

Jane Doe Week #28

Weekly Goals:

181mi Cycling (30mi Z1, 94mi Z2, 36mi Z3, 18mi Z4, 3mi Z5)



Build Phase

Date:	Bike	Other
Mon. 4.27.09	28mi (Over Distance) Warm Up for at least 3mi in Z1. Then put in 1 or 2 more miles of low Z2. The rest of the mileage should be done in Z2. Along the way put in 4x30second spin ups with an easy 1:00 spin after each. Bring the last 3mi down to Z1 for a cool down.	Lifting #1 This is a good day for lifting if possible. Do your core work with the ball and then shoot for sets of 3x4 with the rest of your lifting. This is the power phase of lifting. Find a new weight that is a challenge for 4 reps. Make sure you are sweating warm before starting these lifts and only do the big muscle group lifts.....Leg Press, Leg Ext, Leg Curls, Heel Raises. AKA "The Big 4."
Tues. 4.28.09	Rest	
Wed. 4.29.09	42mi (Tempo) Warm Up for at least 3mi in Z1. Then put in 1 or 2 more miles of low Z2. For a main set do 6x(1min very hard climbs in Z5 with the coast back down as rest.) Do thes in the saddle and keep the cadence way up there. Then do 18mi steady Z4 in the bottom half of the zone. Do it on a relatively flat course if possible. The rest of the mileage should be done in Z2 with the last 3mi brought down to Z1 for a cool down.	
Thur. 4.30.09	23mi (Over Distance) Warm Up for at least 3mi in Z1. Then put in 1 or 2 more miles of low Z2. The rest of the mileage should be done in Z2 with the last 3mi brought down to Z1 for a cool down.	
Fri. 5.1.09	Rest	
Sat. 5.2.09	56mi (Endurance) Warm Up for at least 3mi in Z1. Then put in 1 or 2 more miles of low Z2. For a main set do 3x(12mi of steady Z3.) If possible do these on a 12mi course of some kind and try to negative split the 3. The rest of the mileage should be done in Z2 with the last 3mi brought down to Z1 for a cool down.	Lifting #2 Shoot for the same routine as earlier this week. If you feel up to it raise the weight very slightly from last time and try to improve slightly on your core work with more time or more reps.
Sun. 5.3.09	32mi (Over Distance) Warm Up for at least 3mi in Z1. Then put in 1 or 2 more miles of low Z2. The rest of the mileage should be done in Z2 with the last 3mi brought down to Z1 for a cool down.	

Quote Of The Week:

"Life is ten percent what happens to you and ninety percent how you respond to it." --Lou Holtz