

**FITNESS FIRST**

**8-WEEK**

**BUILDING FITNESS**

# **TRAINING PLAN**

*Description Document*

**By Charles Kyle**



**Balance life with your passion**

Results oriented, data driven for the working endurance athlete



# WAIVER OF LIABILITY

What you are about to undertake is a fitness program. Injuries may occur in any exercise program, as with this specific program written by Charles Kyle and KyleCoaching, LLC. By using this program, you are waiving any liability to Charles Kyle or KyleCoaching, LLC. Although this is a recommended program that has worked for many others, it may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.



© KyleCoaching, LLC.

All rights reserved. No part of this work may be reproduced or used in any form or by any means without written permission from the author. Any unauthorized transmission electronic or printed is prohibited.

KyleCoaching, LLC

Website: [kylecoaching.com](http://kylecoaching.com)

e-mail: [chuck@kylecoaching.com](mailto:chuck@kylecoaching.com)

# INTRODUCTION

Congratulations on purchasing the Fitness First Training plan to help build your aerobic engine. This plan develops your fitness through progressive overload and prepares you for more intense workouts.

Over the past few years, High-Intensity Training has been the bread and butter of athletes who need to balance life with their passion for cycling. However, you still need a good aerobic base before jumping into intervals or progressing to the more intense aspects of criterium racing, stage racing, or the weekend hard group rides. I have had to balance my professional, personal, and athletic lives. When you add the hours spent driving to races, carefully packing to ensure that you remember your shoes, and warming up, it is a lot. Your mental and physical preparation must be top notch so that you can toe-the-line with other amateur athletes wanting the same goal, that top step on the podium.

With this plan, I am confident that you will have the building blocks to be successful. My job is to create the path; your job is to have the motivation and desire to pedal down it.

Keep pedaling,

**Chuck Kyle,**  
Head Coach



## PLAN OBJECTIVE

This training plan provides the athlete with a structured and periodized schedule to successfully build aerobic fitness. This plan is the prerequisite for the build phase.

## PLAN OVERVIEW

The training plan progresses from 8.5 up to 9.5 hours (peak) of training per week.

Weeks	Period	Max Week Hours
1-4	Base	9
5-8	Base	9:30

### A “Typical” week during a Base Period looks like:

DAY	WORKOUT
Monday	Day Off
Tuesday	Max Aerobic Intervals
Wednesday	Endurance Ride
Thursday	Threshold Improvement
Friday	Day Off
Saturday	Endurance Ride
Sunday	Endurance Ride

Within your plan, I target a variety of systems within your aerobic engine. The workouts are not merely going ride. Each week we work on your max aerobic capability, lactate threshold, and your endurance aerobic engine, achieved by adjusting frequency, intensity, and duration of the workouts. Training Intensity for this plan is measured by the use of a power meter. If you do not have a power meter, please look for a KyleCoaching plan that is measured by heart rate or a Rating of Perceived Exertion.

## ATHLETE CAPABILITY AND EQUIPMENT REQUIREMENT

This is a base plan, so the fitness requirements are minimal. You should be able to complete the following with the proper equipment prior to the beginning the program:

- Ride sustained for one hour
- Have a power meter and head unit to capture data
- Have 8 to 9 hours each week to commit to the bike

## MEASURING SUCCESS

This program helps you gain a base level of fitness so that you can move on to a more advanced plan or to your build phase of your Annual Training Plan. Our recommendation is that you use the Chronic Training Load metric within Training Peaks as your guide to your fitness. Once you have achieved a CTL of greater than 50 TSS/day, we are confident that you have a sufficient enough base foundation to move on to focusing in on your Build phase.

## ABOUT THE AUTHOR



While serving in the military, Chuck had the opportunity to play elite level soccer and club hockey. As his military career path changed from Navy to Army, enlisted to officer, information operations to strategy, so did his athletic interests. From ultra-marathons to an Iron Man, Chuck embraced several different disciplines of endurance sports before focusing solely on competitive cycling.

As the number of miles recorded by his Garmin increased, so did his knowledge of physiology, training response, and adoption. As his expertise improved, he helped his teammates and friends with their training, eventually founding KyleCoaching.

As a USA Cycling certified Level 2 coach with additional Power certifications through TrainingPeaks and a certified personal trainer through NPTI Personal Trainer, Chuck combines lessons learned from years of racing with the most recent innovations in exercise science literature to craft training plans and programs that deliver measurable results.

For more information about KyleCoaching, LLC, please visit: [kylecoaching.com](http://kylecoaching.com)

BY CHARLES KYLE, NPTI - CPT, USAC LEVEL 2 COACH

Brought to you By

