

# ***SOURCE ENDURANCE***

**TRAINING CENTER of the ROCKIES**

## **Spring Training Camp 2017 Tech Guide**

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## TRAINING CENTER of the ROCKIES

### **SETCR Spring Training Camp MARCH 16th - 19th**

- \$300 per person for all 4 days, or \$200 for March 18-19th only.
- Best training week of your life!
- Wednesday evening complimentary brief bike tune from Velofix & presentations on route and etiquette, and ride and race nutrition.
- Complimentary Matador Breakfast Burritos, Peritus Coffee, Clif ride food and recovery beverage.
- Professional Athletic Trainer on site providing taping, recovery, and knowledge.
- Leaves SETCR every morning RIDING at 10 am SHARP Thursday - Sunday,
- Follow car with wheels + bottles + food.
- Thursday post-ride presentation: Climbing, TT pacing. LT accumulation.
- Friday post-ride presentation: Racing Tactics.
- Saturday and Sunday open presentation, there will be a survey for what you want to hear!

Max 20 per group

#### **WHAT's the big deal? I can ride these routes whenever.**

This is designed as professional level training camp. You'll get supported rides with safe, beautiful routes and the best training environment possible. Rides are supported with a follow car for bottles, food, water, clothes, anything you would need to complete your training ride.

The event is designed to deliver the highest level of training possible in 4 days. You may have done these routes but not back-to-back in a training environment with other riders. The group environment allows you to do multiple long days. Each day is "no drop" but each rider is expected to be on a level of fitness to not hold up the group beyond natural re-group points. If you flat or have a mechanical the group will keep rolling BUT DON'T WORRY! There is a "team car" to change your flat, get a new wheel, and help pace you back onto the group. If you get hungry and have empty pockets, go back to the car for food or ask your ride leader to do it for you. Thirsty? Same deal, bottles are in the car. Too tired to finish the route? You can bail on the full route or get in the car.

#### **Nitty Gritty**

You are responsible for your fitness before the ride and coming with equipment in good, working condition. The rest, we'll take care of! Show up to the training center Wednesday evening before Day 1 and have your bike quickly tuned by Velofix Colorado. (quick run throughs only; additional services can be made with Velofix for an additional fee).

Every morning we will have complimentary coffee provided by Peritus Coffee Roasters and breakfast burritos from Matador Mexican Grill. Show up between 8am and 945am for the 10am SHARP roll out. Each group will have a ride leader and pre-designated route. We will do the designated route- all are the best our area has to offer. For logistical reasons, no route change requests will be taken.

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Upon

completion of the ride each day there will be Clif recovery drinks waiting for you at the SETCR but if you live nearby feel free to head home if you are tired. Showers are also available on site, if desired.

**WEDNESDAY EVENING-** 6pm, 10 minute complimentary bike tune up from Velofix, Leave your bike at SETCR if you want. 40 minute presentation on routes/ride etiquette and training/racing nutrition.

### **A GROUP Category 1/2/3. Cat 3's must be strong**

Day 1, Poudre Stove Prairie Glade 4 hours - <https://www.strava.com/routes/7375911>

Day 2 Carter Rattlesnake 3.5 hours - <https://www.strava.com/routes/7375939>

Day 3 Rist Redfeather 5 hours - <https://www.strava.com/routes/7375961>

Day 4 Estes/36 5 hours - <https://www.strava.com/routes/7375977>

Finish every day at training center with Recovery drink + Cool down

### **B GROUP Category 3/4/5 men. - Route maps to be distributed**

Day 1, Poudre Stove Prairie 4 hours

Day 2, Rist glade loop 4 hours

Day 3, Carter Lake loop, rattle snake option, 4 hours

Day 4, Estes down 34, 5 hours

Finish every day at training center with Recovery drink + Cool down

### **WOMEN 1/2/ and strong 3's - Route maps to be distributed**

Day 1, Poudre Stove Prairie 4 hours

Day 2, Rist glade loop 4 hours

Day 3, Carter Lake loop, rattle snake option, 4 hours

Day 4, Estes down 34, 5 hours

Finish every day at training center with Recovery drink + Cool down

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## TRAINING CENTER of the ROCKIES

