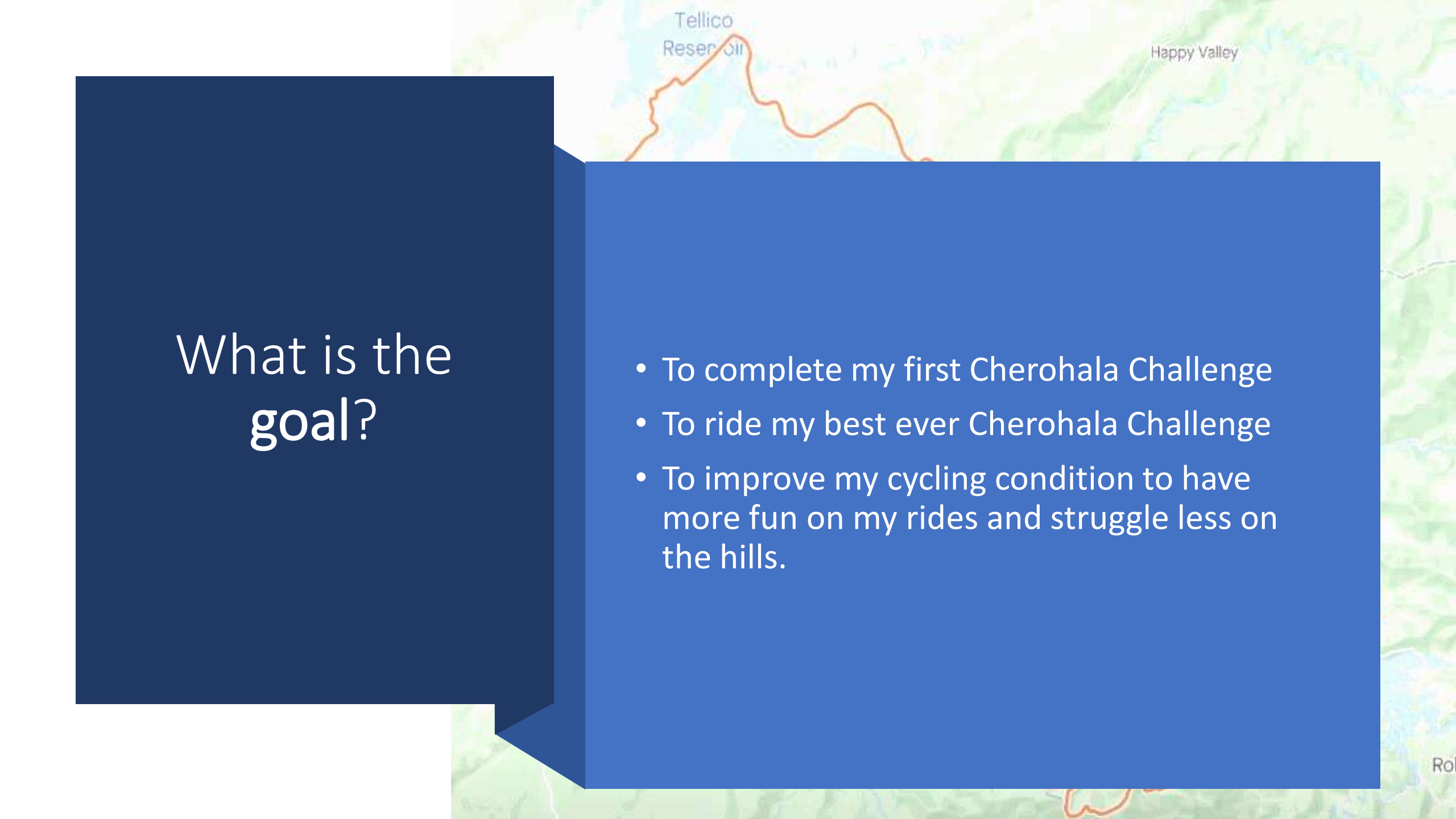


# Training for the Cherochala Challenge

Smoky Mountain Wheelmen





# What is the goal?

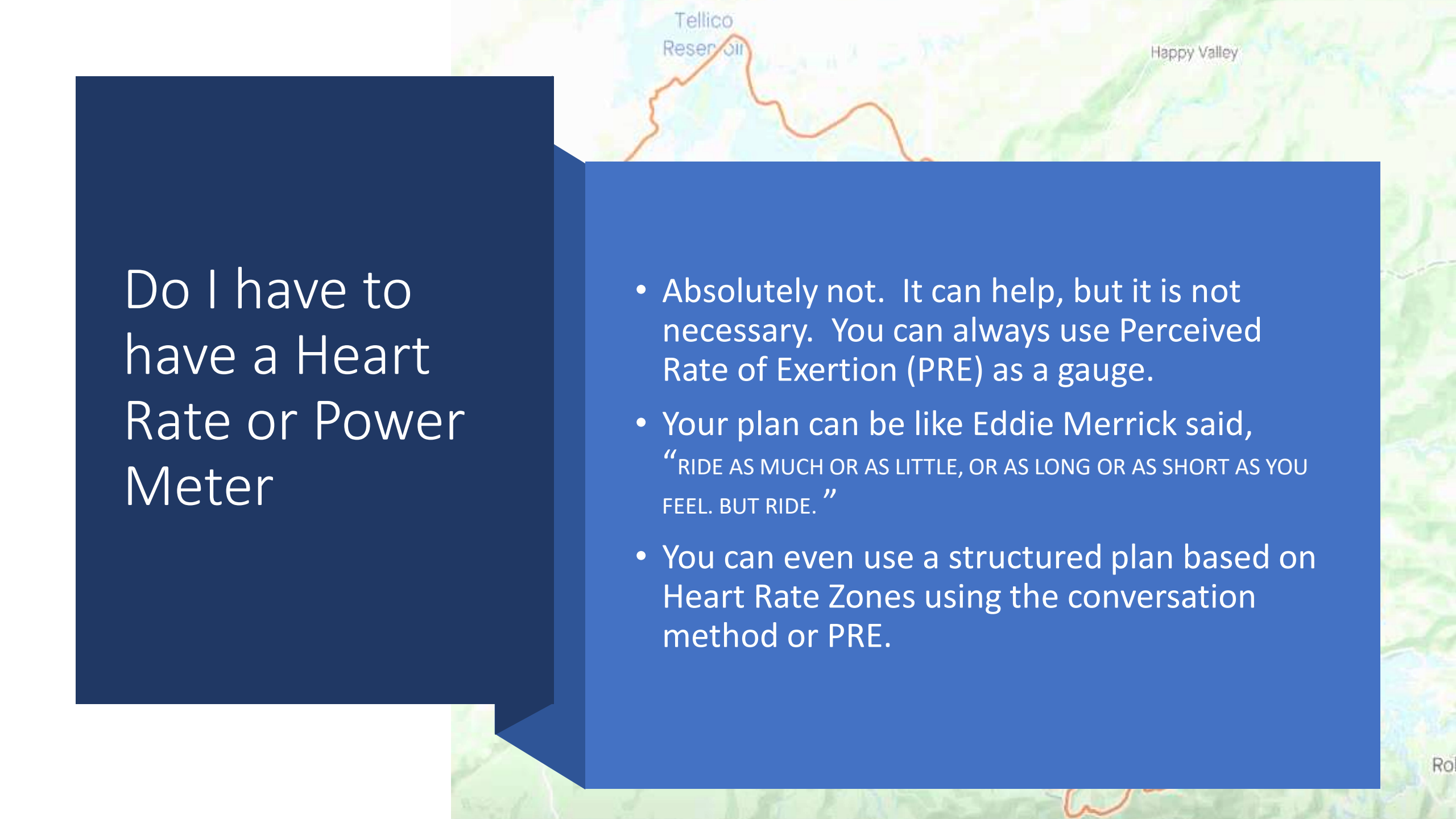
- To complete my first Cherohala Challenge
