

7 DAY PEAK FULL FRONTAL PLAN

MAXIMUM EFFORT.
MINIMUM TIME.

FOR USE WITH THE SUFFERFEST
TRAINING CENTRE APP



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MEET YOUR COACHES



OFFICIAL COACHING PARTNER OF SUFFERLANDRIA: APEX COACHING

The main philosophy of APEX Coaching is to provide individualized coaching with a balance of art and science. We consider the practical goals and abilities of our athletes with respect to their individual needs. We believe that the quality of training is far more important than the quantity of training. As Neal says “More is always more, but more is not always better.” While it is not possible to get faster without training hard, too much training can easily overload even the most experienced athlete and lead to diminished performance. Finding the best balance between high intensity work and quality recovery is the key to making the greatest gains in fitness. APEX Coaching believes that Polarized Training is the most effective strategy to improving performance. This means we will never prescribe weeks and weeks of “base” training with no high intensity work, and you will never have weeks and weeks of doing only one type of interval. Finally, APEX Coaching believes that health always comes before fitness, and that maintaining a balance between athletic pursuits and life’s priorities is key to longterm success.



SIR NEAL HENDERSON, KoS, is one of the world’s leading cycling and triathlon coaches and has worked with elite athletes such as Evelyn Stevens, Taylor Phinney, Rohan Dennis and Flora Duffy. His athletes have won world and olympic championship titles, world records

and leaders jerseys in the biggest races in the world. Neal is the founder of APEX Coaching and is also on the coaching staff for the US National Team and BMC Pro Racing. The recipient of multiple coaching awards, Neal holds a Masters in Kinesiology and Applied Physiology from the University of Colorado Boulder. Sufferlandrians know Neal’s work well, as he’s the designer of Sufferfest workouts such as Blender, Nine Hammers, The Omnium, Thin Air and many, many more. Neal is a former Masters US National Champion on the track, a former professional triathlete and has won medals at the age-group world championships.



MAC CASSIN has been coached by Sir Neal since 2009 and is a coach with APEX focusing on masters and junior racers. As an elite cyclist who also has to balance the demands of ‘life’ with his goals as an athlete, Mac has a deep understanding of how to get the most out of those who have limited time to train. Mac has raced at the World and PanAmerican championships and holds several US national and state titles. His studies were in Integrative Physiology from the University of Colorado and has worked as a research assistant in the CU Neurophysiology lab.



SUFFERLANDRIAN YOGA PARTNER: YOGA15
Our partner for The Sufferfest Yoga for Cyclist series, **ABI CARVER** started her fitness career in personal training, before later branching out into yoga. She completed her yoga teacher training in Guatemala, and has since grown a huge online following with Yoga 15, her comprehensive yoga system designed specifically for athletes. Abi now teaches in Europe, South America and Indonesia, tailoring her classes and routines specifically to the athletes she’s teaching. With her own interests including surfing, climbing and running, she uses yoga to improve her performance through conditioning, recovery, and mental skills training.

BEFORE YOU SUFFER



HERE YOU ARE

One week to set yourself up for success and get the best and most accurate results for your Full Frontal Test. One week away from starting the journey towards a faster, more powerful, more BADASS you. This plan was designed by the expert coaches from APEX Coaching and the twisted...er, creative minds at The Sufferfest. By combining the cutting edge philosophies and sports science training methods used by world class athletes with our enterPAINing workouts, we've created a training plan that can be used year-round - to the peril of any rider who tries to hold your wheel. This plan takes a four-dimensional approach to improving you as an athlete by not only getting you suffering on the bike, but also taking care of your body and mind with yoga training sessions. This plan provides a first look at training structure, discipline, and, most importantly, results through maximum fitness gains in a minimum of time. Enjoy the Suffering!

IS THIS PLAN FOR YOU?

Can you tick these boxes?

- You want to crush your Full Frontal test in order to get the most accurate Four Dimensional Power Profile.
- You've never used a training plan before and you want to get started on the right foot.
- You're a time-crunched BADASS, so getting the best Return on Suffering is important to you.

Does this sound like you? Then, my dear Sufferlandrian, you're in the right place. This will be a great introduction to structured training with the aim of **building a solid base of mental and physical fitness, enhancing endurance and increase your speed** out on the road.

HOW MUCH TIME THIS TAKES

We know you're busy and this plan is designed for the BADASS-on-the-go. This plan, including the optional yoga sessions, takes just over 5 hours of your time to complete. DO IT.

