



Tour des Trees

Ride Guide

Volume 3, Issue 4

June 2019



Welcome!

We are so glad you are joining us for the 2019 Tour des Trees.

This monthly e-newsletter contains Tour updates and highlights what you need to know as you prepare for your ride.

Training for the Tour

By the time you read this, we will be a bit over three months away from Tour des Trees 2019. Given the crazy start to spring I hope that everyone has had the opportunity to begin earnest preparation for this year's Tour. Over the years I have presented a couple of training plans, both of which are posted in the [Participant Resource](#) page of the Tour des Trees website (*16-Week Training Plan* and *TdT Training Schedule*). They are both pretty simple but the *TdT Training Schedule* is written for those of you who have a good amount of time to train and a local community in which to push yourself.

Lately, I have become a huge fan of Dr. Stephen Seiler's work on Polarization. I have read a number of articles and listened to several podcasts from him and the folks at *Fast Talk* about these principles and how best to incorporate them into your training program. The beauty of the Polarized Model is that 1) It is rooted in science and real physiological research, 2) It greatly simplifies training, and 3) It gives you a scientific reason to ride "easy"!

A ROADiD Promotion

Cycling can be a dangerous sport, and that is why we are working with [ROADiD](#) to provide 20% savings on a ROADiD wristband to all of our participants who make their purchase **between July 14 and August 4!** At checkout just use the promo-code below to improve your road safety protocol while not breaking the bank.

Promo Code: QANFNZ6

Here are links to Dr. Stephen Seiler's Velonews/Fast Talk Podcast articles that introduced me to these concepts and have made me such a fan of Polarized Training:

- [Ep. 51: Polarizing Your Training](#)
- [Ep. 54: Applying the Polarized Training Model](#)

Since most of us don't have access to a sports science lab that can monitor blood lactate while we test ourselves and establish our zones, the very best test is going to be the one hour ride at your highest sustainable effort. I know no one is a fan of this "test" and that many of you have a good sense of your Functional Threshold Power (FTP) from riding your smart trainers or using a power meter. Since most FTP tests are based on some percentage of a 20 min. effort, I will warn you that this could substantially overestimate your Zone 3 Power, so I would encourage you to err on the side of conservatism.

We can in essence condense the "Polarized" or "3 Zone" model training philosophy down to:

- Duh, there are only three zones that are necessary to effect cellular or physiological adaptation:
 - ⇒ **Zone 3** - reasonably equivalent to your FTP, but really it is your blood lactate threshold
 - ⇒ **Zone 1** - approximately 80% - 85% of your Zone 1 Power/Heart Rate
 - ⇒ **Zone 2** - to mostly be avoided but the zone in between the two primary zones
- 80/20 this is the key component in designing your training plan and states that:
 - ⇒ **20%** of your training time should be spent in Zone 3 and ideally you would do 2 of these high intensity sessions per week
 - ⇒ The remaining **80%** of your training time should be spent in Zone 1
- Within the Zone 1 rides there are two types of rides, the Long Slow Distance ride and the Recovery ride:
 - ⇒ **The Long Slow Distance (LSD)** is very important in building Biological Durability and efficiency and should be ridden at a steady state which is best defined by heart rate at these “easy” efforts
 - * Your heart rate should be in the 70 - 75% range for the duration of the ride so as you reach the later part of your ride and you have recruited more muscle fibers (and possibly some fatigue) your heart rate will tend to drift up so you must reduce your effort (power) to compensate for this drift in order to maintain your heart rate in a defined range
 - * You should reduce the number of and duration of your stops, or better yet, not stop at all
 - * Another good element to add to your LSD sessions is neuromuscular work or cadence drills
 - ⇒ The **Recovery Ride** is just that, rides that are simply to flush the system. Recovery can be the sole purpose of the ride after a particularly hard session (group ride, race...) or the time spent between intervals and after the interval session
- Zone 3 or High Intensity Sessions:
 - ⇒ One of the things that enticed me to seek a simpler way to train was the complexity of the training sessions that are common in spinning and the new indoor world of smart trainers
 - ⇒ These are a few intervals promoted by Dr. Seiler: the 4x4 min., 4x8 min., and 4x16 min.
 - * Personally I am big fan of 4x8 -10 min. intervals with 3 mins of recovery between them. So you are accumulating 32-40 mins of high intensity training per session.
 - ⇒ Here is the *Fast Talk* podcast that addresses this specific topic: [Ep. 75: High Intensity Training](#)

Here is a good synopsis of Polarized Training: [Ep. 68: The Big Picture](#)

So, lets assume you have 8 hrs or 480 mins a week to train. To build a training program that would work for this schedule I would suggest the following:

- **20% in Zone 3:** In this scenario you'll spend a maximum of 96 mins a week in Zone 3
 - ⇒ Divided into 2 sessions that is 48 mins or per my recommendation above, 2 sessions of 4x10 mins with 3 mins of recovery between the efforts
 - ⇒ Extending that out, those sessions would look like:
 - * One 10 min warm up + 4 x10 intervals + 3 x 3 mins recovery + 10 min cool down or a total time of 69 mins x 2 per week = **138 mins**
- **80% in Zone 1:** In this scenario you'll dedicate 342 mins to your Zone 1 rides
 - ⇒ Ideally this would include at least one LSD ride, say 3 hours or 180 mins, leaving your with = **162 mins** of LSD to divvy up between 2 or 3 rides
- In this scenario you should ride 5-6 times a week

Here is a Google Doc where you can build your own zones if you know your FTP (*just download the document to begin your personalized training model, and contact me with any questions or issues*): [Polarized Training Model](#)

I've probably lost everyone by now so I'll wrap it up by saying make sure to keep it fun, be consistent, and challenge yourself occasionally but not too frequently!



Ride On!
Paul Wood - Tour Director

Tour Checklist

To have the most successful Tour possible, there are a few items you should attend to:

- **Order your jersey** before July 22nd. Topless riding is prohibited! [View the TdT 2019 Jersey Concept](#)
- **Set up your fundraising page.** You can't meet your goal if people can't donate to you!
- **Make travel arrangements** for you and your bike (*recommendations can be found in our [travel logistics](#) document*).
- **Join a team.** [Log in](#) to your fundraising page and choose a team. Your fundraising will not show up on the team roster until you've joined a team.
- **Participate in our [Tour des Trees Event Page on Facebook](#).** The ride is more fun when it's social!
- **Join the [2019 Tour des Trees Strava Club](#)** to interact with our Tour riders as training for the event commences and continues!



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**BIKES, BANJOS, AND
BLUEGRASS**

**Opening Check-In
and Dinner**

Sun, Sept 15, 2019 (mandatory)

Ride Dates

Mon, Sept 16, 2019 -
Fri, Sept 20, 2019

**Breakfast
and Bike Shipping**
Sat, Sept 21, 2019

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