- To ride my best ever Cherohala Challenge
- To improve my cycling condition to have more fun on my rides and struggle less on the hills.



# Why Do I need a Training Plan?

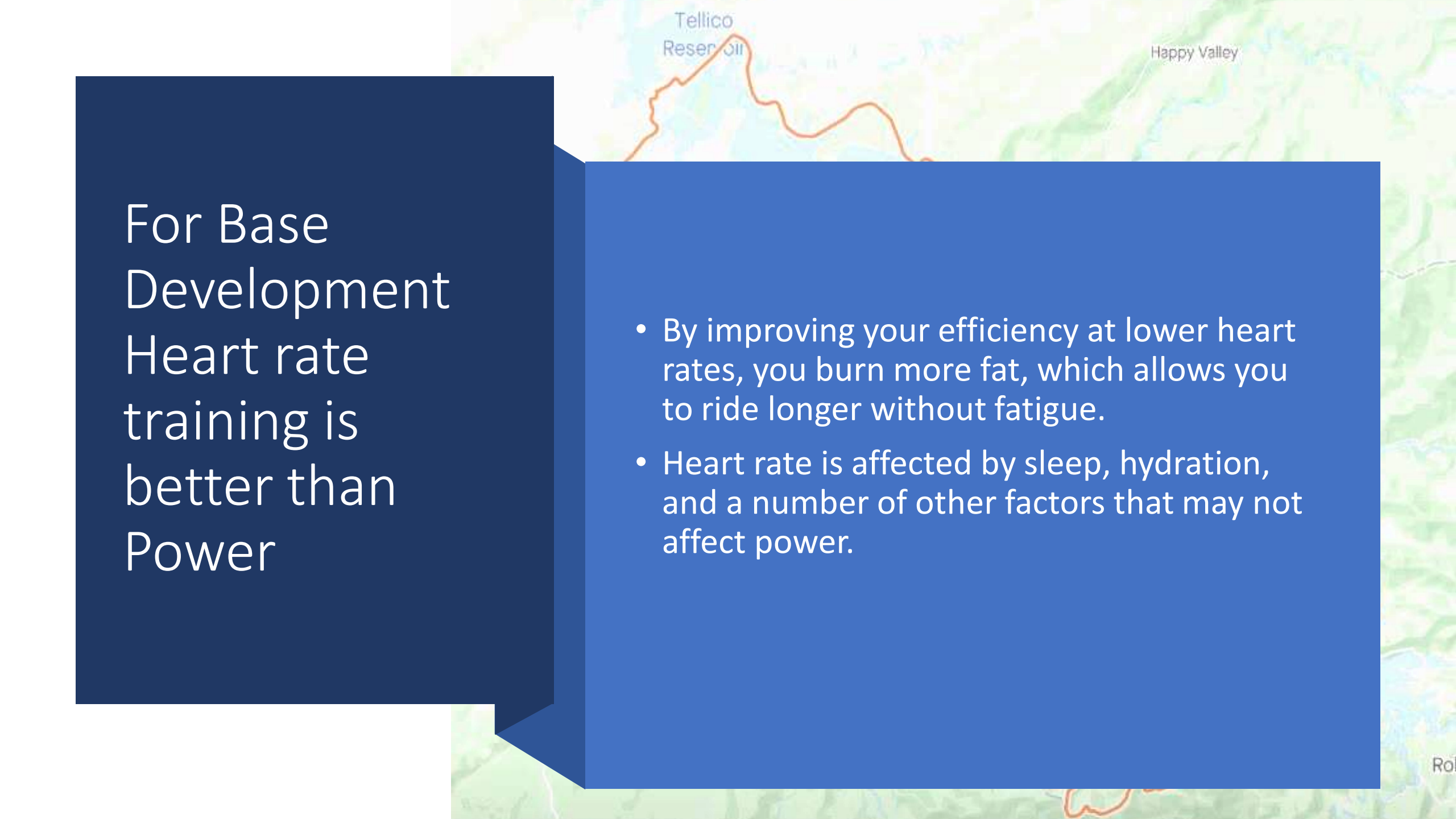
## You don't, but....

