



KENTUCKY DERBY
FESTIVAL

BAPTIST HEALTH SPORTS MEDICINE PRESENTS

OFFICIAL TRAINING PLAN

Tour de Lou Bicycle Event

April 27, 2014

Start & Finish at Waterfront Park

8:30 a.m.



BAPTIST HEALTH
SPORTS MEDICINE



SCHELLER'S
FITNESS & CYCLING
your FITNESS PROS

WELCOME TO THE FIRST KENTUCKY DERBY FESTIVAL TOUR DE LOU.

Baptist Health Sports Medicine is proud to provide the sports medicine coverage and training guide for the Tour de Lou. The intention for this guide is to help cyclists of all levels prepare for the Tour de Lou event.

The Tour de Lou is an open course cycling event that is open to all ages and all skill levels. This training guide serves as a resource for the beginner and for the experienced rider. Baptist Health Sports Medicine wants to ensure that all participants can enjoy gaining the information needed to train safely.



Inside you will find tips on training nutrition, safety and gear. Also included is an exercise guide for injury prevention and a six-week training plan. In addition, we encourage you to take advantage of the Basic Skills Class provided by Curtis Tolson Coaching and Baptist Health Sports Medicine.

Always consult your sports medicine or primary care physician before beginning any physical training program. Consulting with these physicians is an important step to ensure that you are healthy enough to participate in training and the event.

To learn more, please visit BaptistSportsMedKY.com. To stay up-to-date with the latest announcements, follow Baptist Health Sports Medicine on Facebook and Twitter.

BAPTIST HEALTH SPORTS MEDICINE

Baptist's multidisciplinary team of professionals provides total coverage across the continuum of care for sports-related injuries. The Baptist Health Sports Medicine team includes all sports medicine-trained primary care physicians, orthopedic surgeons, a neurologist, physical therapists and athletic trainers.

NOT JUST FOR PROFESSIONAL ATHLETES

Injuries resulting from any sport and in those active at every level of fitness require specialized care to help individuals get back in the game safely and efficiently for the best possible long-term outcomes.

RECEIVE CARE IN THE MOST COMPREHENSIVE FACILITY

Baptist Health Sports Medicine's 11,000-square-foot facility at Baptist Health Eastpoint includes private treatment rooms, an extensive physical therapy gym, indoor turf field, portable pitching mound, rubberized running lane, climbing wall and much more.

SPORTS MEDICINE SPECIALTY AREAS

EVENT MEDICINE/ATHLETIC TRAINER COVERAGE

- Staffing by licensed athletic trainers
- Injury evaluation
- First aid for injuries and illnesses
- Adhesive strapping
- Referral to emergency room, Urgent Care or physician

TREATMENT

- Orthopedic surgery
- Arthroscopic and minimally-invasive surgery
- Physical therapy
- Neurology/concussion management
- Programs/treatments specifically designed for women

CLINICAL SERVICES

- Evaluation, prevention and treatment of sports injuries or exercise-related injuries
- Surgical and specialty care of the shoulder, elbow, hip, back, knee, ankle and foot
- Exercise training programs and physical therapy rehabilitation for a quicker return to activity



STRENGTH TRAINING AND CONDITIONING

- Performance improvement programming (athletes)
- Sport-specific exercises
- Core training
- Speed and agility
- Cardiovascular training
- Strength and power training
- Screenings
- Pre-participation exams
- Student sports physicals

CONTACT

Baptist Health Sports Medicine

2400 Eastpoint Pkwy.

Louisville, KY 40223

502-253-6699

Physical Therapy

502-253-6689

Located off the La Grange Road or Old Henry Road exits of Gene Snyder Freeway on the first floor of Baptist Health Eastpoint.

MEET OUR TEAM

WHAT IS SPORTS MEDICINE?

Doctors specializing in sports medicine have received advanced training in managing sports-related conditions. This comes in two forms: primary care sports medicine and orthopedic sports medicine. The Baptist Health Sports Medicine team offers both.



