



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

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www.bayviewbikeclub.org

May / 2010

LAKE COUNTRY CLASSIC RIDE Update



- ❖ 9 more volunteers are needed for our Rest Stops on Ride day. Think of volunteering yourself and ask your friends and family to volunteer with you! The more the merrier.
- ❖ 4 more volunteers are needed for route marking on 7/10/10, the Saturday before the Ride.
- ❖ 6 more SAG drivers/riders are needed (4 teams of 2 people) and may be needed to place signs along routes on Ride day

To sign up- please email Dan at: danielg@warshafsky.com, or call: 262-673-7686.

Please sign up now☺

ADVERTISING: Our Ride brochures have been printed and distributed to local bike shops. If you are at a bike shop please look for our brochures, straighten them up and make sure they are in prominent place for display. If you do not see them, please let me know (Dan Gannon danielg@warshafsky.com OR 262-673-7686). Whatever you can do to help us get the word out and encourage people to try our Ride would be appreciated.

Please help distribute Ride brochures☺

BAKERY ITEMS: This is an early reminder to everyone to start thinking about what type of bakery item you can prepare and donate for our Rest Stops. For those of you who never learned the fine art of baking, you can still join in the cause by donating money to pay for the fruit, bagels and PBJs needed for the Rest Stops. Please let our Rest Stop Chair, Sam Gannon (262-673-7686) know what you can donate. We have many riders relying on our famous tradition of home-baked goodies at our Rest Stops.

A BIG “THANK YOU” TO ALL BVBC VOLUNTEERS!

Words of Wisdom from the Prez

Ride Against Lyme Disease May 22nd

I received some e-mail information about this ride a few weeks ago. No one seems to have heard about it before. It starts in Pewaukee. Since it's in our area, we'll consider putting it on our regular ride calendar in the future. If anyone goes, let us know what you think of it. <http://www.rideagainstlymewi.org/>

New BVBC Ride and picnic is set for June 20th

“The Historic Milwaukee Tour”

Since I joined the club a few years ago people have often talked about riding on the Hank Aaron trail. Some of us have never been on it. Since it doesn't really fit with any of our existing rides I decided to make up a new one. I decided to call it the Historic Milwaukee Tour because it takes in some of the most historic, but overlooked areas of the city. This is a different type of ride from what we usually do. It's shorter—and you won't be able to ride as fast—but I think you'll like it.

The ride started in Lake Park. If you haven't been there lately—Lake Park has been renovated and restored. Many of the old bridges and paths have also been restored. The North Point Lighthouse is also open for tours. The lighthouse is often confused with the North Point Water Tower—they're two very different things. The lighthouse and keeper's house are similar to the ones in Door County. It's still used—along with the Allen-Bradley Clock by mariners to help them find the Milwaukee Harbor. (Especially if their GPS is broken). The park also contains a large Civil War Memorial, a smaller World War One Memorial, and an Indian effigy mound.

The ride passes the North Point Water Tower and old Schlitz Brewery on the way to the Hank Aaron Trail. We'll go through downtown on a Sunday morning so there won't be much traffic. The smaller—hard to find North loops of the Hank Aaron trail follow right along the edge of the Menomonee River. The trail is narrow but passes several new small sculptures and exhibits along the way that talk about the history of the valley.

The ride then follows the pedestrian walkways past the main entrance of Miller Park. Be sure to look at Hank Aaron's statue along the way. Next we ride up the hill into the Veteran's Administration Complex. This is one of the most overlooked areas of Milwaukee. The Soldier's home was originally built to care for disabled veterans of the Civil War. Over a thousand disabled veterans have lived there for many years in a large park-like complex. At that time it was just outside the city. Most of the buildings there are not used anymore—some are deteriorating badly and may not be there much longer. In addition to "Old Main" the tall building with the tower, be sure to check out the white cedar shingle chapel, the library and the stained-glass window in the Ward Theater. A few disabled veterans still live in some of the newer buildings. Be sure to wave as you go by.

The ride then loops through the cemetery where many Civil War veterans are buried. Be sure to read the old signs. They are similar to one's I've seen at Civil War Battle fields in Virginia. Most are over 100 years old. Near the freeway are the large Civil War Memorial and a copy of the Gettysburg Address.

The ride follows the Hank Aaron Trail along the Menomonee River to Wauwatosa. There we'll pass the Milwaukee Psychiatric Hospital. Parts of this complex are also over 100 years old. At the time, it was a peaceful area outside of town where it was hoped—people could recover from mental illness. On the way back to the lakefront we'll loop around the new Harley Museum. Then we'll follow the harbor front and cross the new Lake Shore State Park—better known as Summerfest Island. After the ride we'll have a picnic and tour the lighthouse.

