

## GETTING STARTED

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### Know your Target Heart Rate training zone

Before starting any exercise program, it is important to know your Target Heart Rate (THR) training zone for optimal cardiovascular fitness. In general, your THR zone is between 60% and 80% of your Maximum Heart Rate (MHR). Working within this zone will maximize the effectiveness of your workout and overall comfort.

Turn to the next page to complete the Target Heart Rate worksheet. Fill in your values in the chart to the right.

Maximum Heart Rate (MHR)	BPM
70% of MHR	BPM
75% of MHR	BPM
80% of MHR	BPM
85% of MHR	BPM
90% of MHR	BPM



### Peter Park Lance's Trainer

Peter Park is the personal strength and conditioning coach of Lance Armstrong, winner of an unprecedented seven Tour de France cycling competitions. Along with training Lance, Peter serves as a personal trainer for many other professional and amateur athletes.

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### Set the bar

Prior to starting your workout, test yourself to measure the current state of your physical fitness. This will help you set your goal for the end of your 12 week training.

LEVEL	DISTANCE	TIME
<b>B</b> Beginner	1 mile	
<b>I</b> Intermediate	2 miles	
<b>A</b> Advanced	3 miles	

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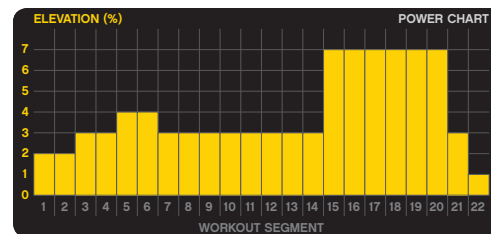
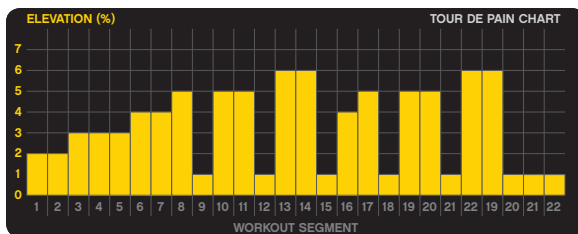
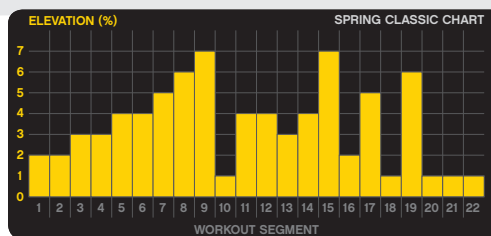
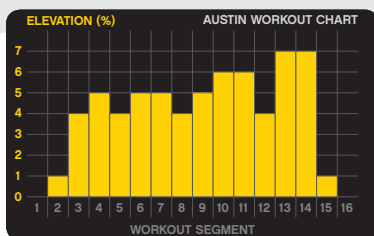
### Important notes

**Building your aerobic pathway**  
Keeping your heart rate relatively low not only helps build your aerobic system, it also prepares your muscles, connective tissue, and joints for the stresses you will impose later in the program.

**Importance of goal setting**  
Setting goals is not only a way of making sure you develop your fitness; it also helps you stay focused and inspired. As you begin to approach your goals, you will see your energy and fitness improve and training becomes more motivating.

**Importance of not going all out in every workout**  
Other than the few short sprint efforts, the first three weeks of the program should all be done at a comfortable pace. It is very important to keep the effort no higher than 70-75% effort. This will keep you in the fat burning zone which helps your body create the solid aerobic foundation needed for the more difficult work to follow.

## WORKOUT PROFILES



## TARGET HEART RATE WORKSHEET

First take your resting heart rate in the morning just after waking up. To do this, locate your radial artery at the side of your wrist with your index finger, count the beats for 10 seconds, then multiply by 6. For the most accurate reading, you should do this three mornings in a row and average the three together.

### How to calculate your THR training zone

- 1)  $220 - \text{your age} = \text{your Maximum Heart Rate (MHR)}$
- 2)  $\text{MHR} - \text{your resting HR} = \text{your Heart Rate Range (HRR)}$
- 3)  $\text{HRR} \times 60\% \text{ (minimum end of target range)} = \text{training range \%}$
- 4)  $\text{training range \%} + \text{your resting HR} = \text{your target zone}$

### Here is an example.

Let's say you are 35 years old and your resting heart rate is 60.

