



TaGCYCLING

TaG CYCLING BCBR GRAVEL EXPLORER 16 WEEKS

Message from Coach Lesley T. Cycling Olympian and Owner of TaGCycling

BCBR Gravel Explorer will test your skill and endurance whilst taking you on a wild adventure!

It is so exciting to have this format of racing, adventure, and riding offered in a multi-day event. Our goal for you is to make it the most fun possible. Which means being prepared.

Here are some tips and a training guide to help you in the next 16 weeks.

- Practise everything you intend to do in the race. Riding, nutrition, clothing, and keeping your bike in one piece. When you are tired it is easy to be clumsy and flat or break things. Practise riding and taking care of your bike to get through without mechanicals. Eat before you are hungry and drink before you are thirsty...eat for tomorrow
- It is good to incorporate the different bikes you have. Road gives a different pedal rate. Bigger gear work, and is smoother..easier on the body. MTB is more physical. Hones the skills and gives you cadence flexibility. Both are good to include in your schedule. If you ride a road bike you can use it to add some miles and work without the beating up on your body...a good way to work at a good power outlay. The trainer sometimes on an easy day will give your body a break, or on a hard day reduces uncontrolled variables around your interval work. These are add ons to your Gravel riding, which is the most important time you will spend on any bike.
- Stretch, Yoga and Core. Take time to put this in your schedule. It can be as simple as a few exercises before bed or around coffee time. You don't have to add the stress of getting to another class...just do your own routine at home. TaG Cycling has strength videos as well as ride workouts on our TaGCycling YouTube Channel.
- The plan below recommends weeks that include efforts of various levels and rest periods. Hours of riding is a suggestion but based on each riders level subtract or add..but stick to the proportions of training to keep volume and intensity balanced. A more competitive rider may consider an endurance ride 4 – 5 hrs and do a Lactate Threshold workout in a 2 hr total around the hard pieces. A more recreational rider

may find 3hrs enough stimulation for an endurance ride at first. And stick to about 1-1 ½ hrs around a threshold workout. The important element is understanding Hard and Easy rather than riding the same efforts all the time.

- **REST!** There needs to be some “unloading” and that **rest** allows for the big gains to take place !.



BCBR GRAVEL EXPLORER PLAN June 15 _ Oct 1 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JUNE	14	15	16	17	18	19	20
WEEK 1/16 7 ½ - 12 hrs	OFF	ENDURANCE Gravel ride Based on your level There will be long sections of flat steady power riding in BCBR Gravel .It is Important to get comfortable with riding the flats. Int- Adv. 1 ½ -3 hrs of a flattish ride	STEADY STATE 2 x 15 mins @ 7 / 10 pace 5 mins easy pace between the hard part The rest of the ride 6/10 and under 7/10 The efforts can be flat or on a climb 1 -2 hrs ride	SKILLS Technical Gravel Ride Work on skills and varying terrain. Rocky,rooty,smooth,dirt, sand and mud will all be encountered in BCBR Gravel 1 ½-2hrs	OFF	ENDURANCE Gravel or Road Ride average 6/10 effort. 55-65% is endurance where you can talk in sentences Based on level 2-3 hrs	CLIMBING RIDE This can be on any bike you like Gravel/MTB/Road Ride a good steady state climb at 6-7/10 .If you have a 45-60 min climb use that or put smaller climbs together so you are climbing this long push to 8 / 10 each 10 mins for 2 mins or 3-4 times 1 ½ -2 hrs
JUNE	21	22	23	24	25	26	27
WEEK 2/16 8 ½ - 13 hrs	OFF	ENDURANCE Add 15 -30 mins to last weeks length of ride. Think in terms of time riding gravel as it will not	Efforts this week 3 x 10 min efforts on flat or a climb. Feeling like 7 /10 effort	SKILLS Technical Gravel Ride Work on some steps up and down at an easy	OFF	ENDURANCE Gravel or Road Ride average 6/10 effort. 55-65% is endurance	CLIMBING RIDE Any bike you like Gravel/MTB/Road 6-7/10 effort on a 45-60 mins of climbing push to 8 / 10 each 8 mins for