### **General Info PLEASE READ!**

This training camp provided by Source Endurance and the Training Center of the Rockies will bring you a riding experience similar to that of a professional cycling team training camp. To be able to ride the long miles with comfort in an ideal training camp you need certain amenities. Amenities include:

- Minor tune-up the night before Day 1 by Velofix
- Pre-ride breakfast burritos, oatmeal & Peritus coffee
- Follow car with mechanical support and wheels, bottles, and Clif ride food
- Experienced ride leader guiding each group through the routes
- Maps and route files for your Garmin
- Clif Recovery drink post-ride

During the ride feel free to go back to the car and grab bottles and food at will. This is a “no drop” hard training ride. We will ride as a group. Stronger riders will end up working more. There will be long climbs where you can go as hard as you want followed by regroup points. Everyone will get in an amazing block of training pushing their fitness to new levels.

What you are responsible for: Yourself. This is a special camp, for special riders, but be smart and be prepared. You are responsible for having a working and clean bike going into the event. Breakfast is a personal experience. We'll provide breakfast burritos, a small oatmeal bar and Peritus coffee. If you'd like something else, feel free to bring your prepared breakfast and eat with the group before we take off. Ride food and recovery drinks are all Clif products. Dinner is on your own.

Just as the camp will have you training like a pro rider, make sure you prepare as a pro rider would. Make sure you wear enough clothes for the coldest portion of the day. It may rain, don't get caught out without a rain jacket. Remember, with a follow vehicle, extra clothing layers can go in the follow vehicle.

Make sure you eat quality meals before and after and sleep as much as possible. This a no drop ride in the sense that we will all be riding and training together but having the whole group waiting on you for a majority of the ride is not the way anyone wants to spend their camp. Please be prepared and choose your group accordingly. Feel free to utilize the car for food and gear. Put your rain gear in the car or if you start with a jacket and leg warmers and take them off you can put them in the car.

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## **Rules**

1. Be prepared – This is simple. Think about everything from weather to nutrition to your own fitness. This is a training camp for everyone and everyone will get a great workout. Although the camp is supported, it is still important you do your part to be prepared. If you have any questions or are unsure please call Zack and he will answer any questions you may have.
2. Ride within yourself – The whole point of this camp is get an overload stimulus that you may not be able to cope with on your own or without support. The camp is also a great way to get in big miles and ride some places you couldn't without support. That does not mean that you can ride outside of your means the first two days and expect to have magic legs the other days. Pace yourself on each climb, on each day, over the whole week. There will be stronger and weaker riders and you have to draft and pull through at your own paces. **DON'T HALF WHEEL!!**
3. Specific riding practices – Rotate, ride tempo when on the front, easier on the climbs, harder on the down hills, we will have race points where you can go however hard or easy you want but riding as a group is key. **DON'T HALF WHEEL!!** Your goal is to have a long ride at endurance pace average for the end of the ride for HR or power. You may be going to easy or hard normally and this ride will be most fun and productive with everyone on the same page. Its not about speed at all, it's about effort and zones.
4. You must submit your signed waiver to a staff member before you can ride. No ifs ands or buts.
5. Roads are open, don't be a dick. This ride is capped at 15 per group for a few reasons. The camp starts during the week and not on the weekends for a reason. Please be respectful of the law and of the rules of the road. The roads are open. The camp can easily be shut down if as a group we start breaking laws or disturbing the peace.
6. Regroup points – On the map, know the climbs or their roundabout locations, and please stop at regroup points. Even the strongest riders could not get to some of these locations without support and a group of other riders for shelter and recovery. Feel free to go as hard as you want on the climbs before regroup points.
7. Have fun. This ride is for you, for fun, and for training to get faster. Have as much fun as possible and see all the things you can.

If you have any questions at all please contact:

### **Zack Allison**

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# SOURCE ENDURANCE

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