BVBC Board Members

Role	Name	Email
President	Michael Dix	mike@bayviewbikeclub.org
Vice President	Dan Gannon	danielg@warshafsky.com
Secretary	Bob Klein	b68018201K@hotmail.com
Treasurer	Norm Wojtal	Norm@bayviewbikeclub.org
Ride Chair	Pat Peterson	pat@bayviewbikeclub.org
Social Committee Chair	Vacant	
Membership Chair	Debra	debra@bayviewbikeclub.org
Classic Ride Chair	Dan Gannon	danielg@warshafsky.com
Newsletter Editor	Guadalupe Mittelstaedt	isislc@gmail.com

Standing Committees

Role	Name	Email Address
Web Master	Ron Santoro	bikerron@bayviewbikeclub.org
Nominating	Vacant	

May Club Meeting

When: May 17th, 7 P.M.

(The third Monday of each month)

Where: Beulah Brinton Center

2555 S. Bay St., Milwaukee (Bay View).

Agenda: Announcements from the Board

- **Steve Halmo**, from the Miller Lite Ride for the Arts
Will be distributing tee shirts and discussing Marshalling for their ride.
- **BJ Gaddour and Naomi Nazario-Gaddour**, from
“**Get Sexy Boot Camps**”, will present a discussion about nutrition and fitness.

Open to the Public, everyone is welcome!!!

June Board Meeting

When: Tuesday, June 15th

Where: Michael Dix's Home

Meeting Private, not open to the public.

June Club Meeting

When: June 21st, 7 PM

Where: Beulah Brinton Center

2555 S. Bay St., Milwaukee (Bay View).

Agenda: Announcements from the Board

Dennis Christiansen will represent the MS Society, showing a video and PowerPoint presentation, highlighting his daughter's story and explaining why he rides and highlights of the MS ride.

Open to the Public, everyone is welcome!!!

Membership Report

ATTENTION!

Memberships expired on March 31, 2010. Please renew as soon as possible. This is your last newsletter unless we receive your renewal by the end of May 2010. Renew your membership so you're eligible for ride information, members' only events, the newsletter, awards at the annual banquet, discounts at local bike stores, and a listing in the club roster. Use the renewal form included with this newsletter or download a copy from www.bayviewbikeclub.org. **If there is a change in your e-mail address during the year make sure I am notified so you continue to receive club e mails.**

The club roster will be available at the June membership meeting.

We currently have 81 members: 76 adults and 5 children.

Welcome New Members:

Susan Duchateau, Julie Grimme, Doris Kreis, David Brown, Jerry & Nancy Rosiak, Ted Gast, Cheryl Pierson, Diane Head, Joyce Harms, Mary, Cole, Andy, Libby, Henry Gravning

Welcome Back:

Jim Moroney, Pat Pomahac



June Birthdays



Sandy Earle	June 5
Malinie Levin	June 6
Jeff Schmidt	June 6
Peter Cowley	June 12
Barbara Nelson	June 15
Nancy Valente	June 17
Keith Stachowiak Jr.	June 20
Gilbert Krueger	June 21
Peter Earle	June 22
Bob Bivens	June 27
Ellen Michalets	June 28
June Wiken	June 30

Pat Peterson, Ride Chair

The rider points are updated with all the rides that I have back. I do not have the ride packets for the Greenfield Southwest, River Hills Rolls and the Windlake rides.

The first picnic ride of the season is the President's Ride on May 15th. Bring a dish to pass along. If anyone is interested in hosting a picnic ride, please let me know. I will work it into the schedule.

If anyone is interested in being a ride leader please see me at the meeting or at a club ride. I will need volunteers for June.

See you out on the road.

Pat

Contact me at pat@bayviewbikeclub.org

1-414-771-5526 or out on the ride or bike club meeting

RIDE LEADER RESPONSIBILITIES

Being a ride leader is lots of fun and earns you additional rider points. It's easy to do. There are just a couple of things to remember:

- √ Be on time, or preferably, a little early.
- √ Be sure all riders sign the waiver sheet. Have them indicate the number of miles they intend to ride.
- √ Provide and distribute the ride route map to all riders.
- √ Pack and carry a First Aid Kit. If you don't have a kit or need additional supplies, please contact the Ride Chair. Render assistance as needed and as you are able. In case of an accident involving more serious injury or property damage, fill out the enclosed incident report when time permits. This will allow a claim to be submitted to our insurer.
- √ At rest and lunch stops, do a check to make sure all riders are accounted for. At the end of the ride, again double-check on riders to make sure everyone made it back.
- √ Have fun!