		relate well to ROAD or MTB speeds 1 ¼ - 3 ¼ hrs	1-2 hrs ride	pace that you can focus on technique. 1 ½-2hrs		Based on level 2 ½ -3 ½ hrs	2 mins 4-5 times 1 ½ - 2 hrs
JUNE	28	29	30	1	2	3	4
WEEK 3/16 9- 14 hrs	OFF	ENDURANCE Add 30 mins to first weeks ride 2 – 3 ½ hrs	Efforts this week 2 x 20 min efforts on flat or a climb at 7/10 effort 1-2 hrs ride	SKILLS Technical Gravel Ride Start to identify weak skills and revisit those. Do 80% of what you are NOT good at! 1 ½-2hrs	OFF	ENDURANCE Gravel Ride or Road average 6/10 effort. 55-65% is endurance Based on level 2 ½ -4 hrs	CLIMBING RIDE Gravel/MTB/Road 60 min climb use that or smaller climbs together so you are climbing this long push to 8 / 10 each 10 mins for 2 mins 5-6 times 2 hrs +
JULY	5	6	7	8	9	10	11
WEEK 4/16 EASIER WK 7 ½ -11-13 hrs	OFF	HARDER INTERVALS Gravel ride with 3 x 5 min efforts at 8/10 effort (LACTATE THRESHOLD) 3 mins easy between On flat terrain 1 ½ hrs	ENDURANCE Road or Gravel ride Int- Adv 1 ½ -3 hrs of a flattish ride	SKILLS Technical Gravel Ride Flow. . visit a pump track or little dirt jumps. Practice weight transfer and keeping momentum up and over 1 ½-2hrs	OFF	ENDURANCE Anything FUN Based on level 2-4 hrs	ENDURANCE Road or Gravel ride Continue to get comfortable with the flats and double track. Can be OFF or active recovery. Hiking can help you keep aware on your feet and dismounting and re mounting. Int- Adv 0 - 2 hrs
JULY	12	13	14	15	16	17	18
WEEK 5/16 8 ½ - 13 hrs	OFF	HARDER INTERVALS Gravel ride with 3 x 6 min efforts @ 8/10 4 mins easy between Flat Terrain 1 ½ -2 hrs	STEADY STATE 2 x 15 mins @ 7 / 10 pace 5 mins easy pace between the hard part The rest of the ride 6/10 and under 7/10 The efforts can be flat or on a climb 2-3 hrs ride	SKILLS Technical Gravel Ride Creek bed rocky type climbs and descents 1 ½-2hrs	OFF	ENDURANCE Gravel Ride average 6/10 effort. Based on level 2 ½ -4 hrs	CLIMBING RIDE TEMPO Gravel/MTB/Road Choose a route with combinations of climbs for 60 mins Ride a 7/10 effort for the climbs 2- 3 hrs +
July	19	20	21	22	23	24	25
WEEK 6/16 10- 14 hrs	OFF	HARDER INTERVALS Gravel ride with 3 x 7 min efforts @ 8/10 4 mins easy between Flat Terrain	STEADY STATE 3 x 10 mins @ 7 / 10 pace 4-5 mins easy pace between the hard part The rest of the ride 6/10 and under 7/10	SKILLS Technical Gravel Ride Find some grass sections and work on the soggy feeling	OFF	ENDURANCE Gravel Ride average 6/10 effort. Based on level 3-5 hrs	CLIMBING RIDE TEMPO Gravel/MTB/Road Choose a route with combinations of climbs for 60 mins Ride a 7/10 effort for the climbs

