

CYCLCORE 2.0
The ULTIMATE Cycling Strength Conditioning Program

CYCLO-PLAN4P
Training for the Goal Focused Everyday Cyclist™

CYCLO90 H.I.T

90 DAY HIGH INTENSITY TRAINING

ROAD CYCLING
MOUNTAIN
TRIATHLON
XCROSS

STRONG
LEAN &
POWERFUL
...IN 90 DAYS!

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Cyclo-CORE Multi Media LLC

CYCLO90 High Intensity Training System - QUICK START USER GUIDE -



Utilizing the New Cyclo-CORE 2.0 and Cyclo-H.I.T 30 Minute Workouts to Maximize Your Training Results in 90 Days!

Welcome, my friend and fellow cyclist, to the CYCLO90 Day High Intensity Training System for cyclists and everyday athletes that want **AMAZING RESULTS, in LESS TRAINING TIME.**

This training plan is VERY SIMPLE to implement, follow, and modulate based on your fitness, riding experience, and time available to ride/train.

This plan is derived from the successful training methods of the [Cyclo-PLAN 4P Training System](#), but a stand-alone, higher intensity regimen to help you achieve more fitness with less training time.

This plan will utilize the NEW Cyclo-CORE 2.0 Workouts, along with the Cyclo-H.I.T 30 Minute Workouts to MAXIMIZE YOUR RESULTS. We assume you either bought these workouts with this plan or already own the workouts on DVD or DOWNLOAD.

The plan will be more aggressive at keeping you leaner and stronger in LESS TRAINING TIME, so be prepared to work hard for the entire 90 days!

It's really easy to use, **WHEN YOU READ THE DIRECTIONS BELOW...**

Disclaimer & Copyright

Disclaimer: This is a tough training regimen, designed to push your physical limits. You take on all associated risk with performing any of the workouts, drills, sessions, or recommendations in this training system. Please, consult your medical physician or guru before commencing this plan and have a clean bill of health. This plan is NOT INTENDED for use if you are injured, ill, or not able to perform. Cyclo-CORE Multi-Media LLC may not be held liable for any injury or otherwise detrimental downfall while using this or any program created by the company.

Copyright: This training plan, along with the Cyclo-CORE 2.0 Workouts and Cyclo-H.I.T 30 Workouts are the sole property of Cyclo-CORE Multi-Media LLC and may not be copied, distributed, emailed, or otherwise given to anyone but the user--YOU. If you do, we'll slash your tires and call those lawyer guys. Ride on!

How This 90 DAY System Will Redefine How You Get Strong, Lean, and Powerful...

PLEASE READ:

What is High Intensity Training?

High Intensity Training or H.I.T refers to a workout or "session" that challenges you beyond what your body can already handle. The workouts included in the CYCLO90 system are designed to do just that--CHALLENGE YOUR LIMITS.

Expect that each workout will have PURPOSE and VALUE to help you improve. The plan is built as a MAXIMIZED SYSTEM, meaning "the total is greater than the sum of its parts." As such, each workout placement has PURPOSE and will BALANCE your training from week to week.

There is NO JUNK MILES allotted for this training plan. Meaning, get in, get pumping, and get out and rest--THAT GETS RESULTS!

Expect that several of the workouts each week will be High Intensity (ZONE 4-5 HR or Power), driving your body to shift into higher metabolism to get leaner and stronger. In balance with the HIT sessions, expect to have lower intensity and endurance based workouts, recovery sessions, and recovery days to allow your body to reap the benefits of the HIT training days.

WARNING: Failure to take the recovery days or sessions VOIDS your results and our guarantee. Think with common sense and LISTEN TO YOUR BODY, even if that means taking extra days off due to a prior days workout. IT'S OK!

High Intensity ONLY HAS VALUE if you allow your body to recover.

Expect that each workout, each week; you will feel a noticeable difference in your energy, performance, fitness, and leanness. Yes, every week! If you are not, the intensity may be too high for you to handle or you have other STRESS from life that may be hindering your progress. If that is the case, simply TAKE A BREAK!