- It is one of the best ways to keep motivated.
- Your performance will improve **dramatically**.
- You will get the proper amount of rest to avoid overtraining and/or plateauing in your performance.
- It gives you the confidence you'll finish without killing yourself!
- You will burn more fat than you previously did on the same rides.
- You can track or measure your progress during training and make adjustments as needed.



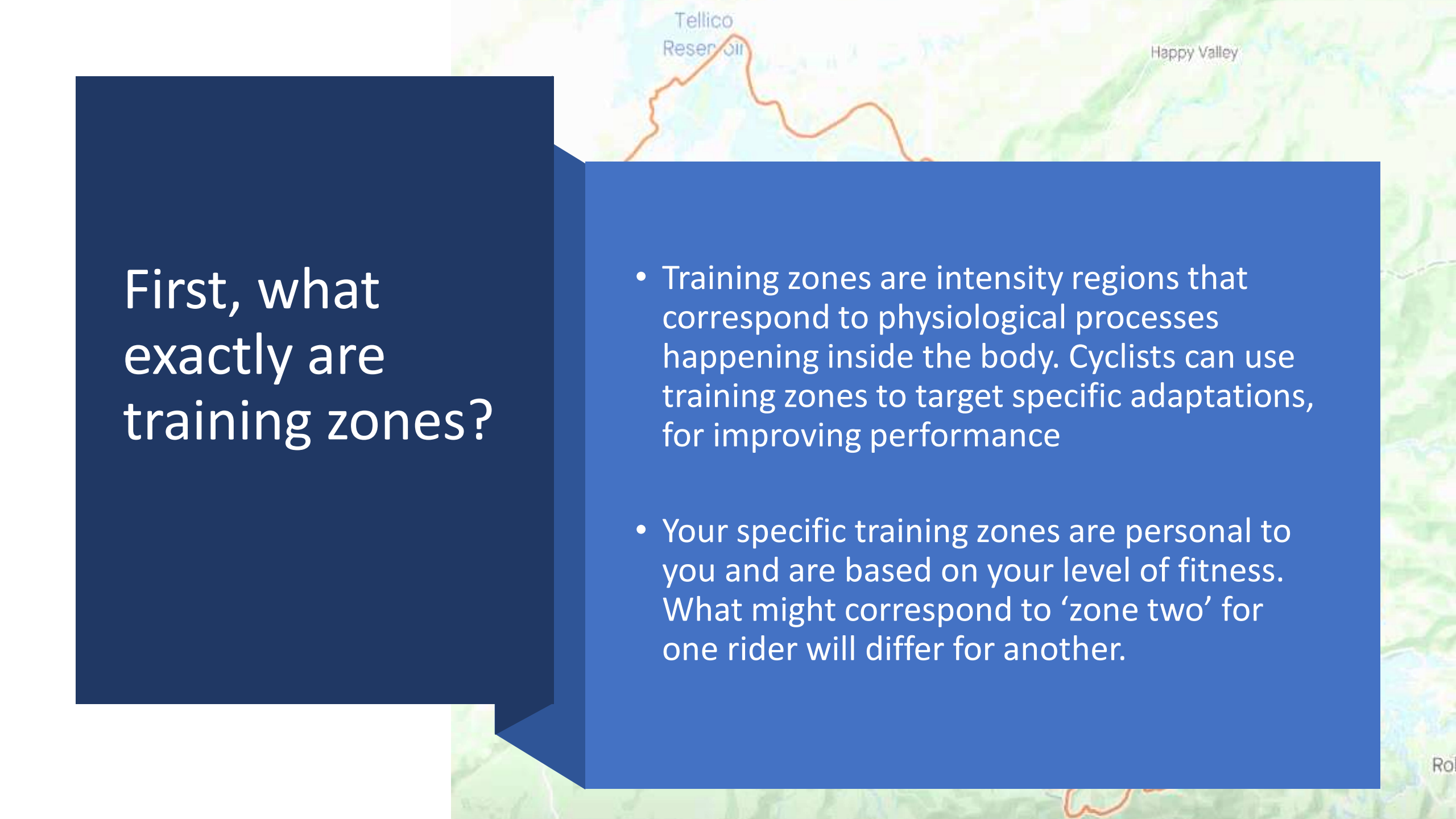
## Do I have to have a Heart Rate or Power Meter