		1 ½-2 hrs	The efforts can be flat or on a climb 2-3 hrs ride	1 ½-2hrs			2-3 hrs +
JULY	26	27	28	29	30	31	1
WEEK 7/16 11-15 hrs	OFF	HARDER INTERVALS Gravel ride with 3 x 5 min efforts @ 8/10 3 mins recovery between flat terrain 2 hrs	STEADY STATE 3 x 12 mins @ 7 / 10 pace 4-5 mins easy pace between the hard part The rest of the ride 6/10 and under 7/10 The efforts can be flat or on a climb 2-3 hrs ride	SKILLS Back to the Pump track or Dirt Jumps 1 ½ - 2 hrs	OFF	ENDURANCE RIDE GRAVEL/ROAD OR MTB ride just with flow of terrain no aggressive climbs 3-5 hrs	GRAVEL or MTB BUILD TO 8-9/10 Climb 40 mins .Ride progressively harder to the top Start at 7/10 first half Push to 8/10 and finish last few minutes at the hardest you can 2 ½ -3 hrs
AUGUST	2	3	4	5	6	7	8
WEEK 8/16 EASIER WEEK 7 -12 hrs	OFF	HARDER INTERVALS 3 x 5 min efforts at 8/10 effort(LACTATE THRESHOLD) 3 mins easy between Recovery flat terrain 1 ½ hrs	ENDURANCE Road or gravel ride Int- Adv 1 ½ -3 hrs of a flattish ride	SKILLS Technical Gravel Ride Skills Find some sandy sections Light on the handlebars let your wheel move and play with what gears and cadence work for you 1 ½-2hrs	OFF	ENDURANCE Gravel Ride average 6/10 effort. 55-65% is endurance Anything FUN Based on level 2-4 hrs	ENDURANCE Road or gravel ride Based on your level Continue to get comfortable with the flats and double track. Can be OFF or active recovery. Hiking can help you keep aware on your feet. Int- Adv 0 - 2 hrs
AUGUST	9	10	11	12	13	14	15
WEEK 9/16 BLOCK OF DAYS HARD WEEK 11-19 hrs	OFF	HARDER INTERVALS 4 x 5 min efforts at 8/10 effort 4 mins easy between On flat terrain 1 ½ - 2 hrs	ENDURANCE Any bike keep it easy 1 ½ -2 ½ hrs	SKILLS Add some dismounting and re- mounting on flats and hills..Cyclo X! 1 ½-hrs Can be OFF	GRAVEL TEMPO Flat ride focus on 6-7/10 2 ½-4 hrs	GRAVEL TEMPO Rolling ride just with flow of terrain no aggressive climbs but focus on 6-7/10 3-5 hrs	CLIMBING RIDE TEMPO 2 x 20 mins at 7/10 effort on climb with 10 mins 5 /10 between during your ride 2 ½ -4 hrs

AUGUST	16	17	18	19	20	21	22
WEEK 10/16 8-14 hrs	OFF	OFF OR EASY ENDURANCE 1 – 1 ½ hrs 0 hrs	ENDURANCE Any bike 1 ½ -2 ½ hrs	SKILLS 1 ½- 2 hrs	OFF	ENDURANCE GRAVEL/ROAD OR MTB ride just with flow of terrain no aggressive climbs 3-5 hrs	GRAVEL or MTB TEMPO BUILD Climb 45-60 mins .Ride progressively harder to the top Start at 7/10 first half Push to 8/10 and finish last few minutes at the hardest you can to 8-9/10 2 ½ -3 hrs
AUGUST	23	24	25	26	27	28	29
WEEK 11/16 HARD WEEK 11-15	OFF	MAX POWER 2(5 x 30 secs @ hard 9-10/10 effort.90secs rest) 5 mins between the 2 sets of 10 mins On a climb is easiest in a hard gear. 2 hrs	ENDURANCE Any bike 1 ½ -2 ½ hrs	OFF	GRAVEL TEMPO Rolling ride just with flow of terrain no aggressive climbs but focus on 6-7/10 3 + hrs	STEADY STATE 3 x 15 mins @ 7 / 10 pace 5 mins easy pace between the hard part The rest of the ride 6/10 and under 7/10 The efforts can be flat or on a climb 2 ½ -3 ½ hrs	CLIMBING RIDE 2 x 20 mins at 7/10 effort on climb with 10 mins 5 /10 between 2 ½ -4 hrs
SEPT	30	31	1	2	3	4	5
WEEK 12/16 EASIER 9 ½ - 12 ½ hrs	OFF	MAX POWER 2(6 x 30 secs @ hard 9-10/10 effort.90secs rest) 5 mins between the 2 sets of 12 mins On a climb is easiest in a hard gear 1 ½ -2 hrs	ENDURANCE Any bike on easy terrain 1 ½ -2 ½ hrs	HARDER INTERVALS 3 x 5 min efforts at 8/10 effort 3 mins easy between Recovery On flat terrain 1 ½ -2 ½ hrs	OFF	STEADY STATE 2 x 30 mins at Tempo effort on flat to rolling with 10 mins easy between during the ride. 2 ½ -3 hrs	FUN RIDE 1 ½- 2 ½ hrs
SEPT	6	7	8	9	10	11	12

