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History

The 10 Tens Metric Century Foundations ride series comes out of the original Target the Tour ride series. That series has been very successful in bringing cyclists to a level of fitness to successfully challenge either the 100 km or 185 km Tour de l'Alberta event - held in July each year. In past seasons the level of rider taking part in the Target the Tour rides has risen to the point where the calibre of rider entering the ride series now exceeds the original mandate. Originally the rides were intended to prepare graduates of the Edmonton Bicycle and Touring Club (EBTC) Cycling 101 Course, as well as other novice cyclists, for the Tour de l'Alberta.

The 10 Tens Metric Century Foundations

In returning to the roots of the Target the Tour, this series of rides will help prepare **novice** riders to complete the 100 km Tour de l'Alberta event. To accomplish this, the rides will first of all build aerobic endurance, on-bike comfort, efficiency and economy of motion.

Using a stepped approach to building aerobic fitness first, then speed, and finally power - the goal will be to ride the 100 km Tour de l'Alberta event at an average of 23 kph or faster. To accomplish this there will be 3 distinct periods.

Once a good level of endurance has been built up (Period 1), distances will be dialed back and average speeds will increase. Endurance at the new higher average speed will then be built up (Period 2). At the end of that period, distance will again be dialed back in preparation for the final period (Period 3) lasting until just prior to the Tour de l'Alberta. A one week taper period before the tour is built into the program, so that cyclists can employ active rest in preparation for the 2017 event on July 23.

This is not a ride for advanced riders. Speed and intensity will be maintained at a level that is appropriate for the average rider in the group, at each stage of development. The following schedule of rides are planned.

Date	Intensity	Date	Intensity
April 9, 2017	25K @ 18kph	June 11, 2017	30K @ 23kph
April 16, 2017	30K @ 18kph	June 18, 2017	45K @ 23kph
April 23, 2017	35K @ 18kph	June 25, 2017 (Father's Day)	50K @ 23kph
April 30, 2017	40K @ 18kph	July 2, 2017	60K @ 23kph
May 7, 2017	25K @ 21kph	July 9, 2017	75K @ 23kph
May 14, 2017 (Mother's Day)	35K @ 21kph	July 16, 2017	85K @ 23kph
May 21, 2017 (Mother's Day)	40K @ 21kph	July 16 - 22, 2017	Taper
May 28, 2017	45K @ 21kph	July 23, 2017	
June 4, 2017	50K @ 21kph		

Will each week's ride be enough to guarantee my success at the Tour de l'Alberta?

The quick answer is generally not. It will be important to take in other club rides during the week, or supplement the Sunday rides with other forms of aerobic (and later anaerobic threshold) training. You should aim to ride or do other forms of aerobic activity at least 3 times per week.

The 10 Tens Metric Century Foundations rides are intended to tackle one of the most difficult, but essential forms of training - the long slow ride. Most cyclists on their own, find this aspect of training boring and often make the mistake of riding at too high of an intensity for a short time interval.

Remember, you're building aerobic fitness AND the ability to ride for extended periods of time. The arms, neck, shoulders, core and the "rump" need time to strengthen and adapt in order support the legs for cycling. Riding for comparatively short intervals at high effort, trains the wrong muscle fibres, cardiopulmonary system and energy system, which often leads to injury or debilitating chronic fatigue. The basis for a well rounded athlete absolutely requires a solid base of aerobic training. Later in the spring riders can begin working on speed and power.

What other rides should I take in?

The Edmonton Bicycle and Touring Club offers several regular rides through the week that work well for developing overall fitness.

Wednesday Show n Go rides may be used as recovery rides, or as rides to develop strength and power. The rides often climb in and out of the river valley trail system several times. By attacking the hills strength and power can be enhanced.

Go to the EBTC website for details about these rides, as well as others that can be used to compliment your weekly The 10 Tens Metric Century Foundations rides. Go to: www.bikeclub.ca for more information.

Rides start and finish at the Ardrossan Recreation Centre. This location is used because of its easy access to over 1400 kilometres of relatively quiet paved country roads.

At the start a brief overview of the ride course and a coaching presentation (safety, technique, nutrition, equipment etc.) will precede the ride. As much as possible we will try to keep the group together and riding at an intensity that challenges everyone in the group without leaving anyone behind.

Due to the progressive format of these rides it is very important that cyclists ride every ride in the series, or substitute a similar ride on their own for a missed week. This cannot be stressed enough! Your success or failure is tied to the regular stress and the training effect created by these rides.

Do take time to rest in between rides - fitness is built during rest, not on the rides themselves. The rides are the stimulus that causes adaptation during rest.

Rides will start at 1:30 p.m. Please arrive at least 15 minutes early to prepare your bicycle, take a bathroom break, purchase some snacks etc. Always have at least 1 bottle of water and preferably 2 for the rides. Once rides begin to exceed the 1 hour mark it will be necessary to consider on-bike nutrition. Ride leaders will cover hydration and fueling in a pre-ride presentation. As much as possible we will try to schedule in a washroom break once rides exceed 1 hour. Some of these may be pit toilets.