- 1)  $220 - 35 \text{ (your age)} = 185 \text{ (your Maximum Heart Rate - MHR)}$
- 2)  $185 \text{ (MHR)} - 60 \text{ (your resting HR)} = 125 \text{ (your Heart Rate Range - HRR)}$
- 3)  $125 \text{ (HRR)} \times 60\% \text{ (minimum end of target range)} = 75 \text{ (training range \%)}$
- 4)  $75 \text{ (your training range \%)} + 60 \text{ (your resting HR)} = 135 \text{ (your target zone)}$

In this example, the lowest range of the target training zone is 135 beats per minute. To calculate the highest target range, simply replace 60% with 80% in step 3 and repeat the formula. The 35 year old in our example should keep his heart rate between 135 to 160 beats per minute during cardiovascular activity.

For a quicker, but less accurate formula, take  $220 - \text{your age} \times 60\% = \text{the minimum end of your target zone}$ . Repeat and multiply by 80% to calculate the maximum end of your target zone.

## WEEKS 1-3

WEEK		SUN	MON	TUE	WED	THU	FRI	SAT
1	Workout Name	Set the Bar!	REST DAY	Austin Level 1	REST DAY	Austin Level 2	REST DAY	Austin Level 3
	Workout Time	....		20 minutes		20 minutes		35 minutes
	Heart Rate Target	....		70-75% of max		70-75% of max		70-75% of max
	Special Instructions	Test yourself and see how long it takes to complete the following distances: B = 1 mi. Time: _____ I = 2 mi. Time: _____ A = 3 mi. Time: _____		Purpose is to build aerobic base. Keep intensity at 70-75%, smooth and comfortable.		Purpose is to build aerobic base. Keep intensity at 70-75%, smooth and comfortable.		This is all about building endurance. Start out easy and slowly pick up pace as you progress. You should finish feeling good, not exhausted.
2	Workout Name	REST DAY	REST DAY	Austin Level 4	REST DAY	Austin Level 5	REST DAY	Austin Level 6
	Workout Time			25 minutes		25 minutes		40 minutes
	Heart Rate Target			70-75% of max		70-75% of max		70-75% of max
	Special Instructions			Purpose is to build aerobic base. Keep intensity at 70-75%, smooth and comfortable.		Purpose it to build aerobic base. Keep intensity at 70-75%, smooth and comfortable.		This is all about building endurance. Start out easy and slowly pick up pace as you progress. You should finish feeling good, not exhausted.
3	Workout Name	REST DAY	REST DAY	Austin Level 7	REST DAY	Austin Level 8	REST DAY	Austin 8
	Workout Time			35 minutes		35 minutes		45 minutes
	Heart Rate Target			70-75% of max		70-85% of max		70-75% of max
	Special Instructions			Purpose is to build aerobic base. Keep intensity at 70-75%, smooth and comfortable.		Intervals are shorter periods of harder efforts followed by easy rest periods. These are used to teach your body to push at a stronger and faster pace. This workout will introduce intervals.		This is all about building endurance. Start out easy and slowly pick up pace as you progress. You should finish feeling good, not exhausted.

BUILDING THE BASE

WEEKS 4-7

WEEK		SUN	MON	TUE	WED	THU	FRI	SAT
4	Workout Name	REST DAY	Spring Classic Level 1	REST DAY	REST DAY	Tour De Pain Level 1	REST DAY	Spring Classic Level 5
	Workout Time		35 Minutes			35 min		50 min
	Heart Rate Target		75-85% of max			75-85% of max		70-75% of max
	Special Instructions		Spring Classic workouts are tempo workouts. The purpose is to build stamina and strength by keeping a harder pace for a specified period of time. Each week your work period will be a little longer. This week is 10 min at 80% effort.			Just like Lance we need to work on building strength and power for the hills. This workout contains longer hills. Keep intensity comfortable and effort at 80%.		Start out easy and slowly pick up pace as you progress. You should finish feeling good not exhausted.
5	Workout Name	REST DAY	Spring Classic Level 2	REST DAY	REST DAY	Tour De Pain Level 2	REST DAY	Austin Level 7
	Workout Time		35 minutes			35 min		40 min
	Heart Rate Target		75-85% of max			75-85% of max		70-75% of max
	Special Instructions		This weeks is 12 min at 80% effort.			Just like Lance we need to work on building strength and power for the hills. This week hills are a bit shorter. Push intensity to 85% effort.		Start out easy and slowly pick up pace as you progress. You should finish feeling good not exhausted.
6	Workout Name	REST DAY	Spring Classic Level 3	REST DAY	REST DAY	Tour De Pain Level 3	REST DAY	Spring Classic Level 6
	Workout Time		35 Minutes			35 Minutes		55 min
	Heart Rate Target		75-85% of max			75-85% of max		70-75% of max
	Special Instructions		This week is 14 min at 75-85% effort.			Just like Lance we need to work on building strength and power for the hills. This week hills are one minute long. Lets work hard up to 85-90% effort for that minute and you will get plenty of rest to recover.		Start out easy and slowly pick up pace as you progress. You should finish feeling good not exhausted.
7	Workout Name	REST DAY	Spring Classic Level 4	REST DAY	REST DAY	Tour De Pain Level 4	REST DAY	Spring Classic Level 7
	Workout Time		35 Minutes			35 Minutes		60 min
	Heart Rate Target		75-85% of max			75-85% of max		70-75% of max
	Special Instructions		This week is 16 min at 75-85% effort.			This workout is one long hill time trial. Keep intensity no higher than 85%, a nice steady pace, not an all out effort.		Start out easy and slowly pick up pace as you progress. You should finish feeling good not exhausted.