J. Steven Smith, MD
Orthopedic Surgery



Tracy Eicher, MD
Neurology



Kittie George, MD
Orthopedic Surgery



Stacie Grossfeld, MD
Orthopedic Surgery



Nicholas Kenney, MD
Orthopedic Surgery



Scott Kuiper, MD
Orthopedic Surgery



Brennan McClure, MD
Orthopedic Surgery



Christopher Pitcock, MD
Family & Sports
Medicine



Mark Puckett, MD
Family & Sports
Medicine



Ty Richardson, MD
Orthopedic Surgery



Jeremy Statton, MD
Orthopedic Surgery

FOR PHYSICIAN REFERRAL CONTACT THE BAPTIST HEALTH
INFORMATION CENTER AT 502.897.8131
OR VISIT BAPTISTEASTPOINT.COM

YOUR BODY IN MOTION



INSTRUCTED BY:
SCOTT KUIPER, MD
ORTHOPEDIC SURGERY

Kuiper is board certified in orthopedic surgery and specializes in orthopedic sports medicine and athletic-related injuries such as shoulder, knee and elbow arthroscopy; ACL and PCL reconstruction; rotator cuff and labral repair. He is a 1987 graduate of the University of Louisville School of Medicine, completed a surgery residency at the University of California in 1993 and completed orthopedic sports medicine fellowship at the American Sports Institute in Birmingham, Ala. In 1994.

"As an orthopedic surgeon and competitive cyclist I'm often asked questions about how to get started with a training program for recreational riding and racing. Most of what I'd like to share with you was not learned in medical school but as a member of the Texas Roadhouse Cycling Team: A team that consists of a number of ex-professional, elite and masters cyclists."

**Proper hydration and nutrition are of paramount importance for enjoying
the cycling experience and maximizing your performance.**

When I first started riding about 10 years ago, I went on a difficult 15-mile ride in 90-degree weather without drinking much water and ended up under a tree feeling clammy, nauseated and fatigued. I (painfully) learned that I needed a plan for hydration and nutrition if I was going to ride regularly. Since a number of you may be interested in training for an event such as the Tour de Lou, a century ride, or other endurance event, let me share some tips on avoiding this scenario and getting the most out of your cycling.

HYDRATION. Our bodies are like machines. To optimize performance, the body needs both fluid and calories to account for energy expended. It's easy in our society to be chronically under-hydrated: a cup of coffee in the morning, a diet cola at lunch and a beverage at dinner. If your routine is similar to this, you, too, will be chronically underhydrated. If a workout is undertaken, there is no way the body can perform at its best. Keeping an adequate base hydration is important to avoid "bonking" on the bike. The amount of water you need to stay adequately hydrated depends on the temperature, your weight and activity level. A 175-pound active individual needs approximately eight 12-ounce glasses of water a day for base hydration.

[Click here to use a hydration calculator to check your individual needs based on your weight and activity level.](#)

In addition to base hydration, you need to add extra fluid intake for every hour of exercise (this should be carried with you on the bike). Estimate a bottle to a bottle-and-a-half for each hour spent on the bike. On hot days, bring extra water to squirt on your head, face or back to cool down. This is the reason for cycling jersey pockets! Use them for extra bottles if needed. On long rides (three-four hours) in the summer, my teammates and I devise routes that include a store or gas station stop to refill our fluids.

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Redefine how you care for your body: NOURISH & REPLENISH OFTEN.

ELECTROLYTES. The body also loses electrolytes during exercise. High concentrations of sodium and chloride, as well as lower concentrations of potassium, magnesium and calcium, are lost through sweat. Electrolytes help maintain fluid balance during physical activity and, if deficient, can lead to symptoms such as muscle cramps, nausea, dizziness and fatigue. Muscle cramping, while usually associated with a potassium deficiency, is more likely related to sweating off a large amount of sodium during exercise. Therefore, replacing sodium is extremely important. A diluted sports drink in one bottle will help with this. Better yet, an electrolyte replacement drink such as Accelerade™ (follow to site [here](#)) that will replace electrolytes as well as provide carbohydrates and protein at a proper 4:1 ratio for fuel can be used (we will get to that next). If you are prone to muscle cramps, take an electrolyte supplement such as Endurolyte capsules prior to a long ride (follow to site [here](#)).



LET'S TALK ABOUT FUEL. Your body needs fuel to burn while you exercise. This fuel comes from a variety of sources. Carbohydrates are foods that are broken down into sugars (glucose, fructose and galactose) and used as energy, or stored. The stored sugars are deposited in muscle or the liver in the form of glycogen. Glycogen is the primary source of energy for exercise in the short term. As an exercise session lengthens, and depending on intensity, the body will also burn fat stores at a ratio between 60/40 carb/fat up to 80/20 carb/fat at high intensity efforts. As stores become depleted or on longer rides (greater than 1.5 hours), protein is used as fuel. This protein is taken from your muscles and needs to be replaced on or after the exercise session.