HOW FIT YOU NEED TO BE

While most of this plan appears to be down right easy, the sting is in the tail. Full Frontal requires you to hit repeated maximal efforts in a single hour. Health should always come first, so if you aren't quite ready for Full Frontal that's okay! If you've not been riding much then you will want to spend the next few weeks building up your fitness by steadily and consistently increasing your saddle time and throwing in some high intensity now and again. If you've been riding about three times a week for the past three months, and can complete a full high intensity session on the bike you should be all set!

WHY YOU NEED THIS PLAN

"Because GvA told me so"

And, because, quite simply, you want to crush Full Frontal so that it doesn't crush you! This plan is designed as the perfect lead in to a target event where you want to bring your A game. The workouts scheduled in this plan are designed to give you enough intensity to ensure your engines are firing on all cylinders, but with enough recovery to ensure you are as fresh as possible come test day.

The more accurate your Full Frontal results, the better tailored your future workouts will be, meaning you will get fitter and stronger faster than ever before. You can use this same plan for more than just Full Frontal preparation.

Have a big event you have been training for? This is the perfect lead out plan for that too!

||
**THE GREATER THE
SUFFERING, THE
GREATER THE PLEASURE.
THAT IS NATURE'S
PAYBACK TO RIDERS FOR
THE HOMAGE THEY PAY
HER BY SUFFERING.**

||
TIM KRABBE

WEEK 01/

NO PERSON CAN REFORM THEMSELVES WITHOUT SUFFERING AND HARD WORK.
THOMAS CARLYLE



WORKOUT TYPE	FULL FRONTAL + 6	FULL FRONTAL + 5	FULL FRONTAL + 4	FULL FRONTAL + 3	FULL FRONTAL + 2	FULL FRONTAL + 1	DAY 0
<p>BREATHING</p>			<p>Bend without breaking</p>		<p>Day Off</p>	<p>Breathing More Deeply</p> <p>The best cyclists breathe with their diaphragm and now so do you. Practice this technique while Suffering until it becomes second nature.</p>	<p>Breathing to Crush Them</p> <p>Remember, these are optional... but these exercises are helping you become more BADASS (so they're not really an option).</p>
<p>CYCLING</p>	<p>Recovery Spin</p> <p>Easy ⌚ 30m</p> <p>Start off on the right foot - by taking it easy.</p>	<p>Cadence Builds</p> <p>Moderate ⌚ 1h</p> <p>Like hard work but without too much soul-scorching intensity typical of a Sufferfest. This moderate session will increase blood flow and help you stay focused for the rest of the week.</p>	<p>The Best Way Is Blended</p> <p>Moderate ⌚ 1h 5m</p> <p>Warm up with the climb from The Way Out, then dive into some pain-shakes. After the shakes do not complete the race simulation at full intensity, dial it back down to 70% and start getting mentally ready for the weekend!</p>	<p>Recovery Spin</p> <p>Easy ⌚ 30m</p> <p>Just an easy day to keep the blood flowing and the legs ticking over. Resist the urge to go hard, and keep it in so easy you'd *almost* get dropped by a Couchlandrian.</p>		<p>Primers</p> <p>Moderate ⌚ 45m</p> <p>The key to a good set of 'Primers' is to go just hard enough to get the legs firing for a big effort the next day without over-fatiguing your system. Make a note of how you feel after tomorrow's workout and make adjustments for the next time you do a Primers session.</p>	<p>Full Frontal</p> <p>Arrrrrh! ⌚ 1h</p> <p>Today is the day. You're fresh. You're ready. Before starting, make sure to check out the info videos on completing Full Frontal so that you attack each effort properly.</p>
<p>YOGA</p>			<p>Recovery Booster</p> <p>This exercise will help you maximise your Return on Suffering.</p>			<p>Loosen Neck and Shoulders</p>	<p>You now have your Four Dimensional Power profile. The real fun begins now!</p>

CONGRATULATIONS...

If you made this far it's because you **CRUSHED** your Full Frontal peak performance plan! You're now armed with the knowledge of your Four Dimensional Power profile, Rider Type and key metrics. All cycling workouts in the app will be customised to your new profile, and each workout will deliver the 'Goldilocks' amount of intensity.

Start week 2 of any Sufferfest Training Plan or continue on your own by focusing on your weaknesses. But we recommend our training plans!

WANT A MORE PERSONALIZED TOUCH WITH YOUR SUFFERFEST TRAINING PLAN? APEX IS HERE TO HELP!



