



Summer Training 2018

[Brite Coaching](#) is very pleased to be the official coaches for Lotus Cycling Club in 2018. The role of Brite Coaching is to structure weekly training rides on Wednesday evenings and hone the bike skills of riders from beginner to advanced. Christine Fletcher and her team of professional coaches share their expertise with Lotus riders through specific progressive training sessions. Throughout the season members will learn how to train properly for key events, pacing strategies, safety cues and what it means to ride with a group. We promise to show up ready and expect the same of you!

Lotus Cycling A Races and Goals:

Lotus Goal "A" Races:

Penticton Fondo	July 8 th , 2018
Fraser Valley Fondo	July 22 nd , 2018
Whistler Fondo 2018	September 8 th , 2018

With the three Gran Fondos as the main racing focus for the large majority of the riders, the Lotus Training Plan will build towards these three events.

Of course not everyone is at the exact same fitness level or cycling ability. We get that and will structure sessions to maximize the experience for every level. Our goal for Lotus is to give every rider invaluable nuggets of information to develop as a cyclist and raise their fitness ceiling while keeping the rubber side down. At the same time, it takes commitment and drive on a consistent ongoing basis. Chipping away week after week is the only way to develop as a strong confident and competent rider.

Training Overview:

Each Wednesday, Lotus riders will meet at 6:30p.m. **sharp** ready to roll. If riders are late, they will be able to check the Lotus Training Updates for workout details/location. Riders can join us along the route.

Prior to heading out for the workout, the Coaches will spend 5 minutes explaining the focus of the workout, how to execute and what we will be watching for.

Training Progression:

Workouts will progress from long moderate to shorter harder throughout the season. Riders will begin with **endurance intervals** building aerobic oxygen rich fitness and the ability to endure longer efforts. From there we will progress into **shorter more intense intervals** to get hearts beating a little faster and legs pumping a little stronger. Mixed into these intervals will be substantial pace line work, pacing strategies and cadence variability. The next phase of training is to work at **very high intensity with ample recovery**. Riders will maximize effort knowing they have tons of rest between to rinse, recover and repeat. Topics to be discussed and practiced are sprinting, accelerating, bridging gaps and attacking for some. For others, we will discuss clipping in, climbing, cornering and pacing. With a carefully crafted training plan laid out, we will **taper** riders into each event and resume training after sufficient recovery from their racing efforts! For any riders not racing, they will gain monumental fitness and education in a periodized structure and progressive way.

The Lotus Training Plan is structured such that Wednesday evenings are about training your body to become a fitter and faster athletes. Hence these evenings will be more intense. We anticipate riders to join a weekend endurance ride or perform other longer lower intensity sessions throughout the week to compliment and enhance their overall aerobic development.

Custom Training Plans

We invite any riders seeking more individual attention to consult with the Brite coaches. Our goal is to help all of you love the sport of cycling for a very long time.