Practically speaking, glycogen stores can be kept high by maintaining a healthy diet with whole grains, fruits and vegetables, as well as lean protein.

Prior to a vigorous workout or event you should eat a meal 2.5-3 hours prior to allow for your stomach to empty and the nutrients to be absorbed. Your meal should have complex carbs and some protein. Breakfast choices to consider: Greek yogurt and cottage cheese, oatmeal, or two eggs and a bowl of Special K cereal with 2% milk.

Eating a high carbohydrate sports bar or a couple of energy gels one hour prior to an event will boost your blood glucose to provide energy to your cycling muscles. Researchers at Ohio State University have shown a 12.5% improvement in performance when 40-75 grams of carbohydrates were consumed before a workout.

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During exercise, the number of calories expended will depend on your weight and the intensity of your effort. A 150-pound cyclist averaging 14 miles per hour will burn approximately 500 calories per hour. At higher intensity efforts, or if you weigh more, you can plan on burning 600-800 calories per hour. Your body isn't able to tolerate or absorb that amount of caloric replacement during exercise because of a variety of physiologic factors. If you over replace these calories, you will only end up feeling bloated or nauseated. You should plan on replacing 300-350 calories per hour exercise while you workout and get the rest during your post-ride recovery. I like Clif Bars because they work well in all seasons and are easy to eat and digest. Each bar has 250 calories from carbs (41 g), fat (6 g), and protein (11g) as well as 240mg of sodium and potassium. I also bring one ACCEL GEL (100 Cal, 120mg sodium) for each hour on the bike. 2nd Surge Ultra Energy Gel also provides 100mg caffeine that has been shown in studies to delay muscle fatigue and pain at high intensity efforts.

One of the most important aspects of training is RECOVERY.

After a long effort, even with the proper on-ride replacement, you will be dehydrated and need caloric replacement. Studies have shown this is best accomplished within the first 30 minutes after exercise. According to endurance coach Chris Carmichael, you need about 0.7 grams of carbohydrate per pound body weight, as well as protein to provide essential amino acids needed for muscle repair. This should be at a ratio of 3 to 1 or 4 to 1 carbs to protein. For a 180-pound cyclist, this amounts to 126 grams (504 Cal) of carbs and 31 grams (126 Cal) protein.

One way to recover is to simply add 4 teaspoons of sugar to 16 oz. glass of 2% milk to get both the needed carbs and protein.

Several good commercial brands are available as well. My favorite is Endurox R4, a recovery drink with both soy and whey protein and a 4:1 carb to protein ratio. By combining the two forms of protein all the important amino acids are accounted for in the recovery process for broken down muscles.

In conclusion, hydration and nutrition play a critical role for successful endurance training, recreational event riding, and racing. If you can follow these keys to success you will have a safer and more enjoyable time training and participating in these types of endurance events. If you want to take it to another level, consider hiring a cycling coach to guide your workouts and help you peak for important events.

KEY TAKEAWAYS:

- Keep your base hydration level up.
- Eat 2.5- 3 hours before a big ride or workout.
- Small carbohydrate load 30-60 minutes before workout (one sports bar or gel).
- Drink 1- 1.5 bottles water per hour during exercise.
- Electrolyte supplement in one bottle (AcceleradeTM) or Accel GelTM.
- Replace 300-350 cals. per hour with bars, fluids, gels, or "real" food such as Fig Newtons, a banana, or a peanut butter and jelly sandwich.
- Recovery drink within 30 minutes of exercise with a 4:1 carb to protein ratio drink.

BICYCLE SAFETY TIPS

BICYCLES ARE LEGALLY CONSIDERED “VEHICLES.”

That means cyclists must obey the rules of the road like drivers of any other vehicle and must be treated as equal users by all other vehicles.

As the operator of a vehicle, a bicyclist shall operate in a careful manner, with regard for the safety of pedestrians and other vehicles upon the highway.