After the ride:

Return the waiver sheet (and ride package) to the Ride Chair so that everyone can qualify for rider points and to satisfy our insurance requirements.

Make notes after the ride (where to eat afterwards, where to park, any problems with the route (places people got lost, incorrect mileage, bad corners, etc.)) for the next ride leader and turn in to the Ride Chair.

Ride Schedule

All Rides Start at **10am** in April, May and October and **9am** June through September

Saturday, May 15, 2010

Past Presidents Day Ride - 25 miles - Easy ride with a few rolling hills thru scenic farmland in NE Racine Co. Club members only, bring a dish to pass. Call or e-mail Dan Krall to RSVP - Starts at Gorney Park in Caledonia. Take I-94 south, exit at Ryan Rd. Go left, east 2.5 miles to Nicholson Rd. Turn right, going south for 2.5 miles to park on the left. Approximate drive time: 30 minutes from the Zoo.

Sunday, May 16, 2010

Beaver Lake - 30, 62 miles - Old TREK 100 routes. They go around Pewaukee, Beaver, Pine and Nagawicka Lakes. Challenging. - Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16. Exit at WCTC/Main St. Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo.

Chocolate City Bike Ride – 19, 33, 62 miles – Annual fund raiser for Burlington Kiwanis Club (registration required). – Start at Bob's Pedal Pusher – 466 S. Pine St. (HWY 83) Burlington, WI. Take I-43 to South to 164 South to HWY 36/83 South to HWY 83 (Pine St.). Online registration www.signmeup.com/24841 or call (262)763-7794

Wednesday, May 19, 2010

"Ride of Silence" (Waukesha Route) – Silent ride for fallen riders with Spring City Spinners. Ride begins at 7:00 PM in Downtown Waukesha at the Waukesha State Bank parking lot, 100 Bank St.

Saturday, May 22, 2010

Gil's Ride to Rome - 23, 41, 50 miles - Scenic ride through farming country to Rome and back. I-94 west exit Hwy 67. Go left 3.4 miles to Sunset (Hwy 18). Turn right on Sunset, go half mile to Main St.. Turn left on Main .8 mile to Dousman Public lot. Use parking lot on east side of Main St. Approximate drive time: 40 minutes from Zoo.

Sunday, May 23, 2010

Dousman Ride - 20, 37 miles - Very scenic rural ride around Dousman area with some rolling hills. - Starts at Bicycle Doctors parking lot. Take I-94 west to WI 67 (Oconcomoc exit), south on WI 67 approximately 3.4 miles, right on Sunset/(WI 18) 1/2 mile, left on Main St. 1.2 miles to Bicycle Doctors parking lot on right side of street or Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

Saturday, May 29, 2010

South Hills - 23, 35, 52 miles - Easy ride from South Hill golf course in Racine. Long route goes west towards Burlington and Eagle Lake. Short route east to Franksville. - Starts at South Hills Golf Course. Take I-94 south to County K, exit on K, take east frontage road 1.5 miles south to golf course. Approx drive time :25 minutes from Zoo.

Sunday, May 30, 2010

Charlies Memorial Ride - 24, 40 miles - Scenic ride through Hales Corners, Muskego, Big Bend and Mukwonago. Long route has numerous hills. Passes near Charlies gravesite. - Starts at Hales Corners Park. Take I-43/894 to Forest Home Ave., south west on Forest Home (WI 24) to Janesville Rd. (WI 24), west on Janesville to 116th St. North on 116th St. Left on New Berlin Rd. to parking lot on left.

Monday, May 31, 2010

Menomonee Falls/Neosho - 29, 49, 59 miles - Ride west from Menomonee Falls to Neosho and back. Scenic and very challenging in spots. - Starts at Village Park in Menomonee Falls. Take I-94 west to US 45. North on 45 to Appleton Ave. Northwest on Appleton Ave to Garfield Dr. (across from bank in downtown). Left on Garfield Dr. to Village Park on left. Approximate drive time: 20 minutes from Zoo.

Saturday, June 05, 2010

Ozaukee Interurban Trail - 30 miles - Easy ride on the Ozaukee County Interurban. - Starts at Logemann Community Center, 6100 W Mequon Rd. Take I-43 north to Mequon Rd (Exit 85). West on Mequon Rd just over 3 miles and turn Right into the Community Center.

