

Wisconsin NICA League Training Plans

Introduction

The Wisconsin High School Cycling League is working with Coach Casey Lamers to provide a free training plan during the NICA season to any interested student athletes and coaches. There are three different plan options to choose from.

1. Log Only
2. A Basic Plan with 3 workouts per week
3. A more Advanced Plan with 4-5 workouts per week

The workouts are meant to develop riders and are designed to be age appropriate in terms of both the types of efforts and the way the workouts are described.

Coach Casey



Coach Casey Lamers is a Level 3 NICA coach and a Level 1 USA Cycling coach (in USA Cycling Level 1 is the top/elite level). Coach Casey works with the Madison WI teams. Casey is acting as a League Coach Supporter with an emphasis on physical development.

Coaching Philosophy

'I coach in order to help people more fully realize their potential as an athlete and as a whole person.

Through coaching I continue to grow as a coach and a person alongside the athlete.

Growth should last for your entire life.'

Coaching Experience

USA Cycling Level coach since 2008, hundreds of "athlete years"; Achieved Level 1 (Elite) Certification this year.

Several athletes have competed and podiumed at Master's Nationals, Raced Professionally
3 years Head Coach UW Cycling Club – developing U23 riders
3 years NICA coach (Currently Level 3) – Developing junior riders
7 years co-owner of cycling training facility
12 years leading outdoor group rides
Husband, Father of 2, Engineer

Get a Training Plan

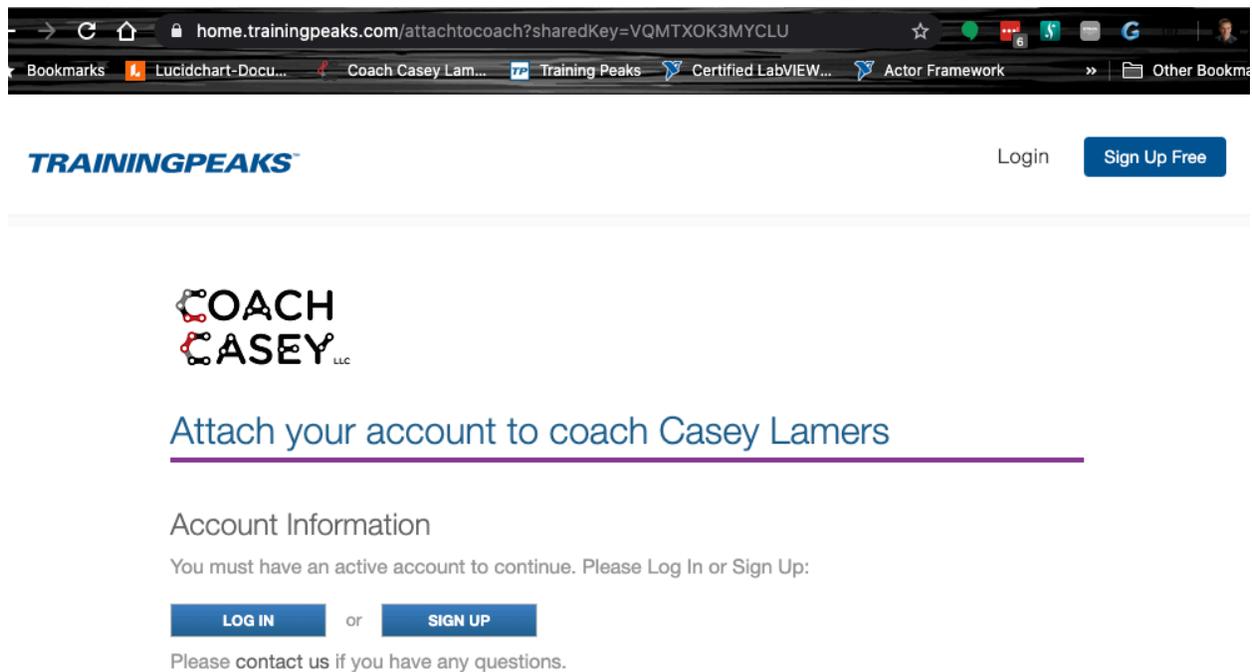
Coach Casey is providing a few different training plan options to the league. Casey will apply workouts to your training calendar so that each student athlete can train with purpose. These plans are free during the NICA season.