Some safety tips for biking:

- **Obey traffic signs and signals.** Bicycles must follow the rules of the road like other vehicles.
- **Never ride against traffic.** Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles.
- **Follow lane markings.** Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."
- **Don't pass on the right.** Motorists may not look for or see a bicycle passing on the right.
- **Scan the road behind you.** Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.
- **Keep both hands ready to brake.** You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.
- **Wear a helmet and never ride with headphones.** Always wear a secure, proper helmet. Never wear headphones while riding a bike.
- **Dress for the weather.** Dress in layers so you can adjust to temperature changes. Wear bright colored clothing.
- **Use hand signals.** Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.
- **Choose the best way to turn left.** There are two choices: (1) Like an auto: signal to move into the left turn lane and then turn left or (2) Like a pedestrian: ride straight to the far side crosswalk. Walk your bike across.
- **Make eye contact with drivers.** Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver who might pose a threat to your safety.
- **Look out for road hazards.** Watch out for parallel-slat sewer grates, gravel, ice, sand or debris. Cross railroad tracks at right angles.
- **Use lights at night.** Lights must cast a beam 50 feet ahead and be visible from 500 feet ahead. Always required is a rear red reflector, and, if riding at night, a rear red light visible from 500 feet.
- **Keep your bike in good repair.** Adjust your bike to fit you and keep it working properly. Check brakes and put air in your tires regularly. Routine maintenance is simple, and you can learn to do it yourself.

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Selecting a helmet that's right for YOU.

Everyone on a bicycle must wear a helmet. Here are instructions for selecting and fitting a helmet that's perfect for you:

- Measure your head and try on a few helmets in your size until you find one that feels right.
- The helmet should fit level on your head and cover your forehead with room for one or two finger widths over your eyebrow.
- Adjust the slider on the side straps to form a "V" under and slightly in front of your ear.
- Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. Take the helmet off to make these adjustments.

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

Selecting proper attire that's right for YOU.

Proper attire is a must for cycling, especially when participating in an event with less-than-perfect weather conditions.

Bicycling Magazine offers an excellent reference guide for how to dress properly for your cycling event. View the types of clothing worn for cycling and guidance as to which clothes to choose for cycling in various temperatures.

Visit **Bicycling.com/whattowear** for a user-friendly assessment on how to prepare for your next ride.

CYCLING SAFETY TIPS PROVIDED BY:

Nancy McElwain



McElwain began bicycle racing in 1993 and racing triathlons in 1998. She coaches triathletes, swimmers, cyclists, and runners of all abilities from her home in Louisville, Ky. McElwain has a master's degree in exercise physiology from the University of Virginia. In 1999, she started Train Smart, LLC, a coaching service preparing individuals to meet their athletic goals in swimming, biking, and running.

Being a USAT Level 2 coach, she is proud to be among the first USAT-certified Youth/Junior coaches in the country. In 2012, McElwain co-founded the Maverick Multisport Youth/Junior Team, designated in 2014 as a High Performance Team by the United States Triathlon Association.

McElwain's triathlon racing highlights include All-American in 2002, 2003, 2004, 2005, National Long Course Age Group Champion (35-39) 2003, 2004, World Long Course Age Group Champion (35-39) 2004, 2005 Ironman Hawaii Finisher (10:59:44). She can be reached at nancy.mcelwain@gmail.com or visit www.trainsmartmultisport.com for more information about her coaching.

TRAINING OFF THE BIKE



TRAINING INSTRUCTED BY:
NICK SARANTIS,
SPORTS PERFORMANCE
PRACTICE MANAGER

Sarantis is a certified Athletic Trainer (ATC) and a certified Strength Conditioning Specialist (CSCS) through the National Athletic Trainer's Association and the National Strength and Conditioning Association. He earned his master's degree in athletic training from the University of Arkansas and his bachelor's degree in sports administration from the University of Louisville.

Foam Rolling

Use these self-massage techniques before your cycling event or workout. It is recommended to repeat post-ride or workout. Slower is better, and some discomfort is to be expected.



Foam Roll Soleus/Achilles

Place foam roller on lower part of calf. Rise up on hands to apply more pressure to the lower leg. As you find adhesions, internally and externally rotate the leg to relieve the adhesions.



Foam Roll Hamstrings

Place foam roller under hamstring and slowly roll from knee up to buttock. Again, slowly externally and internally rotate the leg so to find specific adhesions.



Foam Roll Iliotibial Band

Place foam roller on the outside of leg. Cross top leg over to help balance and maintain control on the roller. Slowly roll from the greater trochanter down to the knee.

Foam Roll Gluteus Medius

Place foam roller on the outside of hip, with both knees bent. Slowly roll from the lower back down to the outside of the hip.



Foam Roll Quadriceps

Lying on the stomach, place the foam roller on quadriceps. Slowly roll from the knee up to the hip crease and back down. Focus on one leg at a time.