STRENGTH BUILDING



WEEKS 8-12

WEEK		SUN	MON	TUE	WED	THU	FRI	SAT			
PREPARING TO PEAK	8	Workout Name	REST DAY	Tour De Pain Level 5	REST DAY	REST DAY	REST DAY	Power Level 1	Austin Level 7		
		Workout Time		40 minutes				30 Minutes	40 min		
		Heart Rate Target		75-90% of max				75-90% of max	70-75% of max		
		Special Instructions		These workouts are longer intervals at lower inclines and moderate resistance. We want to keep the RPMs as high as possible. Just like Lance, we need to work on our flat land speed!!				Just as Lance peaks for the tour, we need to work on achieving peak fitness for our goal race at the end of the program. These workouts are short fast intervals with plenty of recovery to increase your speed and power.	Start out easy and slowly pick up pace as you progress. You should finish feeling good not exhausted.		
	9	Workout Name	REST DAY	Tour De Pain Level 6	REST DAY	REST DAY	REST DAY	REST DAY	Power Level 2	Spring Classic 7	
		Workout Time		40 minutes					30 Minutes	60 min	
		Heart Rate Target		75-90% of max					75-90% of max	70-75% of max	
		Special Instructions		These workouts are longer intervals at lower inclines and moderate resistance. We want to keep the RPMs as high as possible. Just like Lance, we need to work on our flat land speed!!					Just as Lance peaks for the tour, we need to work on achieving peak fitness for our goal race at the end of the program. These workouts are short fast intervals with plenty of recovery to increase your speed and power.		
	10	Workout Name	REST DAY	Tour De Pain Level 7	REST DAY	REST DAY	REST DAY	REST DAY	Power Level 3	Austin Level 8	
		Workout Time		40 min					30 Minutes	45min	
		Heart Rate Target		75-90% of max					75-90% of max	70-75% of max	
		Special Instructions		These workouts are longer intervals at lower inclines and moderate resistance. We want to keep the RPMs as high as possible. Just like Lance, we need to work on our flat land speed!!					Just as Lance peaks for the tour, we need to work on achieving peak fitness for our goal race at the end of the program. These workouts are short fast intervals with plenty of recovery to increase your speed and power.	Start out easy and slowly pick up pace as you progress. You should finish feeling good not exhausted.	
TAPER	11	Workout Name	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	Austin Level 1	Austin Level 3		
		Workout Time						30 Minutes	30 Minutes	35 Minutes	
		Heart Rate Target						70% of max	75-90% of max	70-75% of max	
		Special Instructions						Purpose here is to start resting our muscles for a peak performance in the next week. Enjoy the rest, you earned it.	One last harder workout to keep our systems sharp.	Start out easy and slowly pick up pace as you progress. You should finish feeling good not exhausted.	
	12	Workout Name	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	Power Level 4	See your Progress!	
		Workout Time							20 min	20 min	Test yourself and see how long it takes to complete the following distances again:
		Heart Rate Target							70-75% of max	70-75% of max	B = 1 mi. Time: _____ I = 2 mi. Time: _____ A = 3 mi. Time: _____
		Special Instructions							Purpose here is to start resting our muscles for a peak performance in the next week. Enjoy the rest, you earned it.	Purpose here is to warm up do a few race pace efforts. Short and sweet, body should be peaked and ready.	