WEEK 13/16 LAST BLOCK WEEK 12-18 hrs	OFF	MAX POWER 2(7 x 30 secs @ hard 9-10/10 effort.90secs rest) 5 mins between the 2 sets of 14 mins On a climb is easiest in a hard gear 2 hrs	ENDURANCE RIDE Any bike 1 ½ -2 ½ hrs	OFF OR EASY 0-1 ½ hrs	GRAVEL TEMPO Flat ride focus on 6/10 2 ½-4 hrs	GRAVEL TEMPO Rolling ride just with flow of terrain no aggressive climbs but focus on 6-7/10 3-5 hrs	GRAVEL TEMPO W INTERVALS 4 x 10 min efforts on climb @ 7/10 effort w 5 min rest between. Can take it up to 8/10 for the finish of the hard efforts 3 + hours
SEPT	13	14	15	16	17	18	19
WEEK 14/16 START PEAK WEEK 8 -10-11 hrs	OFF	ACTIVE RECOVERY RIDE Any bike but make it EASY! 1 hr	STEADY STATE 3 x 10 min efforts on climb w 5 min rest between As part of the ride. On hills or flat. 1 ½ -2 ½ hrs	SKILLS What are you still struggling with? 1 ½-2hrs	OFF	CLIMB BUILD Climb 50- 60 mins bike progressively harder to the top Start at Tempo first half Push to Threshold and finish last few minutes at Max Power 9-10/10 2- 2 ½ hrs	FUN RIDE Any Bike 2 + hrs
SEPT	20	21	22	23	24	25	26
WEEK 15/16 PRE COMP WEEK 7-11 hrs	OFF	MAX POWER Road or MTB ride with 2(6x 30 secs hard max effort.90secs rest) 5 mins between the 2 sets On a climb is easiest 2 hrs	ENDURANCE Any Bike EASY! 1-2 hr max	OFF	Pre Race Prep ride with a few short efforts at tempo Wake the body up but do not get fatigued 1-1 ½ hr	EASY RIDE and travel to start	RACE DAY #1 Beware feeling like a super star and over estimating. Finish feeling in control Eat and Drink for tomorrow
SEPT	27	28	29	30	1	2	3
WEEK 16/16	RACE DAY #2	RACE DAY #3	RACE DAY #4	RACE DAY #5	RACE DAY #6		

BCBR GRAVEL EXPLORER	Ride in control Settle IN	Eat and Drink for tomorrow Massage and Stretch	Hump day you may not feel hungry as fatigue sets in. Don't be fooled. You need to take care of nutrition at this point. Just find things that taste good and you like to eat. The BCBR Aid stations are the best around for good choices..watermelon Nuts and fruit	Massage and	Have Fun LEAVE IT ALL OUT THERE...YOU'RE DONE!! DRINK BEER	RELAX AND ENJOY BEING A BCBR EXPLORER FINISHER	
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KEY FOR EFFORTS

ENDURANCE PACE = Able to talk. In this range you are still working with enough Oxygen that you are able to clear lactate from your legs. It is a wide range and PE perceived effort is often the best test. Spitting out words or very clipped likely means you are going too hard. A good guideline is 6/10 effort or fluctuating around 55-65% of Max Aerobic Power. Well under your Hour Power if you know that. This will move around with the terrain, which is why consistent flat rides are good to achieve this training effect of Endurance.

TEMPO = effort is about 7/10 perceived exertion, Tempo is an excellent workout for developing aerobic power and endurance.

LACTATE THRESHOLD = Steady State Intervals 80-85% Challenging the threshold level and teaching the body to process and deal with lactate building when there isn't enough oxygen like you have in aerobic efforts...this makes legs feel bad and that you have to slow down. 80% and more power output starts to build a significant amount of lactate. By training some efforts here you are forcing your body to buffer it and clear effectively. Quite often it is your brain telling you to give up when it hurts. As we learn to understand the feeling, we can better deal with it..Telling the brain it's ok..Have that discussion in training..And teach yourself to push through by experiencing the feeling in training. These intervals can be done on flats or a hill but will challenge you differently on each. Don't rely on hill repeats alone. Learn to generate this amount of effort on the flats

MAX AEROBIC POWER= Efforts are short intense efforts at your highest range of capability. As pertains to the upcoming race, this will help put you over the top of hard climbs still pedaling your bike and allow you to ride technical pieces that take a lot of power to get up.

ACTIVE RECOVERY= any activity or cross train that is low intensity and gets your blood flowing. Examples hike, swim light hike.

REST= enjoy your day this is where your hard work gets to take affect