- Absolutely not. It can help, but it is not necessary. You can always use Perceived Rate of Exertion (PRE) as a gauge.
- Your plan can be like Eddie Merrick said, “RIDE AS MUCH OR AS LITTLE, OR AS LONG OR AS SHORT AS YOU FEEL. BUT RIDE.”
- You can even use a structured plan based on Heart Rate Zones using the conversation method or PRE.



For Base  
Development  
Heart rate  
training is  
better than  
Power

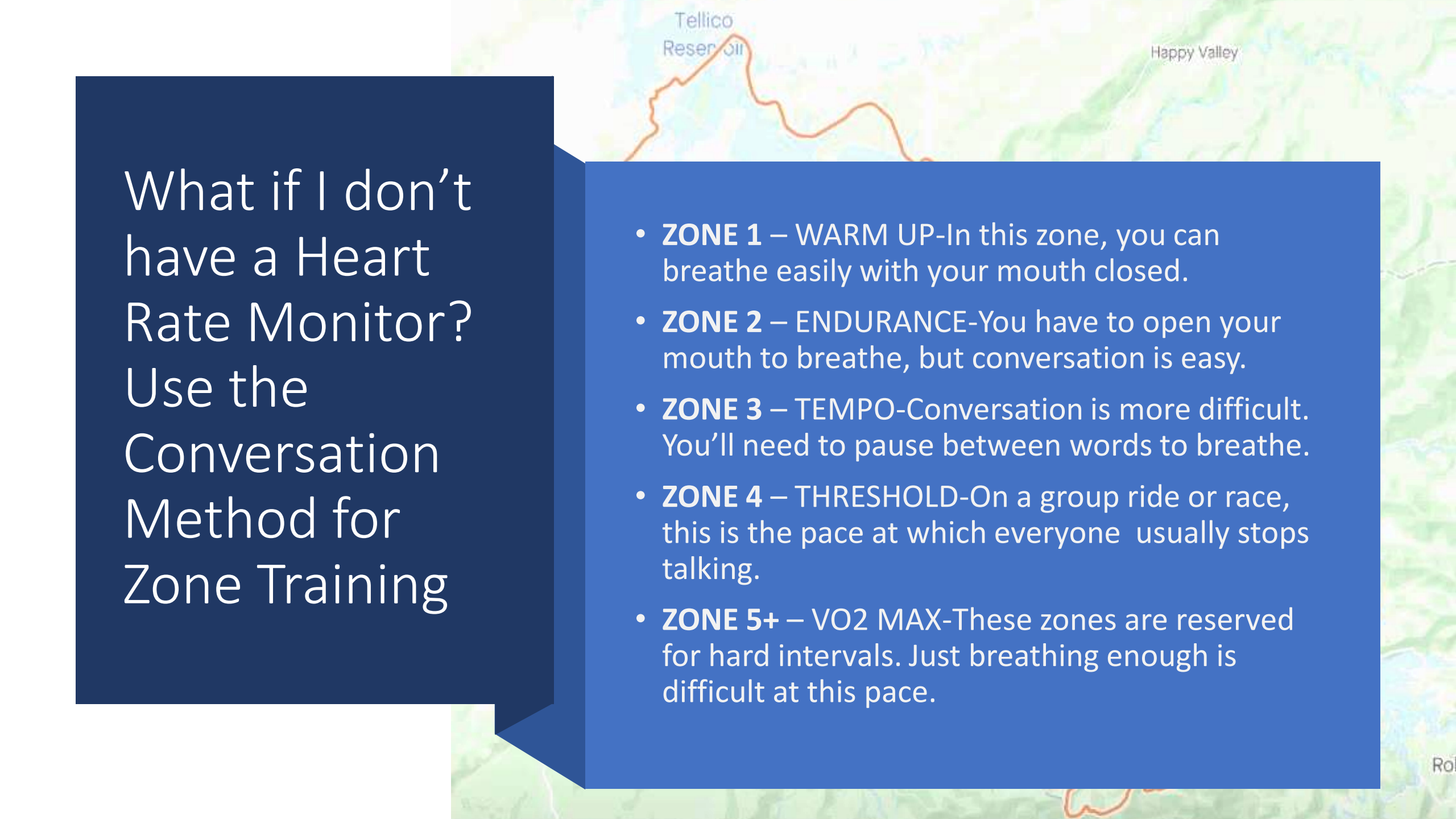
- By improving your efficiency at lower heart rates, you burn more fat, which allows you to ride longer without fatigue.
- Heart rate is affected by sleep, hydration, and a number of other factors that may not affect power.



