

USER'S GUIDE

PARIS-MODENA TRAINING PLANS



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RULES IN ORDER TO FOLLOW PARIS-MODENA TRAINING PLANS

GENERAL

POLAR and BikeTraining strongly recommend you visit your **sports medicine specialist** before starting any training plan.

Depending on your **fitness level and availability** (in terms of training time), you can follow the Training Plan GHIBLI (for low fitness level and maximum 6h training per week) or Training Plan GRANTURISMO (for medium or high fitness level and more than 6 h training per week)

It is very important to **spend few minutes to warming up** in your training sessions, please, read our guidelines carefully.

If you can't train for some days, **spend 2 or 3 sessions riding a slow and medium intensity** (Z2 and 3) before returning to specific training plan.

Check your bike geometry. You will spend a lot of time on your bike and you have to be sure that you have the correct position.

Listen your body and if you feel too tired, take some free days. Rest, eat and sleep well until you go back with good feelings.

We suggest **Indoor training** in order to optimize your time, but you can transfer these sessions to outdoor conditions if you prefer. Anyway, you have to keep the same intensity.

If you have any question or comment about these Training Plans, please, you can contact us at: entrenador@bikettraining.es



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ABOUT HEART RATE

If your **heart rate is lower** than usual and you have good feelings, you are in good condition.

If your **heart rate is lower** than usual and you have bad feelings, sore legs, low strength level ... you are too tired and need some free days and rest.

If your **heart rate is higher** than usual after some days without activity (weekend, travel, holidays ...) don't worry, it's a normal cardiac response. Heart rate data **can be variable**, changes around 4-5 bpm can be normal day by day, there are many factors that producing this variability.

ABOUT NUTRITION

Train always with **energy bars, drinks, gels or some foods** in your pocket. Specially during long sessions, 2,3 or more duration.

Eat and drink constantly during your long training. Often and in small quantities.

On an empty stomach you have a low energy level in your muscles and your body, so, we don't recommend training in this condition. Have a good breakfast, meal ... at least, 2h before training.

In order to **boost your recovery** process, take some foods with high level of carbohydrates, energy drinks o bars, right after training.



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ABOUT INTENSITY

HEART RATE ZONES

You have 5 intensity zones (in terms of heart rate) from easy (Z1) to more difficult (Z5)

This zones are calculated given you maximum heart rate, if you know it, you have to apply the percentages that you can read bellow.

If you don't know your maximum heart rate, you can calculate it with this formula:

Maximum heart rate = $220 - \text{age (men)}$ or $226 - \text{age (women)}$

ZONE 5

90 to 100% of your maximum heart rate

ZONE 4

80 to 90% of your maximum heart rate

ZONE 3

70 to 80% of your maximum heart rate

ZONE 2

60 to 70% of your maximum heart rate

ZONE 1

50 to 60% of your maximum heart rate