The Sufferfest Training Plans are more than adequate for the vast majority of athletes, but if you want something tailored to your unique needs, let us know.

We have several options to accommodate your fitness goals:

**EMAIL APEX AT
APEXCOACHINGCO@THESUFFERFEST.COM
TO TAKE THE NEXT STEP**

CYCLING & TRIATHLON PLANS

THE LEAD OUT PLAN

The Lead Out Plan gets you a 30 minute Skype consultation with an APEX coach to make some alterations to one of our standard Sufferfest Training Plans.

Ideal for Sufferlandrians who:

- Need small tweaks in the schedule, for example you know during weekend 5 of a plan you won't be able to train. We can alter the days leading into and after the scheduling conflict so your training is minimally affected.
- Are looking to do a century at the end of a plan and want to add a bit more volume to some weekends. We will identify weekends where it would be appropriate to add that extra training in so you don't overload yourself.
- Want to make a few (1 to 5) tweaks throughout the plan. If you are looking for more substantial changes then this is not the option for you.
- You can also use this as an additional 30 minute call for any of our other plans.

THE DOMESTIQUE PLAN

The Domestique Plan gets you a 30 minute Skype consultation with an APEX coach to make more substantial alterations to one of our standard Sufferfest Training Plans, with the option of having the plan delivered to you through a Basic Training Peaks account.

Ideal for Sufferlandrians who:

- Like the basic layout of the Sufferfest Training Plan but have commitments that will make following the standard plan difficult.
- Want to use a plan, but have an important race or event in the middle of the plan that you want to be fresh for.
- Have a regular group ride that you want to do every week or weekend and want to make sure the rest of your training takes that into account.
- Want to follow the standard plan but want to have multiple weekend days off from training to spend time with friends/family
- If you decide you do need to touch base to discuss your plan you can purchase a Lead Out Plan for a 30 minute follow up call to discuss any changes you need to make to your 12 week plan (Limited to 1 call per 6 week period)

WANT A MORE PERSONALIZED TOUCH WITH YOUR SUFFERFEST TRAINING PLAN? APEX IS HERE TO HELP!



CYCLING & TRIATHLON PLANS

THE RACE DIRECTOR PLAN

Maybe you've already made your way through one of the Sufferfest Training Plans and like the way the plans are set up, but want something more personalized. In that case, our 12-week plan will fit you like a new pair of bib shorts. The Race Director Plan gets you two separate 30-minute Skype consultations with an APEX coach and a personalized 12-week plan.

How exactly does this work?

- The first 30-minute Skype consultation will be to identify your goals and needs for the following 12 weeks. That includes things like your time available for training each week and what specific aspects of your riding or your fitness you want to focus on. We will then write up a 12-week training plan for you that you can access through a Basic Training Peaks account.
- The second 30-minute Skype consultation will be sometime around the halfway point of your 12 week plan to discuss your progress and to see if modifications need to be made. Maybe you missed a few sessions or got sick and need a few tweaks for the remainder of the plan.
- If you decide you do need and additional follow up call to discuss your plan you can purchase a Lead Out Plan for a 30 minute follow up call and we can discuss any changes you need to make to the remainder of your plan (Limited to 1 call per 6 week period)

EXTENDED SUFFERFEST CYCLING PLAN

You really like the look of the Race Director Plan, but your event is over 4 months out and you want to make sure you make the most of each week between now and then. Or maybe you like the idea of having half a year of training mapped out to keep you motivated and help you stick to your training.

Just like the Race Director Plan you get two separate 30-minute Skype consultations with an APEX coach and over 4 months of personalized training.

- The first 30-minute Skype consultation will be to identify your goals and needs for the duration of your plan. That includes things like your time available for training each week and what specific aspects of your riding or your fitness you want to focus on. Your full plan will then be loaded into a Basic TrainingPeaks account.
- The second 30-minute Skype Consultation can take place at any point during your plan. After which we will make any necessary adjustments in TrainingPeaks to your existing plan.
- We do require a minimum of 20 weeks to qualify for a Grand Tour Plan.
- With these plans being so long we understand you might need an additional follow up call to make some adjustments. For an additional 30 minute call and plan tweaks you can purchase a Lead Out Plan (Limited to 1 call per 6 week period).

For information on pricing, please visit <http://apexcoachingco.com/the-sufferfest-training-plans/>

I WILL BEAT MY
ASS TODAY
TO **KICK**
YOURS TOMORROW

THESUFFERFEST.COM