Learning to Fish

Workshop 16

Peaking Fitness & Freshness for Your "A" Event

What's Your "A" Event?

Annual Plan - Goals & Objectives

- **Improve Position in Club Championships**
  - ➤ **Stretch Goal of Podium**
  - ➤ **See SMART Template**

Target Events

- **Club TT - 1 October = "A"**
- **Club Skills - 1 October = "A"**
- **Club Road Race - 15 October = "A"**
- **Club MTB - 12 November = "B"**
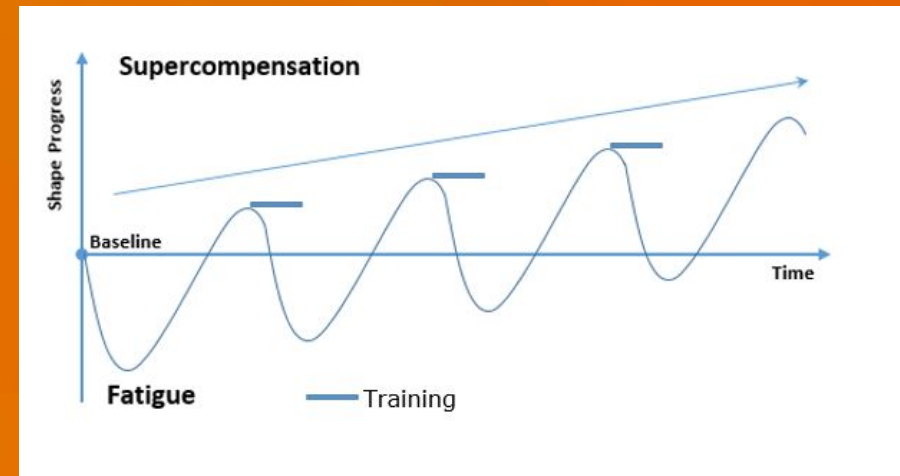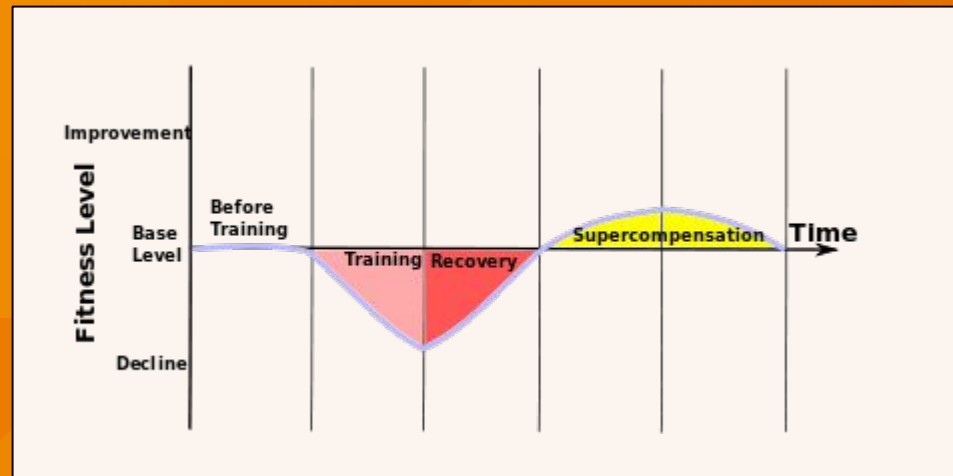- **Club Track - 20 November = "A"**

Other Events

- **Racing to Train**
- **Racing for Skills**
- **Racing to Learn (e.g. pre-race protocol, warm-up, strategies, pre-race nutrition, nutrition/hydration during event, …)**

Why "Peak"?

Objective = Your BEST performance
- **Reduce fatigue**
- **Prepare Physically for PEAK performance**
- **Get your HEAD in the game**

How to Peak?

Rest & Recovery

- ~ 10 days for new training adaptations to bed in
- ~ 5 - 7 days to properly lower fatigue
- But, don't stop training altogether (see Annual Planner Diary)

Panic Training

Recovery Week & Pre-race Week

- Reduce frequency & duration, but retain some intensity
- Have at least 2 - 3 full rest days each week
- Get your head in the game → Set race day schedule & packing list
- Visualisation → Prepare your race strategy → Prepare your contingency actions

Pre-race Day Protocol

- Energy system "openers" to prepare mind & body
- Best done day before "A" race following 1 - 2 rest days
- Specific to event (just like your warm-up)
- E.g. Circuit race: ~ 40 minutes: Warm-up, Cadence & Power efforts & Warm-down
- Work the power system, but don't fatigue, e.g. 3 x 20 seconds a breakaway pace

Tuesday – 29 March – <u>YOUR</u> Topics

What do <u>you</u> want to discuss?

- **More depth on something we've covered**

- **Something we have not covered at all**

- **A burning question or confusing topic**

Suggest topics / questions in advance if you can

- **Mention it to me on Saturday**

- **eMail info@slipstreamers.co.uk and put "Question for Royce" in the Subject line**

See you in Zwift !

7:30 start with Duncan