## First, what exactly are training zones?

- Training zones are intensity regions that correspond to physiological processes happening inside the body. Cyclists can use training zones to target specific adaptations, for improving performance
- Your specific training zones are personal to you and are based on your level of fitness. What might correspond to 'zone two' for one rider will differ for another.





# What if I don't have a Heart Rate Monitor? Use the Conversation Method for Zone Training

- **ZONE 1** – WARM UP-In this zone, you can breathe easily with your mouth closed.
- **ZONE 2** – ENDURANCE-You have to open your mouth to breathe, but conversation is easy.
- **ZONE 3** – TEMPO-Conversation is more difficult. You'll need to pause between words to breathe.
- **ZONE 4** – THRESHOLD-On a group ride or race, this is the pace at which everyone usually stops talking.
- **ZONE 5+** – VO2 MAX-These zones are reserved for hard intervals. Just breathing enough is difficult at this pace.



## If you have a Heart Rate Monitor

- Increases in heart rate correspond reliably with increases in exercise workload.
- As a result, we can use lactate threshold testing (lab test) or Functional Threshold Heart Rate testing (field test) to calculate heart rate training zones (see next slide).
- If you don't want to take a test you can use calculations to approximate your values based on age and resting heart rate (see next slide).



# CTS Field Test

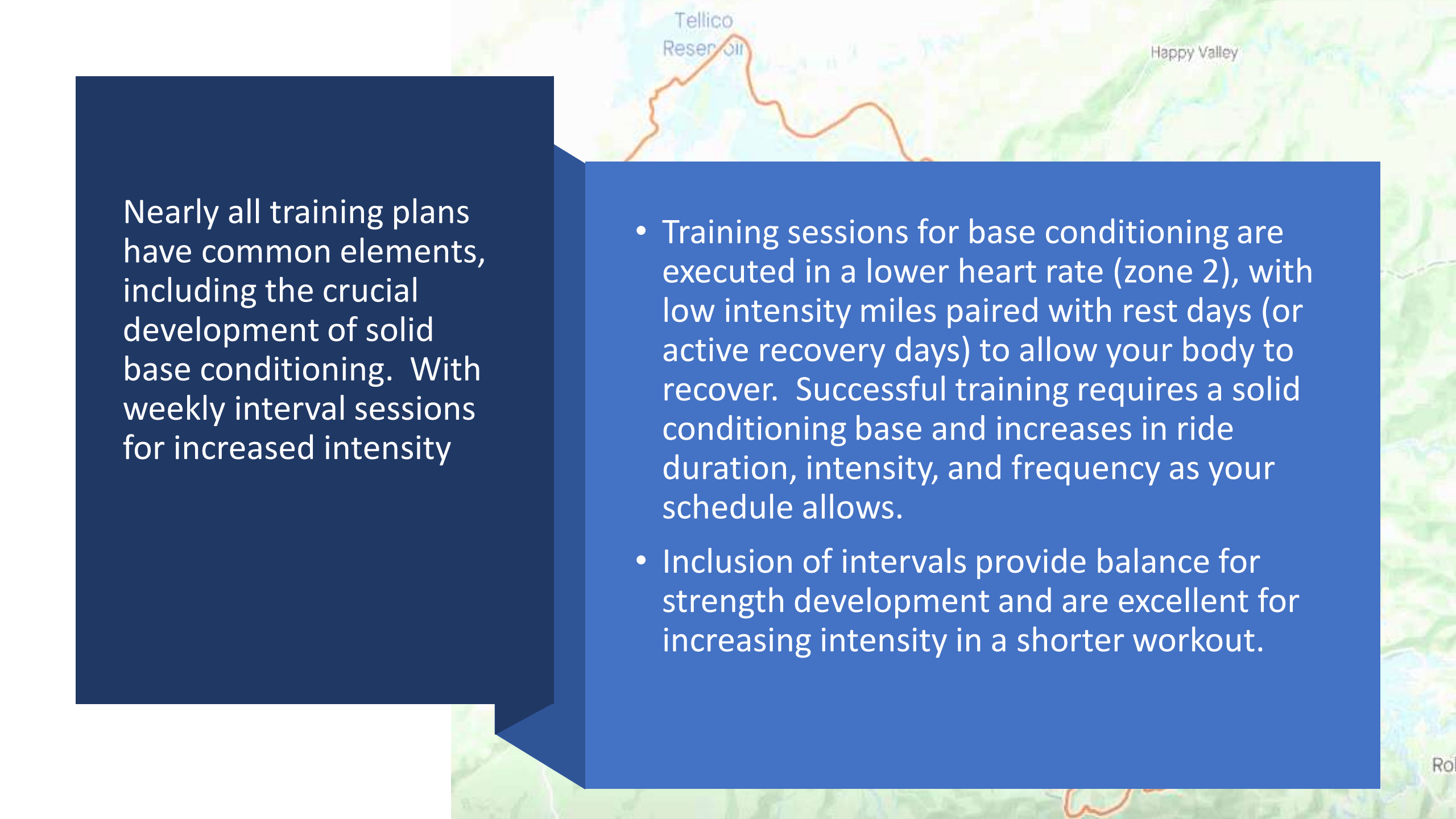
## Alternate Max HR Calculation

### Field Test From Carmichael Training Systems (CTS)

- Start with 15 minutes of easy to moderate intensity warm up. Be sure to do some high cadence and short standing intervals in the last 5 minutes.
- Complete two 8-minute efforts at maximum you can maintain followed by 10 minutes of recovery.
- Begin the effort from a standing start. Resist the urge to start too fast; you should reach your top speed about 45 to 60 seconds after you start, but not before that.
- Use the higher Max HR from the two tests and plug into Garmin.

### Alternate Max HR Calculation ([brianmac.co.uk](http://brianmac.co.uk))

$$\text{HRmax} = 206.3 - (0.711 \times \text{Age})$$



Nearly all training plans have common elements, including the crucial development of solid base conditioning. With weekly interval sessions for increased intensity