Foam Roll Piriformis

Sitting on the foam roller, cross the right leg so that the right foot is on the left knee. Place left hand on the right knee, and slowly roll a very small area on the backside. Once done, cross the opposite leg over and repeat.



Foam Roll Thoracic Spine

Lying on the back, place foam roller mid-back. Bring elbows close together and lift the hips up, and slowly roll from mid-back to the upper shoulders.



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Stretching

Use these stretches before and after your ride and workout to help promote recovery and flexibility.



3-Way Hamstring Stretch

Lie flat on back and loop a rope, band, towel or sheet around the right foot. Keeping the right leg straight, pull the resistance tool back until a stretch is felt in the back of the leg. Keep left leg straight on the ground, with toes pointing up. Hold for 10-30 seconds. Bring the right leg out to the side at about 45 degrees so the medial hamstring is targeted (middle photo above). Hold for 10-30 seconds. Last, bring right leg across the body, actively keeping the right hip on the ground. Do not rotate the lumbar spine. Hold for 10-30 seconds. Repeat with the left side.



Figure 4 Stretch

Lie flat on back and bend both knees up with feet flat on the ground. Place the right foot on the left knee, reaching through to grab the left leg. Pull back. A stretch will be felt on the right side buttocks. Hold for 10-30 seconds. Repeat with other leg.



Box Hip Flexor Stretch

Begin in a half-kneeling position with left leg at 90 degrees in front, and right leg at 90 degrees in back. Position at a slight angle to a box or step (6-12 inches high) and lift left leg on to the top of the box. Slowly lean body forward and a stretch around the top of the left leg will be felt. Hold for 10-30 seconds. Repeat with other leg.



Quadriceps Stretch

Lie flat on stomach, looping a rope, band, towel or sheet around the right foot. Holding the end of the resistance tool, pull foot towards the back of the leg. Hold for 10-30 seconds. Repeat with other leg.



Gastrocnemius Stretch

Stand up and lean against a sturdy object, extending the left leg back and placing the right foot on top to push down. Keep the left leg straight and heel down, and a stretch will be felt in the upper part of the calf. Hold for 10-30 seconds. Repeat with other leg.



Soleus Stretch

Remaining in the same position as with the gastrocnemius stretch, bring the left leg forward, keeping the heel down. Drive the knee toward the support object. A stretch in the lower part of the calf will be felt. Hold for 10-30 seconds. Repeat with other leg.

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Core Training

It is important to note that your “core” consists of much more than just your abdominals. The core includes all muscles that attach to your pelvis, which help stabilize the pelvis and limit energy leaks.



Two Leg Bridge up

Lie flat on back, bending knees so feet are flat on the floor. Lift toes up slightly and drive down through the heels to lift the hips. At the top of the bridge, squeeze buttocks for two seconds and then slowly return to starting position. Do ten repetitions, and then add multiple sets. The stretch will be felt on the backside of both legs.



Cook Hip Lift

A progression to the two leg bridge up. Start in the same position as the two leg bridge, and then hug the left knee to the chest. Driving down through the right heel, lift hips and hold for five seconds. Do five repetitions for five seconds, holding each leg. Stretch will be felt on the backside of the leg on the ground.



Anterior Plank

Begin in plank position on elbows and toes (perfect position is highlighted in the above photo by the PVC pipe, which has three points of contact: head, upper back and tail bone). Draw stomach towards the spine, squeezing buttocks. Hold for as long as possible while maintaining perfect positioning. Once 30 seconds is reached comfortably, advance to the next exercise.



Plank with Hand Slide

Begin in plank position on hands and toes. Using a furniture slider on carpet or a towel on hardwood, slide hand out as far as possible while maintaining perfect plank position. The hips will want to shift to allow the body to slide. Sliding will only occur if the hips are straight. Do ten controlled slides with each hand.



Lateral Band Walks

Using two mini bands, place one right above both knees and one around both ankles. Get into an athletic-ready position (knees soft, slight squat, chest up) and take ten side steps to the left. Do not let feet come together during the steps. Remain in control of the bands. Take ten steps the opposite direction. Stretch will be felt on the outside of hips.



Lateral Plank

Begin on left side, lifting hips from the ground and balancing on the left foot and left elbow. The right shoulder should be down and back, and the glutes kept tight to enhance stability. Hold for as long as possible while maintaining perfect position. Once 30 seconds is reached comfortably, advance to the next exercise.