Sunday, June 06, 2010

Miller Lite Ride for the Arts - 5, 15, 25 miles - 50 and 75 mile routes. Annual fund raiser for the Arts. Sign-up with the BVBC to be a ride marshall. - Starts at the Center For Performing Arts in downtown Milwaukee. See brochure for details.

Saturday, June 12, 2010

Germantown Roll - 24, 40 miles - New route! Ride north toward West Bend. Fewer hills than the old route. - Starts at Haupt Strasse Park in Germantown. Take Hwy 45 north to Mequon Rd (167east). Go east to Western Ave. (stoplight, Medical Associates on corner). Left (north) on Western Ave. 1/2 miles to park 30 minutes from Zoo.

Trek 100 - 25, 62, 100 miles - Annual fund raiser (preregistration required). - Starts at Trek in Waterloo. Register online @ www.maccfund.org (800) 248-TREK.

Sunday, June 13, 2010

Virmond Park - 30 miles - Easy ride along Lake Michigan to Port Washington and back. - Starts at Virmond Park in Mequon. Take I-43 to Mequon Rd. East on Mequon Rd. to Lakeshore Dr. South approximately 3/4 mile to Virmond Park (on left). Approximate drive time: 25 minutes from Zoo.

Saturday, June 19, 2010

Big Cedar Lake - 27, 42 miles - Rural ride going north through Holy Hill, Hartford and Slinger, long route circle Big Cedar Lake. - Start at Holy Hill. Take I-94 west to US 45 north. US 45 to WI 167 (Holy Hill Rd). West on 167 to Holy Hill. Park in large lower gravel lot.

Sunday, June 20, 2010

Historic Milwaukee Tour and Picnic - 20, 30 miles - Ride along the Lakefront, Hank Aaron trail, and Veterans Administration grounds. Picnic with optional lighthouse tour after the ride.

Ride starts in Lake Park at the Lake Park Bistro parking lot. (Golf course parking lot). Picnic will be at area 5. RSVP to Mike Dix. (mike@bayviewbikeclub.org) Picnic is for members and their guests. We will supply the meat and buns. Bring a dish to share or \$7.00

<http://www.county.milwaukee.gov/ImageLibrary/Groups/cntyParks/maps/Lake1.pdf>

Take 794 to the Lakefront. Take Lincoln Memorial Drive about 2 ½ Miles North. Turn left on Ravine Road. (Narrow Park road). Turn Left at the top of the hill. Follow the signs.

Saturday, June 26, 2010

South Shore to Gorney Park - 24, 38 miles - Ride south to Gorney Park, then return. - Starts at South Shore Park in Bay View. Take I-94 exit at Becher St. Go east on Becher to E. Bay St. Veer right on E. Bay St., follow it around to Russell Ave. Turn left on Russell to Superior. Turn right on Superior to Estes St. Turn on left on Estes and right on South Shore Dr. Consult a map for more details.

Sunday, June 27, 2010

Riveredge River Valley Ride - 16, 30, 50 miles - Annual fund raiser (registration required). - Starts in Newburg, WI. See brochure for details or On Line registration @ www.riveredge.us (800)-287-8098

Menominee River Century - 25, 50, 75 miles - Annual fund raiser (registration required). - Starts in Marinette, WI. See brochure for details. www.mrcride.com (800) 447-5673.

Sunday, June 27, 2010

Grant Park - 13, 28 miles - Easy ride through Oak Creek Pkwy, south to Caledonia and back. - Ride starts at Grant Park Golf Course clubhouse. Take I-94 south, exit at College Ave. Go east on College Ave. to Lake Dr. Take Lake Dr. south to Hawthorne Ave., east on Hawthorne to clubhouse.

BVBC - Rider Point Totals - 1-Oct-2009 thru 3-May-2010

Roessl, Linda	489	Orosa, Jojo	88
Santoro, Ron	416	Craig, Michael	82
Schmidt, Jeff	354	Gibbs, Tamara	68
Dix, Michael	336	Nelson, Tom	66
Soriano, Joseph	322	Hepp, Bill	65
Peterson, Pat	299	Neperud, Brian	64
Klein, Robert	286	Earle, Sandy	50
Tuckwood, Debra	237	Burill, Alan	50
Beachkofski, Clare	235	Kubal, Barb	50
Peterson, Beth	203	Mathers, Russ	50
Meilicke, Dennis	170	Poznanski, John	50
Tumey, Carol	170	Krueger, Gil	44
Mittelstaedt, Guadalupe	150	Polk, Bob	44
Kelly, Kent	145	Bear, Colleen	36
Krall, Dan	134	Zalewski, Mark	35
Wojtal, Norm	126	Mcnaughton, Jamison	22
Labinski, Dennis	120	Connors, Dennis	20
Wojtal, Prati	115	Hewett, Kristin	16
Walsh, Patrick	106	Butters, Gary	16
Gannon, Sandra	90	Weiner, Dean	16
Gannon, Dan	90	Karr, Nancy	13
Lucas, Mary	89	Pier, Barb	13