- Training sessions for base conditioning are executed in a lower heart rate (zone 2), with low intensity miles paired with rest days (or active recovery days) to allow your body to recover. Successful training requires a solid conditioning base and increases in ride duration, intensity, and frequency as your schedule allows.
- Inclusion of intervals provide balance for strength development and are excellent for increasing intensity in a shorter workout.



Pick a Plan and  
Consistently  
Follow it

1. Garmin Century Plan (Connect App)
2. Carmichael Training Systems
3. Training Peaks
4. Andrew Coggan
5. Joel Friel
6. YouTube Videos
7. Web searches



Life will get in the way of any training plan.

That's OK, but don't let a one-day deviation derail your entire training

Everyone is different in their available time, starting point, and progression.






### **Consistency is KEY**


It is also very important to listen to your body and track your progress to see how you are responding to your training. Everyone is different and so your body will react based on your uniqueness.

A topographic map of a region with green hills and blue water. A prominent orange line, likely a trail or road, winds across the landscape. Labels for 'Tellico Reservoir' and 'Happy Valley' are visible in the upper portion of the map.

For the SMW plan we will use the Century Training Plan in Garmin Connect

- Most of you already use a Garmin Cycling computer and have Garmin Connect.
- Select the Century Plan under Training Plans for Cycling.
- Complete the input for date of event, level of rider you are, hours you plan on training per week, etc.
- Be realistic and even conservative in your input, i.e. don't make the mistake of over-committing your time per week.

-  Dashboards ▼
-  Daily Summary
-  Challenges
-  Calendar
-  News Feed

-  Activities ^
  - All Activities
  - Steps
  - Floors
  - Intensity Minutes

 Health Stats ▼

 Golf ▼

 Training & Planning ^

Workouts

**Training Plans**

Events


Courses

PacePro Pacing Strategies

Segments

Popularity Heatmap

 Gear

 Insights

## Training Plans ⓘ

Active Scheduled Completed


[Find a Plan](#)



### 2023 Century ♥

Intermediate

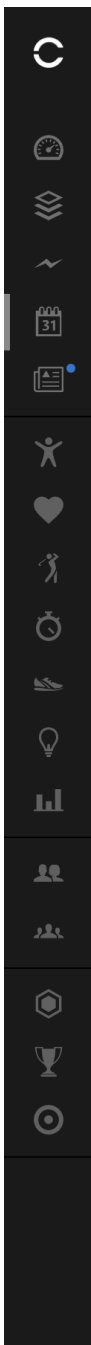
22 Weeks 5 Workouts/Week

Jan 7 – Jun 3, 2023 

[View Details](#)

