



Défi-vélo
de la Maison des greffés

Lina Cyr

TRAINING PLAN

A short guide to getting in shape for our Bike Challenge!



Maison des greffés
Lina Cyr

1989, rue Sherbrooke Est
Montréal (QC) H2K 1B8
(514) 527-8661

www.maisondesgreffes.com

INTENSITY SCALES*

ZONES	DESCRIPTIONS	PERCEPTIONS DE L'ESOUFFLEMENT	% DE LA FRÉQUENCE CARDIAQUE MAXIMALE
1	Light	Usual state without shortness of breath.	0-50%
2	Medium	A still comfortable state without too much shortness of breath. It is possible to maintain a conversation.	50-65%
3	Sustained	A state of breathlessness where one can only speak one sentence at a time.	65-75%
4	Critical	Marked shortness of breath and difficulty speaking (2-3 words at a time).	75-85%
5	Over-Critical	Significant shortness of breath and very difficult conversation.	85-100%

*Based on Frederic Grappe's Subjective Effort Estimation Scale (SEAS).

Your resting **heart rate (HR)** and **maximum heart rate (MHR)** will be used to calculate your 5 training zones.

Here's a very simple formula to calculate your target heart rate zones using a heart rate monitor (chest strap, watch, etc.):

220 - your age = Maximum heart rate (in BPM or beats per minute)

Example: 220 - 50 years old = 170 BPM

To find your zone, simply multiply your MHR by [% of the zone] = Target heart rate

Example: 170 x 70% (for zone 3) = 119 BPM, as displayed on your heart rate monitor.

MONTHLY PLANS

The proposed sessions are based on a frequency of 3 to 4 sessions per week. You can adjust the days of the week according to your schedule. Make sure you get enough rest between your training days.

Training should also be adapted to each individual based on their experience, ability, and goal. Respecting the recommended training zones helps avoid undertraining and overtraining. Furthermore, active or passive rest days (zone 1) are a key factor in your success.

The total training time per week is a guideline and varies depending on the number of intervals, the duration of supplementary activities, and outdoor rides.

Suggestion: 1 rest day for every 2 training or cycling days. Sessions should be 45-60 minutes long, for a total of 2.5 to 5.5 hours per week.

Cadence is the number of times a cyclist's pedals rotate per minute, or revolutions per minute (RPM). For efficient pedaling, the goal is to reach 95-100 RPM to reduce muscle strain and promote recovery between efforts. Cadence is measured using a cadence sensor installed on your bicycle.

APRIL - MAY

- 3 bike rides pedaling in **zone 2** and maintaining a cadence of **90-95 RPM**. (3 x 45 min or more for a maximum of 3 hours for this activity.)
- 1 additional activity of 30 to 45 minutes (yoga, gym, fitness, running, etc.)
- 3 days of rest.

FIRST 2 WEEKS OF JUNE

- 3 bike rides pedaling in **zone 3** and maintaining a cadence of **95-100 RPM**. (3 x 60 min or more for a maximum of 4 hours for this activity.)
- 1 additional activity of 45 to 60 minutes (yoga, gym, fitness, running, etc.).
- 3 days of rest.

LAST 2 WEEKS OF JUNE

- 2 bike rides pedaling in **zone 3** and maintaining a cadence of **100-110 RPM**. (2 x 60 to 75 min for a maximum not exceeding 2h30 for this activity.)
- One bike ride, pedaling between **zones 3 and 4** and maintaining a cadence of **90 RPM**. (3 x 60 minutes or more, for a maximum of 4 hours for this activity. Look for hills and gentle slopes in your area. Another tip: climb a viaduct as fast as possible, maintaining the effort until the top, and then descend at rest. Repeat this exercise 4 to 6 times.)
- 1 additional activity of 45 to 60 minutes (yoga, gym, fitness, running, etc.).
- 3 days of rest.

FIRST 2 WEEKS OF JULY

- Two bike rides, pedaling in **zones 3 and 4** and maintaining a cadence of **95 RPM** or more, for a distance of 75 to 90 km. (Focus on speed; best done in a group or peloton.)
- One bike ride, pedaling between **zones 3 and 4** and maintaining a cadence of **90 RPM or more**, for a distance of 100 km or more. (Focus on speed; best done in a group or peloton.)
- One bike ride, pedaling between **zones 3 and 4** and maintaining a cadence of **90 RPM or higher**. (Look for hills and gentle slopes in your area. Another tip: climb a viaduct as fast as possible, maintaining the effort until the top, and then descend at rest. Repeat this exercise 4 to 6 times.)
- 1 additional activity of 45 to 60 minutes (yoga, gym, fitness, running, etc.).
- 2 days of rest, one of which precedes the day of the event.

**ARE YOU READY TO TAKE ON
THE CHALLENGE?**

SAFETY FIRST

Any challenge you undertake should not be taken lightly. It requires physical and mental preparation. You will inevitably step outside your comfort zone. The key to success lies in thorough preparation, which also means surrounding yourself with healthcare professionals, physical trainers, and, of course, training partners. These consultations are crucial for prevention, preparation, and progress in your training.

Other important safety points and effects to consider in the challenge

- For the smooth running of this challenge, it is strongly suggested that you have your bike tuned up and that your tires are in good condition. To reduce the risk of injury and muscle soreness, it is recommended that you adjust your bike position for comfort.
- In the days leading up to the event, make sure you get enough sleep, eat well, and, above all, stay well hydrated.
- Bring a spare tire and two inner tubes in case of a puncture.
- Triathlon bars attached to the bike are prohibited in a group.
- Crutches must be removed from the bike.
- Make sure your water bottles are securely fastened in your bottle cages. They should not be loose.
- To avoid stomach problems, have your own energy bars and electrolyte concentrates readily available. Texting, phone calls, and photography will not be permitted during the ride for safety reasons. We will take photos for you, and you will have several breaks to answer calls and texts along the way. Basically, **keep both hands on the handlebars!**
- Headphones are prohibited during the event except for the dedicated safety team.
- Finally, all directives from the police, race officials, and cycling committee must be followed.
- **Your safety is our priority!**

GOOD LUCK WITH YOUR PREPARATIONS!