"PLUG AND GO" 90 DAY High Intensity Training Plan:

The CYCLO90 System uses the Cyclo-PLAN 4P Training Method of "plug and go" and "modulation". Simply put, refer to the CODE KEY on the training plan along with the WORKOUT VIDEO ASSET LIST and IN-RIDE WORKOUTS included to decipher the workout for each day, week, or block. They are carefully MODULATED into the training plan to continue to challenge your body to improve.

Two Progressive Training Blocks: There are two, six week long training blocks included in this system. Each of them are PROGRESSIVE in nature, meaning the plan gets harder as you move along from week to week. We use a 5X1 cycle of HARD WEEKS followed by ONE WEEK OF RECOVERY. We highly suggest you take the recovery weeks, or risk over training.

You may opt to do one block and then something else, or you may choose to follow the plan for the full 90 days. Either way, YOU GET RESULTS.

Modulated Based on Your Fitness Level

BEGINNER LEVEL: If you are a beginner level cyclist or feel your fitness needs a good kick in the pants, this is a fantastic plan for you to use. If you are eager to LOSE WEIGHT, GET LEAN, and BOOST PERFORMANCE--this is your plan! The plan is MODULATED as a beginner level plan with about 5-7 hours of training/week using the CORE 2.0, H.I.T 30, and IN-RIDE workouts included. Simply PLUG AND GO using the training plan and the suggested workouts for each day. If you are doing a workout and it feels tough, GOOD--IT SHOULD. If you however feel that the workout is TOO tough, then back it off and try again later--THAT'S OK. The workouts are designed to be HARDER than you are FIT. That's how you improve.

NOTE: When you see the (A) "Advanced Option" in the plan, you may opt to add it in as you get more fit using the system, which you will. See below...

ADVANCED LEVEL: If you are a veteran/fit cyclist, racer, mountain biker, triathlete, crosser, roadie, or all of the above, consider this the most ADVANCED TRAINING you've done in 90 days! In the training plan, there will be OPTIONS to add in ADVANCED OPTIONS (A) or workout additions to the workouts for most days. You may opt to ADD those recommended workouts for accelerated results and dramatic gains in your fitness. If you feel tired for that day, simply do not add the advanced options.

NOTE: As you progress from week to week, you should expect to be able to handle more of the ADVANCED OPTIONS for workouts. This denotes just how strong and for you are getting.

The Workouts That Will REDEFINE YOU:

*Note: You can refer to the included **Workout Video Asset List** for the workouts used in this plan. These workouts were either bought with this plan OR you already owned them or have access. They will be below if you chose to download them.*

Cyclo-CORE 2.0 Workouts: The second generation of the famous Cyclo-CORE Training from 2004. Updated and better (and more powerful) than ever! These off the bike, core and functional strength training circuits are FAST, EFFECTIVE, and CHALLENGING. (except for Cyclo-RECOVER)

The CORE 2.0 workouts will be INTEGRATED and MODULATED into each week of the plan to maximize your strength, power, efficiency, flexibility, mobility, and recovery so when you GET BACK ON THE BIKE--you notice a distinct advantage.

Cyclo-H.I.T 30 Workouts: There are currently SIX of these high intensity on the bike trainer workouts used in this plan. Some days you will use just one of them and be DONE IN 30 MINUTES! Don't laugh, THEY'RE TOUGH!

Other days, you will be asked to MODULATE the HIT workouts by adding MORE THAN ONE or possibly modulating a HIT + CORE 2.0 workout. These modulations or combinations have TREMENDOUS VALUE in helping you break through plateaus, overcoming weakness, and accelerating your results--so don't skip them, even if this style of training is new to you.

Expect to learn VARIOUS TECHNIQUES and DRILLS in the HIT workouts that will help you improve your on the bike performance, pedal efficiency, and power.

Expect to take what you have learned (insert Yoda character) and APPLY it out on the road, the dirt, or event. This is where we use the included...