NUTRITION

Here's a 24-hour pre-race eating strategy to ensure you'll be ready for any big event.

FUEL RIGHT The 24 hours before a big event are a special occasion. You're going to be blowing through a lot of energy on your ride, and you need to stock your body with the carbs and protein it needs to help you ride strong. It's one of those rare times when you'll want to eat more than your typical amount of daily calories--enjoy, but pay special attention to the foods you're choosing for peak performance.

Losing as little as 2 percent of your body weight due to dehydration can lead to a 10 percent drop in athletic performance, so drinking enough fluids is vital.

THE DAY BEFORE Losing as little as 2 percent of your body weight due to dehydration can lead to a 10 percent drop in athletic performance. Because the majority of Americans, including athletes, are chronically dehydrated, you may be 2 percent dehydrated before you even start working out. So focusing on fluids is vital. Throughout the day before a big event, I like to see athletes drink around 96 to 128 ounces of fluid, or 12 to 16 eight-ounce glasses. It may seem like a lot, but when you spread it across meals and snacks, it's easily achievable and will help you feel ready to ride. Start first thing. When you get out of bed, drink 16 to 20 ounces of water; it's a simple way to jumpstart your hydration for today or any day. With meals, drink at least 20 ounces of water, and between meals drink another 16 to 20 ounces. By lunch, you'll already have about 60 ounces down the hatch.

Breakfast should be rich in carbohydrates and contain moderate amounts of protein and fat. This means oatmeal, granola or whole-wheat pancakes for carbs, and eggs, yogurt or maybe tofu for protein. Skip the breakfast meats. They're typically higher in saturated fat and sodium, and we're looking for "cleaner" sources of energy in this crucial time period.

As for between-meal snacks, they're a good way to moderately increase the amount of carbs you consume the day before a big event without going through the sometimes-disruptive process of carbo-loading. (If you're experienced with carbo-loading, you're welcome to do it, but now is not the time to experiment.) Again, think clean sources of carbohydrate and protein, like whole-grain bread and peanut butter, or yogurt and granola, hummus with cut vegetables or an energy bar with balanced carbs and protein, such as a PowerBar Harvest or Nut Naturals bar. Repeat with a similar snack between lunch and dinner.

Speaking of lunch, skip the all-you-can-eat Indian buffets and have a sandwich, which lets you build your own meal of high-quality carbohydrates and protein. Make it a big one: This is your opportunity to chow down on thick slices of multigrain bread, lean turkey breast, firm tofu or hummus, and plenty of fresh veggies. Add a salad and a side of rice, pasta or potatoes for extra carbs that are easy on the stomach.

THE NIGHT BEFORE While a lot of people automatically go for the heaping bowl of pasta, a meal that's rich in carbohydrates--but not overloaded--gets the job done and is less likely to sit heavily in your gut all night. Grilled fish served on a bed of brown rice, with a big salad and baked potato, works very well. Eat until you're satisfied, but there's no benefit in gorging yourself. Continue consuming fluids throughout the evening, and save the booze for after your ride.

IN THE MORNING This is where your tried-and-true habits take precedence over science. Lance Armstrong was a cornflake guy. He liked them and found he rode well after eating them, so he always started his breakfast there, and often moved on to an omelet and some risotto afterward for some satisfying protein and complex carbs. You want to replenish the carbohydrate stores you burned while you slept, but it's important to eat foods you know will treat you well when you start riding. Two to three hours before the start, eat what you like, aiming for some complex carbs and protein, and skipping heavy foods like breakfast meats or dairy if you know they don't agree with you before a ride.

TOP OFF THE TANK In the hours between your final pre-event meal and the main event, have a bottle of sports drink in order to continue hydrating and topping off your carbohydrate stores. Have a PowerBar or light carbohydrate snack available in case you feel a hunger pang in the hour before the start.