Lateral Plank with Row

Begin in the same position as a lateral plank. Use the right hand to grab a band or cable column. Keeping perfect positioning, perform ten controlled rows with the right arm. Repeat with opposite side. Keep the weight or resistance light, focusing on control.



SIX-WEEK TRAINING PLAN

BEGINNER CYCLING PLAN: Preparing for the 2014 Tour de Lou

As always, consult your doctor before you start any new training plan. Always wear a helmet that fits properly. Make sure that your bike is in good working order and that you are proficient at riding it before you participate in any mass start ride.



TRAINING INSTRUCTED BY: **Curtis G. Tolson**

Tolson is the owner of Curtis Tolson Coaching Services and a 38x US National Masters Track Cycling Champion. He is the founder and current co-director of the Texas Roadhouse Cycling Team. Having plenty of hands-on experience, he is the current National Champion in Points Race, Individual Pursuit, Scratch Race, Madison and Team Pursuit. Tolson is also a two-time Bronze Medalist in the World Masters Track Cycling Championships.

WORKOUT DESCRIPTIONS

Basic Skills Practice/Class. If just beginning, work on clipping in & out of pedals, stopping & starting. Once comfortable with this, begin working on cornering & group riding. If you need help with this, contact a qualified coach, attend a skills class or ask an experienced friend to help you. Contact Baptist Health Sports Medicine to find out about skills classes being offered. If you are beyond this level, substitute with easy ride of prescribed length.

Lite Upper Body Core. Planks, IT band & low back stretches, push-ups & similar techniques.

Recovery Spin. Very easy recovery spin on a mostly flat course in small chain ring. Heart rate zone 1 or perceived effort <5. Light on the pedals. Comfortably high RPM, focusing on pedaling skills.

Advanced Skills Ride. This is an easy ride. Ride with a group, if possible, where you can practice more advanced skills such as pace line riding and drafting.

Moderate Group Ride. No hard, sustained pulls. Mostly 1-3 HR zones. Perceived effort <8. Find appropriate group you like to ride with. Cut time by 30% if bad weather forces you inside.

MARCH - WEEK ONE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 Basic Skills Practice/Class (1 Hr.)	17 Recovery Spin (1 Hr.) Upper Body & Core (15 mins)	18 REST	19 Basic Skills Practice/Class (1 Hr.)	20 Recovery Spin (1 Hr.) Upper Body & Core (15 mins)	21 Basic Skills Practice/Class (1 Hr.)	22 Advanced Skills Practice (45 mins)
23 Moderate Group Ride (1 Hr.)						

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MARCH - WEEK TWO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24 Recovery Spin (1 Hr.) Upper Body & Core (15 mins.)	25 REST	26 Mixed Hills with Medium Endurance	27 Basic Skills Practice/Class (1 Hr.) Upper Body & Core (15 mins.)	28 Recovery Spin (1 Hr.)	29 Advanced Skills Practice (1 Hr.)
30 Moderate Group Ride (1 Hr. & 15 mins.)						

MARCH/APRIL - WEEK THREE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>March 31</i> Recovery Spin (1 Hr.) Upper Body & Core (15 mins.)	1 Moderate Group Ride (1 Hr. & 15 mins.)	2 REST	3 Basic Skills Practice/Class (1 Hr.) Upper Body & Core (15 mins.)	4 Recovery Spin (1 Hr.)	5 Advanced Skills Practice (1 Hr. & 30 mins.)
6 Moderate Group Ride (1 Hr. & 30 mins.)						

WORKOUT DESCRIPTIONS ADDED FOR WEEK FOUR

4 x 5 Min Tempo Intervals. Road or trainer. 4 x 5 minutes at power/HR zone 3 or PE 8 (2 minute recoveries). Relax! Smooth pedaling. 85-100 RPM. Aero. If at any point you can't stay in the tempo range, finish out ride time at recovery pace.

Mixed Hills with Medium Endurance. After warm-up, complete 3-5 hills up to 5 minutes duration. Practice pacing hills and using correct gearing. Perceived effort on flats should be 6-7 out of 10 & 8-9 on the hills.

