

Sunday Great Western Training 2011 - 2012

Based on previous Great Western training plans developed by Dr. Arnie Baker and Robert Panzera

Week		To Alpine Turn	To Lyons Valley Turn (Bee Farm)	Notes	To 4 Corners	To Mexican Canyon	Notes	
1	2-Oct	Any gear, <75%MHR					Anarchy to 80% - small ring	
2	9-Oct	Any gear, <75%MHR					Anarchy to 80% - any gear	
3	16-Oct	Sitting big gear - intervals	Standing big gear - intervals	Vary hand positions	ILTs	Anarchy to 80% 1st 2 climbs	2nd loop; w/two 10' intervals?	
4	23-Oct	Sitting bigger gear - intervals	Standing bigger gear - intervals	Vary hand positions	ILTs	Anarchy to 80% 1st 2 climbs	2nd loop; w/two 10' intervals?	
5	30-Oct	Sitting bigger gear - intervals	Standing bigger gear - intervals	Vary hand positions	ILTs	Anarchy to 80% 1st climb	2nd loop; w/two 10' intervals?	
6	6-Nov	Sitting bigger gear	Standing bigger gear	Vary hand positions	ILTs	Anarchy to 80% 1st climb	2nd loop	
7	13-Nov	Sitting bigger gear	Standing bigger gear	Vary hand positions	ILTs	Anarchy	2nd loop	
8	20-Nov	Sitting bigger gear	Standing bigger gear	Vary hand positions	ILTs	Anarchy	2nd loop	
9	27-Nov	Surprise					2nd loop	
10	4-Dec	Small gear 80,80,80% MHR	Small gear 80,80,80% MHR	Recover as desired	80% TT	Anarchy	2nd loop	
11	11-Dec	Small gear 80,80,82% MHR	Small gear 80,82,85% MHR	Recover as desired	82% TT	Anarchy	2nd loop	
12	18-Dec	Small gear 80,82,85% MHR	Small gear 82,85,87% MHR	Recover as desired	85% TT	Anarchy	2nd loop	
13	25-Dec	Surprise						
14	1-Jan	Small gear 82,85*,87*% MHR	Small gear 85*,87*,90% MHR	Recover as desired	80% TT	Anarchy	*10 - 12s surge after interval	
15	8-Jan	Small gear 82*,85*,87*% MHR	Small gear 85*,87*90+% MHR	Recovery >70%	82% TT	Anarchy	*10 - 12s surge after interval	
16	15-Jan	Small gear 82*,85*,87*% MHR	Small gear 85*,87*90+% MHR	Recovery >75%	85% TT	Anarchy	*10 - 12s surge after interval	
17	22-Jan	Any gear 82,85,87% MHR	Any gear 85,87,90+% MHR	Recovery >80%	90+% TT	Anarchy		
18	29-Jan	Surprise						
19	5-Feb	Any gear 82,85,87% MHR	Any gear 85,87,90+% MHR	Recovery >80%	Sprint every hill	Anarchy		
20	12-Feb	Any gear 82,85,87% MHR	Any gear 85,87,90+% MHR	Recovery >80%	Sprint every hill	Anarchy		
21	19-Feb	Any gear 82,85,87% MHR	Any gear 85,87,90+% MHR	Recovery >80%	Sprint every hill	Anarchy		
22	26-Feb	Surprise						