Activity Tracking Accuracy





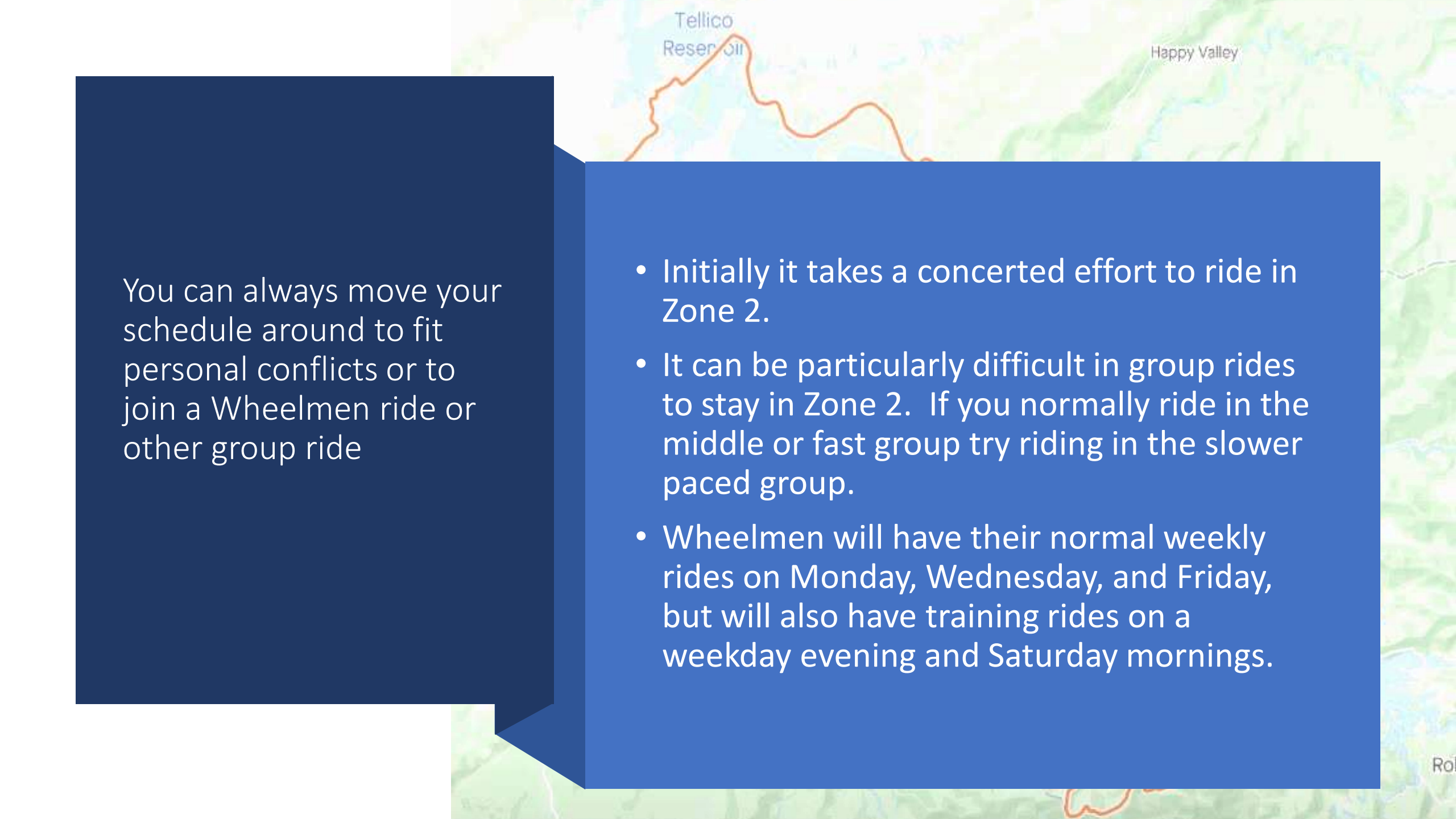
Today < > March 2023



Week Month Year ...