APRIL - WEEK FOUR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 Moderate Group Ride (1 Hr. & 30 mins.)	7 Recovery Spin (1 Hr.) Upper Body & Core (15 mins.)	8 4 x 5 Minute Tempo Intervals (1 Hr. & 30 mins.)	9 Mixed Hills with Medium Endurance (2 Hrs.)	10 Basic Skills Practice/Class (1 Hr.) Upper Body & Core (15 mins.)	11 Recovery Spin (1 Hr.)	12 Moderate Group Ride (2 Hrs.)
13 Moderate Group Ride (2 Hrs.)						

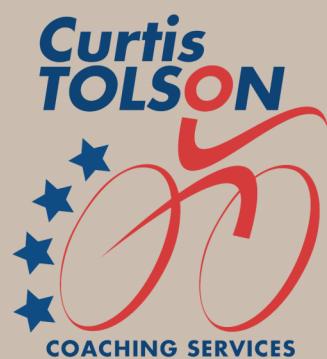
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APRIL - WEEK FIVE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14 Recovery Spin (1 Hr.) Upper Body & Core (15 mins.)	15 4 x 5 Minute Tempo Intervals (1 Hr. & 30 mins.)	16 Mixed Hills with Medium Endurance (2 Hrs.)	17 Recovery Spin (1 Hr.) Upper Body & Core (15 mins.)	18 REST	19 Moderate Group Ride (2 Hr. & 30 mins.)
20 Moderate Group Ride (3 Hrs.)						

WORKOUT DESCRIPTIONS ADDED FOR WEEK SIX

Tune-up Ride. This is a ride designed to open your legs for a race, field test or important event. It is an easy ride with a few short efforts. Not enough to induce any fatigue, but enough to loosen the legs.

APRIL - WEEK SIX						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21 Recovery Spin (1 Hr.) Upper Body & Core (15 mins.)	22 Moderate Group Ride	23 Mixed Hills with Medium Endurance (2 Hrs.)	24 REST Plus bike tune-up, wash and prep	25 Recovery Spin	26 Tune-Up Ride
27 2014 KDF TOUR DE LOU						



INDOOR CYCLING CLASSES

PRESENTED BY BAPTIST HEALTH SPORTS MEDICINE,
TRAIN SMART LLC & CURTIS TOLSON COACHING

**Gear up and begin preparing for your
NEXT BIG EVENT.**

Baptist Health Sports Medicine and Curtis Tolson Coaching are teaming up to provide an indoor cycling program, guaranteed to increase your power in just five weeks. In addition, strength and conditioning classes are offered during the five-week sessions to help you further improve as a cyclist and as an athlete.

The classes are excellent training for triathletes and cyclists. All levels are welcome, but be prepared to work hard. Workouts are challenging and require intense efforts. If you want to make a difference in your cycling ability, this is the class for you.



TO REGISTER:
Call Baptist Health
Sports Medicine at
502.253.6687

WHAT TO BRING:

- Bike and riding gear
- Power meter or heart rate monitor
- Special hydration or nutrition products
- Towel

WE SUPPLY:

- Wind trainers
- Bike storage
- Experienced coaching
- Restroom

GOALS OF THE CLASS:

- Increase power (5-15%, depending on starting fitness level and commitment)
- Create stimulating environment to motivate your winter training
- Learn what your training ranges are and what they mean
- Have fun - and get fit!

TREATMENT FOR SPORTS INJURIES

If you get hurt, there are a number of convenient Baptist Health locations where you can be treated quickly, with X-rays on site. If necessary, you can then be referred to Baptist Health Sports Medicine for treatment by one of our sports medicine-trained physicians or orthopedic surgeons or for physical therapy.



Baptist Health Sports Medicine

#1: 2400 Eastpoint Pkwy, Ste. 110
Louisville, KY, 40223
502.253.6699
8 a.m. - 4:30 p.m., Mon-Fri

Baptist Health Urgent Care

#1: 2400 Eastpoint Pkwy
Louisville, KY, 40223
502.253.6699

#2: 12010 Shelbyville Rd.
Louisville, KY 40243
502.238.2800

#3: 3215 Westport Green Place
Louisville, KY 40241
502.412.1112

#4: 2232 Holiday Manor Center
Louisville, KY 40222
502.339.6565

#5: 10216 Taylorsville Rd
Louisville, KY 40299
502.297.8900

Baptist Health Occupational Medicine

#6: 7092 Distribution Dr.
Louisville, KY, 40258
502.935.9970

#7: 3303 Fern Valley Rd.
Louisville, KY 40213
502.962.5242

#8: 1023 Sanibel Way, Ste. C
La Grange, KY 40031