



Managing Events and Goals

At some point most people who ride will compete / participate in a cycling event. It may be a club race, open race, state / national level race or it could be one of the growing number of "mass start" events or Gran Fondos (think of these as a like a fun run on a bike). It may even be a "virtual event" such as a race on Zwift or an assault on a series of Strava PRs. Whatever it happens to be, you can add the event in your profile at the same time as you enter the rest of your data prior to conducting a test. Whereas it is compulsory to enter a goal training distance (to allow Bikelab Inc to customise training volume) it is not compulsory to add an event/date. But if you do add this information your training plan will show taper and recovery weeks to ensure that you both freshen up (peak) for your event and then recover well, once the event is done.



Adding Goal events in Bikelab. Adding events is simple, just select the date using the drop-down calendar which is shown in the same "test" screen where body weight and goal distance are entered. Each Bikelab training plan is developed with 12 weeks of training (athletes would then generally re-test) so your event must fall within the following date range:

- A minimum of 6 weeks after the start of the plan (the Monday after your test). This is to allow for a minimum 6 weeks of training prior to an event.
- Before the completion of the 12-week training plan developed from your test result.
- In short, between 6-11 weeks from the date of your test.
- The best time to test is 12 weeks out from your event date which will allow a solid block of preparation in addition to a recovery week, after your event.

Remember, *you do not have to include an event date prior to testing*. So, if you do in fact have an event in mind, but it is more than 12 weeks from your test date, you are best to wait until after your re-test.



Managing the number and timing of events or goal races. You should only include "major events" in this process. For example, if you compete in club races on a regular basis you will not want to include each of these as "goal events" as the addition of taper / recovery weeks for each would leave little time left over for training. So be sure to enter only your MAJOR goal events (usually 2-3 per year for most riders). If you have two important events within a 12-week period, think hard about which of these is the MOST important and only enter *that* date into the Bikelab Inc "event" field. For other events / races, follow the advice outlined in, "Rolling Out Your Training Plan", which can be found in the resources page on the Bikelab Inc website.

Getting the timing and sequence of events right. Ideally, your major events should be 12-14 weeks apart. It is good practice with event planning to have the "major goal event" scheduled later in the planning period which allows both, some time to train and an opportunity to compete in / complete 1-2 "practice or preparatory" events. Generally speaking, your first event of the planning period (usually a calendar year) should be a minimum of 12 weeks after the first test. If, however you have come to Bikelab, having already completed many months (even years) of cycling, this may not be the case. In any instance you will need a minimum of 6 weeks on a Bikelab training plan, prior to competing.

Select the training focus that suits best.



Whether it is road / criterium racing or Time Trialling, Bikelab Inc has you covered

The Bikelab Training System has capacity to customise training for four different categories (or focus areas) of cyclist; racing / climbing / time trialling / general conditioning. Riders should choose the training focus that best aligns with their main event goals, training phase or riding preference.



Perhaps climbing hills / mountains is your thing?

Be sure to download and read all four training/testing guides from the resources page on the Bikelab Inc website. Each contains information that is critical for building a full appreciation and operating knowledge of Bikelab tests and training plans. Armed with this knowledge, you will save a lot of time and energy that is best spent on the road.

Taper and recovery weeks. It is very important to both taper for, and recover from, your biggest goal events of the year. So be sure to follow the plan and resist the temptation to simply roll into a new test and plan as soon as one has been "ticked off".

Planning breaks around big goals. Once the "season is done, please be sure to take a rest. There is an old saying in exercise physiology; "one has to go backwards in order to again go forward". The body must be given a chance to rest and rejuvenate after long periods of hard and consistent training. So be wise, train hard when it is needed and rest when you must.

Enjoy the process, your best days on a bike are always ahead.