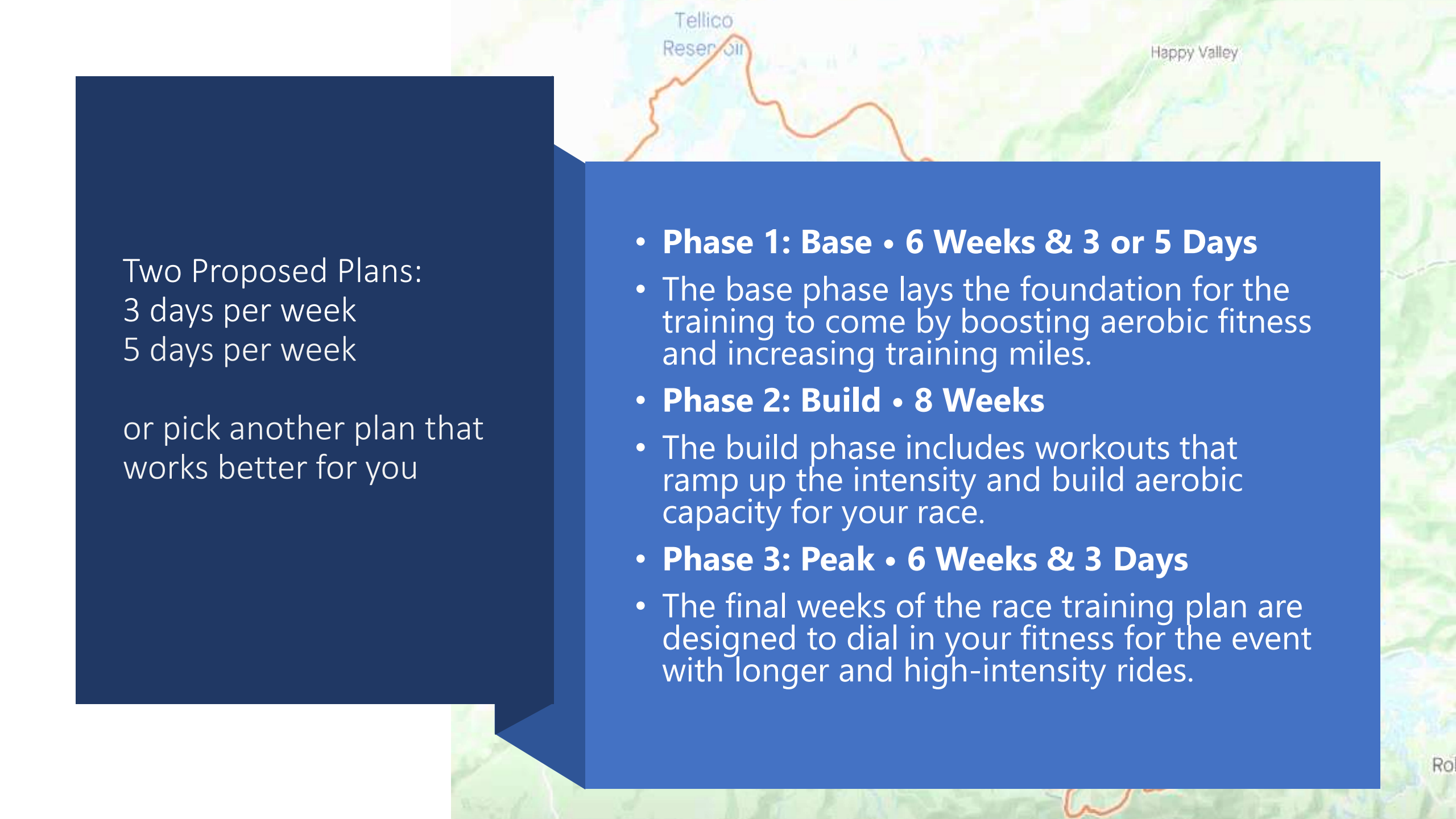
▼ Filter by Category 4

| Monday               | Tuesday | Wednesday            | Thursday | Friday               | Saturday                                    | Sunday                                   | Weekly Totals   |
|----------------------|---------|----------------------|----------|----------------------|---|--|---|
| 27<br>Zone 2 Aerobic | 28      | 1<br>Zone 2 Aerobic  | 2        | 3<br>Zone 2 Aerobic  | 4<br>Zone 5 Intervals (4 Times)             | 5<br>30 Sec. Intervals (30 Times)        | <b>Distance:</b><br>0.00 mi<br><b>Time:</b><br>0:00:00<br><b>Calories:</b><br>0 |
| 6<br>Zone 2 Aerobic  | 7       | 8<br>Zone 2 Aerobic  | 9        | 10<br>Zone 2 Aerobic | 11<br>Zone 5 Intervals (4 Times in 90 Min.) | 12<br>30 Sec. Intervals (30 Times)       | <b>Distance:</b><br>0.00 mi<br><b>Time:</b><br>0:00:00<br><b>Calories:</b><br>0 |
| 13<br>Zone 2 Aerobic | 14      | 15<br>Zone 2 Aerobic | 16       | 17<br>Zone 2 Aerobic | 18  | 19<br>Your Choice: Zone 4 or 5 Intervals | <b>Distance:</b><br>0.00 mi<br><b>Time:</b><br>0:00:00<br><b>Calories:</b><br>0 |
| 20                   | 21      | 22<br>Zone 2 Aerobic | 23       | 24<br>Zone 2 Aerobic | 25<br>10 Min. Threshold Intervals           | 26<br>Zone 2 Aerobic                     | <b>Distance:</b><br>0.00 mi<br><b>Time:</b><br>0:00:00<br><b>Calories:</b><br>0 |
| 27                   | 28      | 29                   | 30       | 31                   | 1   | 2  |   |



You can always move your schedule around to fit personal conflicts or to join a Wheelmen ride or other group ride

- Initially it takes a concerted effort to ride in Zone 2.
- It can be particularly difficult in group rides to stay in Zone 2. If you normally ride in the middle or fast group try riding in the slower paced group.
- Wheelmen will have their normal weekly rides on Monday, Wednesday, and Friday, but will also have training rides on a weekday evening and Saturday mornings.



Two Proposed Plans:  
3 days per week  
5 days per week

or pick another plan that  
works better for you

- **Phase 1: Base • 6 Weeks & 3 or 5 Days**

- The base phase lays the foundation for the training to come by boosting aerobic fitness and increasing training miles.

- **Phase 2: Build • 8 Weeks**

- The build phase includes workouts that ramp up the intensity and build aerobic capacity for your race.

- **Phase 3: Peak • 6 Weeks & 3 Days**

- The final weeks of the race training plan are designed to dial in your fitness for the event with longer and high-intensity rides.

# Summary

- **Ride where you can have a conversation 80% of the time (Zone 2)**
- **Mix in hard efforts (sprints, hills, intervals) 20% of the time**
- **2 days per week - rest or use active recovery where you can easily talk and it is not evident that you are exercising**
- **2 rides per week to maintain**
- **3 rides per week to improve**
- **5 rides per week for greatest improvement**
- **Ride 1-1/2 hours per ride if possible, but consistency is the key, 1/2 hour ride is better than no ride at all.**