Connect with Coach Casey

Casey uses TrainingPeaks.com to deliver workouts to each athlete.

Follow this link to connect with Coach Casey:

<https://home.trainingpeaks.com/attachtocoach?sharedKey=VQMTXOK3MYCLU>



The screenshot shows a web browser window with the URL home.trainingpeaks.com/attachtocoach?sharedKey=VQMTXOK3MYCLU. The browser's address bar and bookmarks are visible. The page content includes the TrainingPeaks logo, a "Login" link, and a "Sign Up Free" button. Below this is the "COACH CASEY LLC" logo. The main heading is "Attach your account to coach Casey Lamers". Underneath, there is a section titled "Account Information" with the text "You must have an active account to continue. Please Log In or Sign Up:". Below this text are two buttons: "LOG IN" and "SIGN UP", separated by the word "or". At the bottom of this section, it says "Please contact us if you have any questions."

Create your account:

Create a FREE account, or connect your existing account.

- Fill in the information
- To start it will be a "Premium" account
 - No advertisements
 - Planning Features
 - Additional Graphs and Metrics
 - Logging Features

- Can Upload Data
- After 14 days it becomes a “Basic” account
 - Ads (on sidebar)
 - No Planning Features (coach does the planning)
 - Fewer Graphs and Metrics
 - Logging Features
 - Can Upload Data

The Basic account is sufficient. The coach will do the planning. If you want a Premium account contact Coach Casey Lamers (caseylamers@gmail.com). He can get a much better rate than if you pay on your own (less than ½ price).

Create Your Free Account

Includes a 14-Day Premium Trial

Get Expert Training Advice

Receive the latest training articles and updates on our products and services.

Create Account

All fields are required. By clicking the button you agree to the Terms of Use, Privacy Policy and Refund Policy.
This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply.

Already have an account? [Log In.](#)

Figure 1. Fill in NEW account information.

Choose your Plan

After you have an account contact Coach Casey Lamers (caseylamers@gmail.com) and let him know what plan you want to use. The three options are briefly described below.

Plan options

1. Log Your Rides

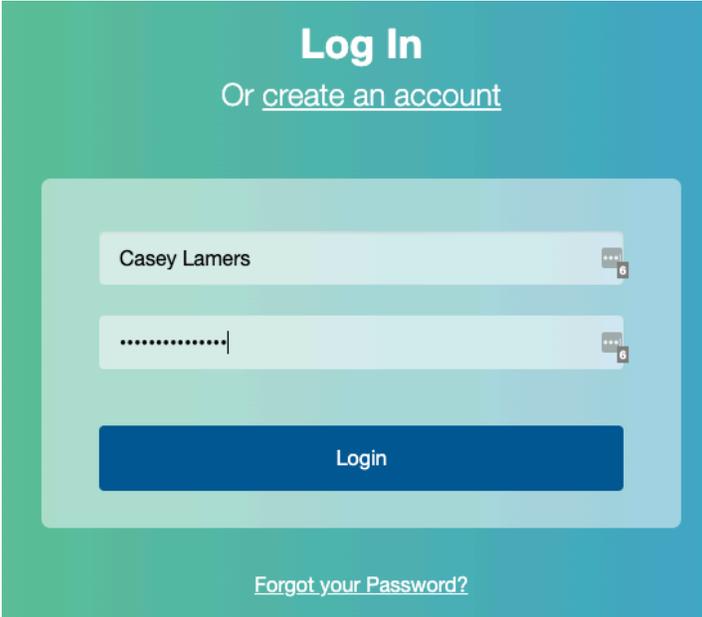
- That is it.
2. Some **Basic Structure**
 - Skills
 - Efforts
 - Longer Ride
 3. More **Advanced Structure**
 - More Detailed Workout Descriptions
 - Workout “Themes”

With the **Basic Structure** and **Advanced Structure** there are workouts on the calendar and RECOVERY is built into the riding.

