



Pre-competition

**WHAT TO TRAIN AND DO DURING
COMPETITION WEEK**

Hello Galacticos.

My name is Patrick, I am a professional Mountain and Road Cyclist and also a Bachelor of Physical Education student.

As an experienced athlete, I'd like to share some valuable techniques I've learned over time, which have helped me evolve in my sports career.

In our Sports Consulting and our programs, we employ several qualified professionals, from physical education teachers to nutritionists to cycling athletes, to offer our fans and athletes the best possible content for success in this constantly growing sport in our country.

It's important to keep in mind that the nutritional guide and menus we present are only options I personally use and may not be suitable for all athletes. Each person is unique and has different nutritional needs, depending on their goals, training level, and physiological characteristics. Therefore, it's always important to consult with a sports nutritionist for personalized guidance and specific dosages regarding nutrition and supplementation.

And to ensure all your training records are perfect, it's essential that you take the field test to define your training zones, that you do so within your current physical capabilities, and that each of you is responsible for ensuring that your physical health, and especially your heart, is 100% up to date and that you have completed all necessary tests to practice this sport without any problems.

I believe providing the best possible content that has helped me evolve in relation to training, nutrition, and other aspects of cycling is critical to helping athletes achieve their goals.

Our goal is to share valuable knowledge and information with our followers, always based on scientific evidence and the experience of renowned athletes and cycling professionals.



Patrick
CEO & FOUNDER



Nelson Andrade
RESPONSÁVEL TÉCNICO
CREF: 049889-G/MG





PLANNING

**TRAINING
3 DAYS A WEEK**



3 TIMES A WEEK / 14 DAYS BEFORE

(INTERVAL TRAINING)

Tuesday or Wednesday: Cycle 20 min in Z2 + 5 min in Z3 + 5 min in Z3/Z4, varying. Do 6 bursts of 1 min in Z5, with 3 min of active recovery in Z2. Then, do 6 bursts of a maximum of 30 seconds, with 2 min of active recovery in Z2. Finish with 15 min in Z2. (Can be done on flat or uphill terrain, on dirt or pavement).

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THURSDAY - FREE.

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FRIDAY - FREE.

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(SIMULATED COMPETITION TRAINING)

Saturday - Cycle for 20 minutes in Zone 2, 5 minutes in Zone 3, and 5 minutes in Zone 3/Z4. Cycle for 1 hour and 30 seconds in Zones 3 and 4, at a pace close to race pace. 15 minutes of cool-down in Zone 2.

NOTE: Try to do it as close to your test as possible, such as altitude, terrain type, etc.

(Long)

Sunday – Cycling from 3 to 3:30 a.m., varying between Zones 2 and 3. It can be dirt or asphalt, free altitude.

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Monday – Free rest

3 TIMES A WEEK / 7 DAYS BEFORE

(ACTIVATION TRAINING)

Tuesday or Wednesday: 20 min in Z2 + 5 min in Z3 + 5 min in Z3/Z4, varying. Do 4 bursts of 1 min in high Z4 near Z5, with 3 min of active recovery in Z2. Then, 4 bursts of a maximum of 30 seconds, with 2 min of active recovery in Z2. Finish with 15 min in Z2. (Can be done on flat or uphill terrain, on dirt or pavement).

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THURSDAY - FREE.

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FRIDAY - FREE.

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(PRE-COMPETITION TRAINING)

Saturday - Cycle for 1h to 1:20 in Z2. Once you have 30 minutes of riding time, do 3 x 30-second bursts of maximum strength, with 2 minutes of active recovery in Z2. After the bursts, finish until your time is up.

(COMPETENCE)

- Sunday – Warm up for 15 to 20 minutes in Z2 and Z3 for races lasting more than 2 hours and with a flatter start and displacement.
- Warm up for 20 to 30 minutes in Z2 and Z3, and some peaks in Z4 after 20 minutes until completing 30 minutes, for short races, xco and when starting on a slope.