In-Ride Workouts: Included in this plan are various "in ride", meaning "outside on the bike" workouts, drills, chunks, and techniques to help you maximize your riding time. NO JUNK MILES! These in-ride workouts will amplify the HIT sessions done inside with the videos and allow you to FEEL THE RESULTS in your chosen discipline or type of riding.

Putting it All Together

Off-Season Use: This training plan is dynamic and based on FOUNDATION and FUNDAMENTALS. This is why the CYCLO90 Day High Intensity Training System is great to use for your off-season. It's simple to follow and demands you get results, no matter what your cycling goals may be. Expect that during the week to be asked to do many of your workouts inside on your indoor trainer with the videos. On other days and usually weekends, we allott the use of the IN-RIDE WORKOUTS to be used outside on the bike. This maximizes your time to train and your availability to ride outdoors.

In-Season Use: Yes, absolutely this training system can be used during the in-season as you ride for serious jumps in your performance, strength, power, and leanness. The only thing you may want to do, is simply swap some of the indoor workouts from time to time with any of the given IN-RIDE workouts. Up to you, but it's best to attempt to use the plan as designed for best results.

ADDING VOLUME: This is a HIGH INTENSITY TRAINING system, so the volume will be lower than many of you are use to. However, because of the intense nature of the workouts involved, expect to get MORE RESULTS IN LESS TIME. That being said, if you choose to ADD VOLUME or longer rides to the plan, you may opt to do so at your own discretion. It is recommended that you NOT add more than 2 hours of additional riding to any workout and if you choose to do so, please trim back the volume of other workouts within the week.

REMEMBER: *High Intensity ONLY HAS VALUE if you allow your body to recover. Quality of Training TRUMPS Quantity.*

TYPE OF RIDER: This is a universally applied training philosophy for ROADIES, MOUNTAIN BIKERS, CROSSERS, and TRIATHLETES. It does not matter what your preferred mode of riding is, THIS PLAN WILL DELIVER RESULTS REGARDLESS.

MISSED WORKOUTS: If you have to bypass a workout for the day because of life or work, or injuries--NO WORRIES. You can choose to a) skip the workout for that day and consider it extra rest Or b) you can move a day back and do that workout the following day. It may extend the length of the plan, but so what. You'll still get results.

80/20 RULES: We're looking for a B Average or 80% Success rate for sticking to the plan to yield results. It's always better to follow the plan at 100%, but we understand many of you may not be able to do that for one reason or another. Bottom line, is to get as much QUALITY WORK done as possible. The total number of workouts done, it secondary.

INTENSITY GUAGE: We suggest using a HEART RATE MONITOR or POWER METER to guage your intensity for any ride or workout. These devices are not required, but do help you control how much energy your are putting out or not putting out so you can progress fully with the plan. HIT sessions will typically be in your ZONE 4+ range, while CORE 2.0 will be in ZONE 3 to ZONE 4, depending on the circuit. However, keep in mind that just because a workout is not high heart rate or power, that it is not MORE CHALLENGING. You'll see with CORE 2.0. The In-Ride workouts will range from Z2 recovery to Z4, with the majority of work at the sweet spot of ZONE 3.

OK...YOU'RE READY TO GO!

Below, you'll find the TRAINING PLAN (Blocks #1 and #2), the WORKOUT VIDEO ASSET LIST, the WORKOUTS for download (if you opted for download) and the IN-RIDE WORKOUTS.



Set Your Goals. Grab Your Shoes. HIT IT!

Need More Help or 1-on-1 Consults for Your Goals?

Cyclo-CLUB Premium Level Membership Offers the Complete Cyclo-PLAN 4P and new TRI-PLAN 4P Training System, included with hundreds of workout downloads and 2 PRIVATE CONSULTS with Graeme for your specific goals.



[Space is always LIMITED, see if any spots are available.](#)

CYCLO90H.I.T VIDEO WORKOUT ASSET LIST

NOTE: You either bought the workouts with this plan or you already owned them on DVD or DOWNLOAD. This is the reference and codes for each workout to be used with the CYCLO90 plan. There is also a [PREMIUM version \(PLAN 4P-PHASE 1-V2\)](#), using the Cyclo-TRAINER workouts below for more advanced results with more in-depth workouts.