24-Hour Pre-Race Meal Plan

Total calories are roughly 3,500 and will vary slightly depending on the vegetables you choose. Servings are based on a 170-pound man who normally consumes about 3,000 calories per day, so adjust up or down according to your size or caloric needs.

Breakfast: Two cups of multigrain cereal with one cup of skim milk and a large banana, two scrambled eggs, two slices of whole-wheat toast, coffee and OJ

Morning Snack: One-half cup of hummus with one whole-grain pita and one cup of veggies of your choice

Lunch Turkey: sandwich with three ounces of sliced turkey, mustard, whole-wheat bread and a pile of veggies; on the side: one-and-a-half cups of brown or wild rice, and a garden side salad with two tablespoons of dressing

Afternoon Snack: PowerBar Nut Naturals Bar, a piece of fruit and a cup of coffee or espresso

Dinner: Three ounces of grilled salmon (a smaller piece than you think), two cups of pasta with fresh basil, a drizzle of olive oil and an ounce of Parmesan cheese, one cup of oven-roasted vegetables (zucchini, squash, onion, mushrooms with a little olive oil and spices)

Breakfast: One cup of oatmeal with walnuts and raisins or cranberries mixed in, two scrambled eggs, two slices of whole-wheat toast with two tablespoons of peanut butter, plus coffee and OJ

Better Recovery Means Better Training

Speed is key. At the Tour de France, the Discovery Channel Team's bus is equipped with blenders and a fridge full of fruit and other fast-acting foods so riders can mix and consume their personal post-stage concoctions within minutes of the finish, well before they get back to the hotel. Don't handicap your training by neglecting post-workout recovery nutrition.

Immediately after you get off your bike, while you're stretching, drink a carbohydrate-rich recovery drink or a shake that's mostly carbs with a little protein. Within an hour, sit down to a meal with carbs from whole grains and/or fresh vegetables and lean protein from chicken, turkey, fish or tofu. Keep consuming fluids throughout the rest of the day. Good examples of post-workout meals include:

-Grilled salmon on buckwheat noodles, green salad and roasted veggies

-Stir-fry with teriyaki-marinated tofu, mixed veggies and brown rice

-Spinach salad with roasted chicken, walnuts, sliced pears, a little crumbled blue cheese and balsamic vinaigrette

-Sushi. My favorite for after a big training ride: a sashimi platter, brown rice and a seaweed salad.

TRAINING

You want to join the group to simulate the conditions of your event, but you may not want to stick around for the whole ride, especially if a large portion of it is just cruising tempo. Try the speed block for four weekends, in addition to two 60- to 90-minute interval-based rides during the week, and your legs will have a lot more snap in a month.

The Endurance-Builder Block

Saturday Ride one hour, complete this interval set, and then ride one hour home for about three hours total of riding.

3x3-minute fast pedals (spinning at your highest possible cadence without bobbing in the saddle), with 1 minute easy recovery after each.

3x10-minutes steady state intervals (90 to 95 rpm cadence, 86 to 90 percent of your max sustainable power output or 92 to 94 percent of your maximum sustainable heart rate), six minutes easy spinning after each.

Sunday Ride one hour, complete the exact set as yesterday, then take the long way home for a total of four to five hours of riding.

The Speed-Builder Block

Saturday The goal is to put in a total of three to four hours. Warm up for 30 minutes, then on your way to the group ride, complete:

4x2-minute power intervals (max efforts) with two minutes easy spinning recovery after each.

During the group ride, stay at the front and take every opportunity to put in hard efforts. Bail out either when you get dropped or the ride settles down into a moderate-paced cruise. Continue riding on your own at a moderate-fast tempo. In the final hour, find a safe, downhill section of road and do:

5x20-second high-speed sprints, reaching 20 to 25 mph before starting each all-out sprint. Spin five minutes between efforts.

Sunday Ride one hour, complete the workout below, and then ride at a moderate-fast tempo for a total of three to four hours.

Three sets of descending intervals, taking eight minutes of easy spinning recovery after each set. All efforts are at maximum intensity, and the recovery time after each is equal to the length of the effort.

Beginner (Cat 5, novices)

Work/Recovery

2 minutes

1 min. 30 sec.

1 min.

30 sec.

Intermediate (Cat 3, 4, masters)

Work/Recovery

2 min. 30 sec.

2 min.

1 min. 30 sec.

45 sec.

30 sec.

Advanced (Cat 1, 2, fast masters)

Work/Recovery

3 min.

2 min. 30 sec.

2 min.

1 min. 30 sec.

1 min.

1 min.

30 sec.