



LE
WEEK-END
POUR **COMBATTRE** LE **CANCER**



Hôpital général juif
Jewish General Hospital
Fondation | Foundation

8-WEEK CYCLING PROGRAM FOR DISTANCES BETWEEN 60 AND 80 KM

A program created
for Le Week-end
participants by

**Énergie
Cardio**

Congratulations dear participant of the Jewish General Hospital Foundation's "Week-end pour combattre le cancer" on receiving your new cycling program. This program is a guide that you can modify according to your reality, your fitness level and the distance you wish to ride during "Le Week-end". Here is your 8 week training program. Soon, you will be able to ride between **60 and 80 km** depending on your level. Remember, this is a guide, it can be adapted and modified as needed.

HAVE FUN TRAINING AND ENJOY!

TRAINING ZONE

To optimize the effectiveness of your training program, you must **determine your training zone** in relation to your maximum heart rate* (HRmax) using a heart rate monitor.

This will allow you to target the zone you want to work on and ensure you are not over doing it.

- **Zone 1** (50-59 % HRmax): easy
- **Zone 2** (60-69 % HRmax): tempo pace
- **Zone 3** (70-79 % HRmax): medium intensity
- **Zone 4** (80-89 % HRmax): hard
- **Zone 5** (90-100 % HRmax): very hard

***220 - age = HRmax**

The tempo pace is a speed/cadence representing an effort about 80-85% of Vo2max.

It is a fast pace, but sustainable for several minutes.

If you are unable to complete training planned for Saturdays, simply do them on a Sunday. It is **crucial** that you complete the Saturday training, they cover the **endurance** aspect of the event; they are necessary at the beginning of this preparation.

WEEK 1 & 2

	Week 1	Week 2
Monday	Make sure your bike is properly tuned and that you have all the necessary gear you need (leggings, shoes, clothing, water bottle). This will help ensure a smooth start!	Recovery, stretching , massage if possible.
Tuesday	1-hour bike ride before breakfast if possible. On flat ground or on a home trainer. Zone 2	1h30min morning bike ride, on flat ground or on a home trainer. Zone 2
Wednesday	1-hour evening bike ride, preferably part of a group	1h30min bike ride; include lengthy climbs. Zone 2
Thursday	Two 30 to 40-minute evening sessions; include 8-second sprints every 5 minutes .	Strength training for cycling
Friday	Strength training for cycling	Recovery
Saturday	Endurance: complete 30-40% of your target distance. Zone 2 for 75% of your training.	Endurance: complete 40-50% of your target distance. Zone 2 for 75% of your training.
Sunday	1-hour bike ride at higher speed	1h30min bike ride at higher gear

WEEK 3 & 4

	Week 3	Week 4
Monday	1h30min bike ride. Zone 2	Recovery: stretching or 1 h easy bike ride on flat ground.
Tuesday	2h morning bike ride. Zone 2	Strength training for cycling
Wednesday	2-hour bike ride; include 30 min of hill work and lengthy climbs. Zone 3-4	2h30min with 10-minute intervals in zone 4 and 5 . A total of 50 minutes of intense training.
Thursday	Free training (swimming, tennis, walking...)	Free training (swimming, tennis, walking...)
Friday	Strength training for cycling	Recovery
Saturday	Endurance: Complete 70% of your target distance, include hill work. Zone 2 on flat ground, zone 3-4 climbs.	Endurance: Complete 60-75% of your target distance, include positive and negative drops. Zone 2 on flat ground, zone 4 climbs.
Sunday	2h30min bike ride, descent work and (6 x 1 min) in zone 5 .	2h30min group ride

WEEK 5 & 6

	Week 5	Week 6
Monday	Recovery	Recovery: stretching or 1 h easy bike ride on flat ground.
Tuesday	2h morning bike ride. Zone 2	2-hour bike ride, either on flat ground or on a home trainer
Wednesday	2-hour morning bike ride. Zone 2	1h30min bike ride; include 30 min hill work. Zone 3-4
Thursday	Recovery	Strength training for cycling
Friday	Strength training for cycling	Recovery
Saturday	Endurance: 40% of your target distance, on flat ground. Zone 2	Endurance: 40% of your target distance, include hill work. Zone 2 on flat grounds, zone 4 climbs.
Sunday	1h30min bike ride; include 8-second sprints every 6 minutes .	1h30min bike ride; include 5x (6 × 1 min) in zone 5 with 3-minute rest periods between each segment.

WEEK 7 & 8

	Week 7	Week 8
Monday	Recovery	Recovery
Tuesday	Two 30 to 40-minute evening sessions; include 8-second sprints every 5 minutes.	1-hour bike ride. Zone 2-3
Wednesday	2-hour bike ride. Zone 3	45 minutes workout in area you want to improve on
Thursday	Recovery	30-min bike ride; include 8-second sprints every 6 minutes.
Friday	Strength training for cycling	Recovery, the night before the event, spare your legs. <i>The work is done!</i>
Saturday	Endurance: Complete 30-40% of your target distance, in zone 2.	IT'S LE WEEK-END! Time to ride and make a direct impact on the lives of thousands of cancer patients.
Sunday	2h30min bike ride	POST-EVENT RECOVERY

This program was inspired and (modified) by bikeradar.com

It is crucial to listen to your body and adapt this program to your personal fitness level and ability. When starting this program, you agree to release Énergie Cardio from any liability with respect to damage or injury that may occur and understand the risks related to starting a new exercise program. Énergie Cardio's personal trainers and kinesiologists are there to help you initiate this new journey and reach your new goal.

STRENGTH TRAINING FOR CYCLING

Forward Lunges with Contralateral DB hold

- Weeks 1 & 2; 2 × 10 repetitions
- Weeks 3 & 4; 3 × 12 repetitions
- Weeks 5 & 6; 4 × 15 repetitions
- Weeks 7 & 8; 4 × 20 repetitions

Abdominal Plank on DB (simulating handlebars)

- Weeks 1 & 2; 1 × 30 seconds
- Weeks 3 & 4; 2 × 45 seconds
- Weeks 5 & 6; 3 × 60 seconds
- Weeks 7 & 8; 4 × 60 seconds

30 Degrees Static Squats with Stretched Arms

- Weeks 1 & 2; 2 × 30 seconds
- Weeks 3 & 4; 2 × 45 seconds
- Weeks 5 & 6; 3 × 60 seconds
- Weeks 7 & 8; 4 × 60 seconds

Trunk Stabilization Strengthening - Lateral Plank

- Weeks 1 & 2; 1 × 30 seconds/side
- Weeks 3 & 4; 2 × 45 seconds/side
- Weeks 5 & 6; 3 × 60 seconds/side
- Weeks 7 & 8; 4 × 60 seconds/side