Cyclo-H.I.T 30 Workout Series 1

HIT #1: Cardio Leg Ripper
 HIT #2: Strength Blaster
 HIT #3: Lightning Leg Agility
 HIT #4: Roll-Over Power
 HIT #5: Climbing God Super Strength
 HIT #6: Sprint Explosion

Cyclo-CORE 2.0 Workouts

Cyclo-STRONG (STR)
 Cyclo-POWER (POW)
 Cyclo-ENDURE (ME)
 Cyclo-RIPPED (RIP)
 Cyclo-RECOVER (REC)

Cyclo-TRAINER Workouts

(Extra trainer workouts used in DELUX and [PREMIUM Version](#))

TRAINER #9: Metabolic Booster
 TRAINER #10: Six Classic Climbs
 TRAINER #11: Strength Breakthrough
 TRAINER #12: Muscular Endurance Master
 TRAINER #13: Body-Fat Annihilator
 TRAINER #14: Aero Leg Speed Flier
 TRAINER #15: Group Ride VO2 Maximizer
 TRAINER #16: Threshold +/- 10 Live
 TRAINER #17: The Climbing Epic Part 1 and 2

NOTE: These are other advanced TRAINER sessions that can be added or modulated into the plan. [Premium Members can access](#) the delux/premium version (PLAN 4P-PHASE 1-V2) of this plan in the download area and download all the TRAINER sessions listed above.

Also available streaming with [Cyclo-CLUB Membership](#)

CYCLO90HIT: In-Ride Workout Descriptions

NOTE: Most rides below are regular rides, with what we call "chunks". Similar to an interval, but based on time, technique, and/or tension as opposed to just "intensity" or "repeats". Many of these rides are what we call FUNDAMENTAL RIDES and always have a place in your training. Look to try the rides on different terrain, different directions, and/or on your trainer if you can't get out to ride outside. These are WORKOUTS to alleviate the typical "junk miles" most cyclists resort to in the off-season. Each workout has a PURPOSE. Use it for what it is.

OFF ROAD TRAINING TIP: Personally, during the off-season, I like to do the In-Ride Workouts listed below on a **MOUNTAIN BIKE, CROSS BIKE, or SINGLE SPEED** for more variety and fitness gains than just riding the road bike. Try some of these workouts on your off-road machine if you have one. I think, like me, you'll find a whole new level of JOY and RESULTS from your training.

90 Minute CADENCE BOOSTER Chunk Ride: This in-ride workout is all about helping you boost your sustainable, controlled leg speed ABOVE your normal range.

R#1

Begin with 30 minutes of Z2 warm-up @ 90 RPM. Insert three chunks of 6-10 minutes of Z2/3 Cadence-Boosters @ 100-110+ RPM. Vary terrain for each chunk (hills, rollers, downhills, flats, wind, etc.). Your goal is to maintain a faster RPM, with good control in your upper body and trying to pedal from your core, just below your naval. This workout is NOT about speed. You may find yourself going much slower than usual--that's the point! This is all about LEG SPEED CONTROL. Separate chunks with 5-10 minutes of Z2 riding @90 RPM (or your regular cadence). You may want to increase cadence with each chunk 5 RPM until you can not maintain good control. Finish with 10 minutes+ of cool-down.

90 Minute TECHNIQUE ROTATION Chunk Ride: This in-ride workout is all about helping you achieve finer leg speed control and a more efficient pedal stroke, ABOVE your normal pedaling efficiency.

R#2

NOTE: These techniques are to be practiced on your trainer, using the video workouts and then brought outside on your bike (off road bike preferred) and refined in real world conditions. Begin with 15 minutes of Z2 warm-up @ 90 RPM. Rotate Shoe-Scrapers, Knee Thrusters, and Scissor Kicks (Left, then Right) for 1 minute each for 4 minutes total per set at Z2/3 @90 RPM. Repeat 10 technique rotation sets with standard pedaling (rest) between each set for 2 minutes. Varied terrain, using a variety of leg speed (RPM) to continue to practice the techniques.