Using TrainingPeaks

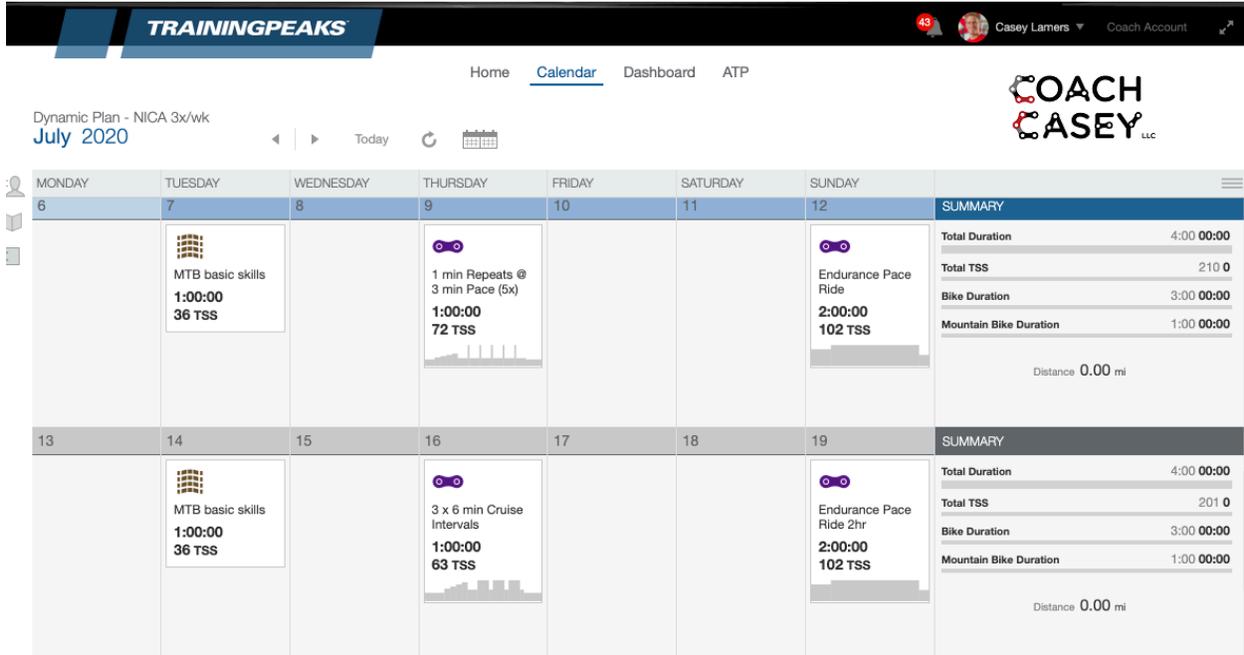
You can use TrainingPeaks via a web browser or via an App.

Log In



The image shows a login interface for TrainingPeaks. At the top, it says "Log In" in white text on a teal background, with the option "Or [create an account](#)" below it. The login form is centered and contains two input fields: the first is labeled "Casey Lamers" and the second is a password field with masked characters. Below the fields is a blue "Login" button. At the bottom of the form area, there is a link that says "[Forgot your Password?](#)".

See the Calendar



The calendar shows the workouts that are coming up.

See the Workout

THURSDAY July 9, 2020 Enter Time

1 min Repeats @ 3 min Pace (5x)

1:00:00 -- mi 72 TSS

Upload Analyze

	Planned	Completed	
Duration	1:00:00		h:m:s
Distance			mi
Average Speed			mph
Calories			kcal
Elevation Gain			ft
TSS	72		TSS
IF	0.85		IF
Work			kJ

Heart Rate: Min Avg Max bpm
Power: Min Avg Max W

Automatically calculate planned values

Delete Cancel Save Save & Close

Description
Warm up. Then perform 1 minute efforts at about your 3 minute max output. Full 5 minute recovery between each effort. Be careful not to go out too fast and fade. Try to keep these consistent.

Pre-activity comments
This is like doing a hard steady climb for pace.

