



Performance Group

The Performance Group rider has specific racing goals in mind; whether they are criteriums, road racing, or otherwise.

Speed is the emphasis of this group and it is achieved through a number of means including interval training, time trialing, overloads, and short, explosive, repeatable hill climbing. Nutrition and recovery are also hallmarks of the training program.

Performance Group rides are typically between 50 and 80 miles on terrain that may vary from flat, to rolling, to all out climbing.

These riders attack each other constantly and enjoy the tactics and strategy associated with racing.

PERFORMANCE GROUP: RIDER CHARACTERISTICS:

The Performance Group rider puts in between 150 and 200 miles per week that includes at least one ride of 50-80 miles. A typical week might include the Saturday Performance Group ride, a recovery ride on Sunday, intervals or hill repeats on Tuesday, recovery ride on Wednesday, and intervals on Thursday.