This ride is NOT about speed, but about QUALITY of your pedaling techniques. Complete 90 minutes, including warm-up and cool-down. Refer to the various H.I.T and TRAINER video workouts for practice of each of the techniques listed.

R#3

60 Minute BIG RING TENSION Chunk Ride: This in-ride workout is all about helping you build higher levels of MUSCULAR ENDURANCE to help you climb better and ride longer with less fatigue.

Begin with 15 minutes of Z2 warm-up @ 90 RPM. Insert two 10-minute Big Ring Chunks with the hardest sustainable gear @ 65 RPM. Do not go over Z3/Z4 intensity. Moderate hills, into the wind, or on the flats preferred for each chunk. This workout is all about TENSION through your core, quads, hamstrings, glutes, and lower legs. You want SMOOTH TENSION, but not "mashing" to try to keep the momentum. Your upper body should be like a "duck in water." If you are moving back and forth a lot, the gear is too big. Move to a smaller gear for 10 minutes for Z2 recovery between sets @90 RPM. Finish with at least 10 minutes of light spinning.

R#4

60 Minute Z2 RECOVERY RIDE: This in-ride workout is all about recovery from another workout's damage. Ideally, I don't like recovery rides, but if you choose to use them, please assure your intensity is VERY LOW.

Complete 60 minutes of light-intensity riding. Insert techniques if you like, but keep the intensity at or below Z2. These rides are OPTIONAL and, if you prefer, you may take the day off instead of using the recovery ride.

R#5

120-180 Minute MUSCULAR ENDURANCE (ME) Chunk Ride: This in-ride workout is all about developing more MUSCULAR ENDURANCE, within longer rides. This is a VERY IMPORTANT workout and one that is a staple, during ALL times of year, not just off-season.

Begin with 15 minutes of Z2 warm-up @ 90 RPM. Insert four 10-minute Z3/4 muscular endurance chunks @80 RPM with the hardest sustainable gear you can handle. This is similar to the Big Ring Tension Rides, but with a smaller gear and higher RPM. The intensity should be just below your working THRESHOLD and an intensity that you can maintain without failure for the duration of each set. Recover between chunks for 10-15 minutes at Z2 and 90 RPM. Inserting technique rotation is a good idea. Simply rotate techniques (shoe-scraper, knee-thruster, etc.) as you work through each ME set. Finish with at least 15-25 minutes of cool-down in Z2 @90 RPM.

R#6

75 Minute STANDING CONTROL Chunk Ride: This in-ride workout is all about extracting more CORE POWER from your body on the bike, as you refine your pedalling technique out of the saddle for steeper climbs and more explosive power/speed later in your training.

Begin with 15 minutes of Z2 warm-up @ 90 RPM. Insert four sets of small ring, Z3 standing drills @90 RPM, out of the saddle with good control for 2 minutes each. Rest 2-5 minutes between each set, seated @90 RPM. Then, insert four sets of big ring, Z3 standing drills @70 RPM, out of the saddle with good control for 2 minutes each. Rest 2-5 minutes between each set, seated @90 RPM. YES—you may do this workout as hill repeats on a 2-3 minute climb with recommended 5-8% grades. Complete with 15 minute cool-down.

R#7

60 Minute CLIMBING TENSION REPEATS: This in-ride workout is all about climbing specific MUSCULAR ENDURANCE and STRENGTH.

Begin with 30 minutes of Z2 warm-up @ 90 RPM. Find a local hill that takes approx. 3-5 minutes to climb. Gear down to a gear that forces you to maintain between 65-75 RPM with solid upper body control. Complete 3-5 sets of repeating the same climb in the same gear with controlled RPM with your last set at your hardest sustainable pace (drill it!). You want the tension to be high enough where you struggle to complete the last minute of each repeat. Rest 5 minutes between each set in the small chain ring @ 90RPM. Finish with at least 15 minutes of cool down or more.