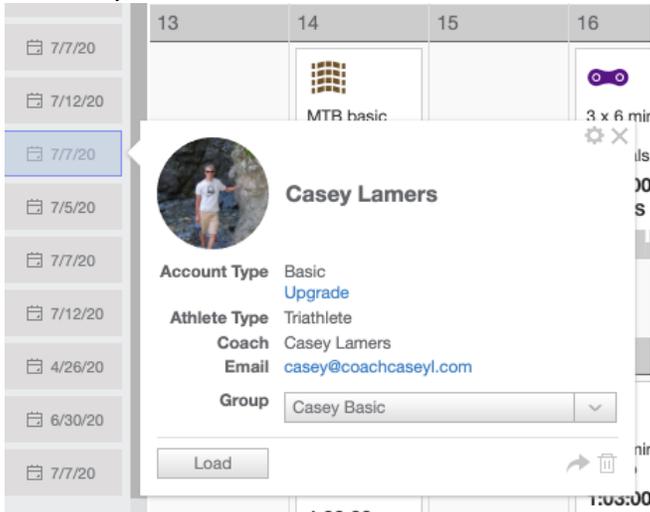
Workout Details
1. Warm up
5 min @ 40-50 % of FTP

Click on a workout to see it in greater detail. The description is written in easy to understand terms using comparisons to some basic types of efforts (start of a race, a hard hill, middle of a race, easy pace, etc.). There is a graph of the workout. The graph tells you how long each effort is in duration and the length of recovery between efforts. There is some description of how much power each effort should be, but this can generally be ignored at this point.

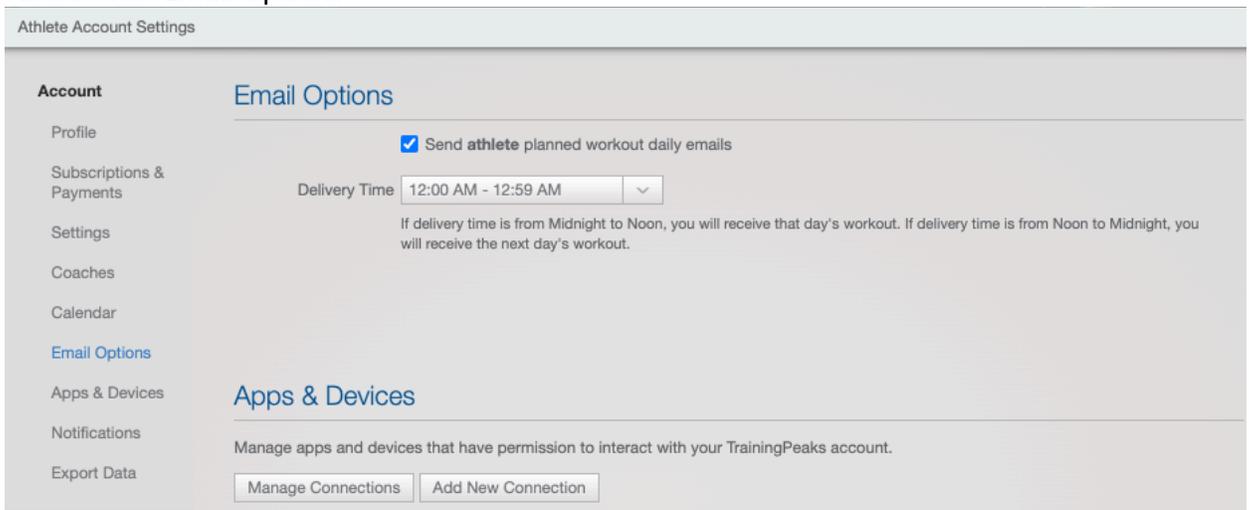
Get Email Reminders

You can configure your account to send you email reminders of the upcoming workouts.

- Click on your name on the left



- Click on the "Gear" icon
- Fill out the "Email Options"



Get the App

Search for TrainingPeaks on Android or iOS. Install the app. Log in and you can see everything from your device.

Connect with other apps

- Strava
- Zwift
- Garmin Connect

Log Your Workouts

It is very useful to get in the habit of logging your training! When you are done with a workout click on that workout on the calendar and “finish” the workout by writing a couple sentences about how the ride went. How did you feel. Was it too easy? Too hard? Are you proud of the effort? Did anything worth noting happen? Did you feel tired? Did you have good energy? How was the weather?

There is an option for uploading a file (click the icon in the upper right). If you connect TrainingPeaks to another app it will automatically sync the workout for a given day with a workout on your TrainingPeaks calendar.

If you ride on Zwift you can choose the workout from TrainingPeaks (for that day) and ride that workout in Zwift. (It is a custom workout from TrainingPeaks).