

Periodized Annual Plan

- Recovery
 - Base or foundation
 - ☑ Fitness-systems-preparation
 - Racing
 - Specialization
 - Peaking
- 3 months
 - Jan/Feb/Mar
 - HIT: Sequential physical fitness systems training
 - Evaluate fitness at start and at end of period
 - Re-evaluate goals
 - Psychological training
 - Skills training
 - Bike positioning
 - Nutritional/ergogenic trials

Annual Plan

ABC Slide Show

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ABC Annual Plan Slide Show.

May overlap with base-or-foundation period.

The preparation for the racing season for almost all riders is sequential training of all cycling fitness systems.

Fitness evaluation at the beginning and end of the period may demonstrate the effectiveness of fitness-systems work.