CYCLO90H.I.T Training BLOCK 1

6 Week Training Block #1 (5-8 Hrs Per Week)

WEEK 1	OFF	HIT#1 + HIT#2 (A)	STR + ME	OFF or R#4	HIT#5 + HIT#6 (A) + REC	R#1(G)	R#3(G)
WEEK 2	OFF	HIT#2 + HIT#3 (A)	ME + POW + ME(A)	OFF or R#4(A)	HIT#2 + HIT#3 (A) + REC	R#5(G)	R#1(G)
WEEK 3	OFF	HIT#4 + HIT#6 (A)	POW + ME + RIP(A)	OFF or R#2(A)	HIT #1 + POW	R#6	HIT#3 + REC or R#1
WEEK 4	OFF	HIT#5 + ME +POW(A)	R#7	OFF or R#3(A)	HIT#5 + ME + HIT#5(A)	R#4 + REC	R#5 + ME(A)
WEEK 5	OFF	HIT#6 + RIP +POW(A)	R#3	OFF or R#1(A)	HIT#6 + ME + HIT#4(A)	R#1(G) + REC	R#7 + ME + POW(A)
WEEK 6 (recovery)	OFF	OFF + REC	OFF or R#4	REC	OFF or R#4	REC	OFF or R#4

WORKOUT REFERENCES & TIPS:

HIT# refers to a specific Cyclo-H.I.T 30 Min. Workout to use for your training session. You may have more than one, if you are an advanced user.

R# refers to a specific In-Ride workout, written for you in this training plan, to be done outside on the bike.

Cyclo-CORE 2.0 Workout References:

STR = Cyclo-STRONG (20 min)

POW = Cyclo-POWER (12 min)

ME = Cyclo-ENDURE (20 Min)

RIP = Cyclo-RIPPED (20 min)

REC = Cyclo-RECOVER (15 min)

or allows you to *select between two different workout options* for the day or an option to rest if you need to.

(A) is an **ADVANCED workout option** for more ADVANCED USERS or if you prefer to increase training volume. Careful, this makes things VERY INTENSE and is NOT recommended for BEGINNER LEVEL USERS.

(G) refers to an **option** to do your training in a **Group Ride** if you prefer. Best advice is to only do one group ride per week, max.

Adding Volume: Yes, if you want to add volume to your in-ride workouts, or trainer sessions you may do so. However, we recommend that you not go over 2 hrs in addition to the workout given and recommend a Z3 intensity maximum for the extension.

This plan is about QUALITY/INTENSE training, not QUANTITY.

CYCLO90H.I.T Training BLOCK 2

6 Week Training Block #2 (6-8 Hrs Per Week)

WEEK 1 (4-7 HRS)	OFF	HIT#4 + HIT#5 + HIT#6(A)	STR + ME + REC	OFF or R#4	HIT #2 + HIT #5 + POW(A)	R#2(G) + REC	R#5 or HIT#4
WEEK 2 (5-7 HRS)	OFF	HIT#3 + ME +POW(A)	ME + RIP + ME(A)	OFF or R#4	HIT#1 + HIT#4 + HIT#3(A)	R#7 + REC	R#3(G) + ME
WEEK 3 (4-7 HRS)	OFF	HIT#2 + POW + HIT#3(A)	OFF or R#2(A)	POW + HIT#3 + ME	OFF or R#3(A)	R#5 or HIT#5 + ME	R#6 + RIP(A)
WEEK 4 (4-7 HRS)	OFF	HIT#1 + HIT#3 + HIT#6(A)	OFF or R#4	ME + RIP + ME(A)	HIT#5 + POW	OFF or R#4	R#5 + REC
WEEK 5 (5-7 HRS)	OFF	HIT#3 + POW + HIT#1(A)	R#3 + REC	OFF or R#4	HIT#5 + ME+ HIT#6(A)	R#1(G)	R#5(G) or HIT#5 + ME
WEEK 6 (recovery)	OFF	OFF	OFF or R#4	REC	OFF or R#4	REC	OFF or R#4

WORKOUT REFERENCES & TIPS:

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R# refers to a specific In-Ride workout, written for you in this training plan, to be done outside on the bike.

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