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Monday – Free rest



PLANNING

**TRAINING
4 DAYS A WEEK**



4 TIMES A WEEK / 14 DAYS BEFORE

(INTERVAL TRAINING)

Tuesday or Wednesday: Cycle 20 min in Z2 + 5 min in Z3 + 5 min in Z3/Z4, varying. Do 6 bursts of 1 min in Z5, with 3 min of active recovery in Z2. Then, do 6 bursts of a maximum of 30 seconds, with 2 min of active recovery in Z2. Finish with 15 min in Z2. (Can be done on flat or uphill terrain, on dirt or pavement).

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THURSDAY - 1:30h cycle in Zones 2 and 3. Flatter terrain.

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FRIDAY - FREE.

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(SIMULATED COMPETITION TRAINING)

Saturday - Cycle for 20 minutes in Zone 2, 5 minutes in Zone 3, and 5 minutes in Zone 3/Z4. Cycle for 1 hour and 30 seconds in Zones 3 and 4, at a pace close to race pace. 15 minutes of cool-down in Zone 2.

NOTE: Try to do it as close to your test as possible, such as altitude, terrain type, etc.

(Long)

Sunday – Cycling from 3 to 3:30 a.m., varying between Zones 2 and 3. It can be dirt or asphalt, free altitude.

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Monday – Free rest

4 TIMES A WEEK / 7 DAYS BEFORE

(ACTIVATION TRAINING)

Tuesday or Wednesday: 20 min in Z2 + 5 min in Z3 + 5 min in Z3/Z4, varying. Do 4 bursts of 1 min in high Z4 near Z5, with 3 min of active recovery in Z2. Then, 4 bursts of a maximum of 30 seconds, with 2 min of active recovery in Z2. Finish with 15 min in Z2. (Can be done on flat or uphill terrain, on dirt or pavement).

THURSDAY - 1:30h route through Zones 2 and 3. Flatter terrain, to be done on a racing bike.

FRIDAY - FREE .

(PRE-COMPETITION TRAINING)

Saturday - Cycle for 1h to 1:20 in Z2. Once you have 30 minutes of riding time, do 3 x 30-second bursts of maximum strength, with 2 minutes of active recovery in Z2. After the bursts, finish until your time is up.

(COMPETENCE)

- Sunday – Warm up for 15 to 20 minutes in Z2 and Z3 for races lasting more than 2 hours and with a flatter start and displacement.
- Warm up for 20 to 30 minutes in Z2 and Z3, and some peaks in Z4 after 20 minutes until completing 30 minutes, for short races, xco and when starting on a slope.

Monday – Free rest



PLANNING

**TRAINING
5 DAYS A WEEK**



5 TIMES A WEEK / 14 DAYS BEFORE

Tuesday - Cycling 1:30h in Zones 2 and 3. Dirt or asphalt, varied terrain and unevenness.

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(INTERVAL TRAINING)

Wednesday - Cycle 20 min in Z2 + 5 min in Z3 + 5 min in Z3/Z4, varying. Do 6 bursts of 1 min in Z5, with 3 min of active recovery in Z2. Then, do 6 bursts of a maximum of 30 seconds, with 2 min of active recovery in Z2. Finish with 15 min in Z2. (Can be done on flat or uphill, on dirt or paved roads).

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THURSDAY - 1:30h cycle in Zones 2 and 3. Flatter terrain.

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FRIDAY - FREE .

(SIMULATED COMPETITION TRAINING)

Saturday - Cycle for 20 minutes in Zone 2, 5 minutes in Zone 3, and 5 minutes in Zone 3/Z4. Cycle for 1 hour and 30 seconds in Zones 3 and 4, at a pace close to race pace. 15 minutes of cool-down in Zone 2.

NOTE: Try to do it as close to your test as possible, such as altitude, terrain type, etc.

(Long)

Sunday – Cycling from 3 to 3:30 a.m., varying between Zones 2 and 3. It can be dirt or asphalt, free altitude.

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Monday – Free rest

5 TIMES A WEEK / 7 DAYS BEFORE

Tuesday - Cycling 1:30h in Zones 2 and 3. Dirt or asphalt, varied terrain and unevenness.

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(ACTIVATION TRAINING)

Wednesday - Cycle 20 min in Z2 + 5 min in Z3 + 5 min in Z3/Z4, varying. Do 4 bursts of 1 min in high Z4 near Z5, with 3 min of active recovery in Z2.

Then, do 4 bursts of a maximum of 30 seconds, with 2 min of active recovery in Z2. Finish with 15 min in Z2. (Can be done on flat or uphill terrain, on dirt or pavement.)

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THURSDAY - Cycle for 1 hour and 3 through Zones 2 and 3. Flatter terrain on a racing bike.

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FRIDAY - FREE .

(PRE-COMPETITION TRAINING)

Saturday - Cycle for 1h to 1:20 in Z2. Once you have 30 minutes of riding time, do 3 x 30-second bursts of maximum strength, with 2 minutes of active recovery in Z2. After the bursts, finish until your time is up.

(COMPETENCE)

- Sunday – Warm up for 15 to 20 minutes in Z2 and Z3 for races lasting more than 2 hours and with a flatter start and displacement.
- Warm up for 20 to 30 minutes in Z2 and Z3, and some peaks in Z4 after 20 minutes until completing 30 minutes, for short races, xco and when starting on a slope.

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Monday – Free rest



PLANNING

**TRAINING
6 DAYS A WEEK**



5 TIMES A WEEK / 14 DAYS BEFORE

Tuesday - Cycling 1:30h in Zones 2 and 3. Dirt or asphalt, varied terrain and unevenness.

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(INTERVAL TRAINING)

Wednesday - Cycle 20 min in Z2 + 5 min in Z3 + 5 min in Z3/Z4, varying. Do 6 bursts of 1 min in Z5, with 3 min of active recovery in Z2. Then, do 6 bursts of a maximum of 30 seconds, with 2 min of active recovery in Z2. Finish with 15 min in Z2. (Can be done on flat or uphill, on dirt or paved roads).

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THURSDAY - 1:30h cycle in Zones 2 and 3. Flatter terrain.

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FRIDAY - Cycle from 1h to 1:15h in Zone 2. Flatter terrain.

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(SIMULATED COMPETITION TRAINING)

Saturday - Cycle for 20 minutes in Zone 2, 5 minutes in Zone 3, and 5 minutes in Zone 3/Z4. Cycle for 1 hour and 30 seconds in Zones 3 and 4, at a pace close to race pace. 15 minutes of cool-down in Zone 2.

NOTE: Try to do it as close to your test as possible, such as altitude, terrain type, etc.

(Long)

Sunday – Cycling from 3 to 3:30 a.m., varying between Zones 2 and 3. It can be dirt or asphalt, free altitude.

.

Monday – Free rest

5 TIMES A WEEK / 7 DAYS BEFORE

Tuesday - Cycling 1:30h in Zones 2 and 3. Dirt or asphalt, varied terrain and unevenness.

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(ACTIVATION TRAINING)

Wednesday - Cycle 20 min in Z2 + 5 min in Z3 + 5 min in Z3/Z4, varying. Do 4 bursts of 1 min in high Z4 near Z5, with 3 min of active recovery in Z2. Then, do 4 bursts of a maximum of 30 seconds, with 2 min of active recovery in Z2. Finish with 15 min in Z2. (Can be done on flat or uphill terrain, on dirt or pavement.)

THURSDAY - Cycle for 1 hour and 3 through Zones 2 and 3. Flatter terrain on a racing bike.

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FRIDAY - FREE .

(PRE-COMPETITION TRAINING)

Saturday - Cycle for 1h to 1:20 in Z2. Once you have 30 minutes of riding time, do 3 x 30-second bursts of maximum strength, with 2 minutes of active recovery in Z2. After the bursts, finish until your time is up.

(COMPETENCE)

- Sunday – Warm up for 15 to 20 minutes in Z2 and Z3 for races lasting more than 2 hours and with a flatter start and displacement.
- Warm up for 20 to 30 minutes in Z2 and Z3, and some peaks in Z4 after 20 minutes until completing 30 minutes, for short races, xco and when starting on a slope.

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Monday – Free rest