

# Women's cycling

The olympic year of a world class rider

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TEAM **Lotto** NL  
**JUMBO**

Annemiek Van Vleuten:

- Currently ranked #1 in Women's WT
- Professional since 2007
- Current team Orica-Greenedge
- Most important results:
  - National champ TT (2014, 2016, 2017)
  - National champ road (2012)
  - Coupe du monde (2011)
  - Tour de Flandres (2011)
  - Prologue Giro (2014, 2015)
  - Stage Giro (2014)





Annemiek (2016) vs Men's Cycling:

	<u>Annemiek</u>	<u>Men</u>
Training volume	25000	33000
Race days	40-60	70-80
Race km.	4400 (<20%)	11000-14000 (30-35%)
Polarised	87%/4%/7%	92%/4%/4%
Length classics	120-155km.	240-280Km.
Stage races	5-10 days	5-21 days



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What did we learn:

- Anaerobic power/capacity vs aerobic power capacity
- Altitude training
- TT blocktraining
- Get to know each other



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## The Olympic year

Cornerstones of preparation:

- Altitudetraining
- Bodyweigth
- Strength endurance
- Longer HIT blocks
- Confidence





## Timeline Olympic Preparation (1)

Octobre	Off season
Novembre	Built-up (volume, base in sprint, strength) First training camp team
Decembre	Built-up Focus on volume First tempo-endurance training
January	Volume Second training camp (focus on strength endurance) Start specific work





## Timeline Olympic Preparation (2)

- February First race (Qatar) immediately to →  
First Altitude camp Tenerife (2100)  
Volume, Strength endurance  
3 weeks  
Towards end race specific (Classics)
- March Race block (Belgium classics)  
In between race specific training and rest
- April Race block  
Stage race (energiewacht, Luxemburg)  
Classics (Vlaanderen, Fleche Wallonne)
- Mai One week off!!! Mental break  
Training camp Team  
Volume + specific drills



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## Timeline Olympic Preparation (3)

- June** Some races  
In between preparation Dutch Champs TT + Road  
Dutch Champs and immediately →  
Altitude camp Foscagno Pass (2400)  
20 days  
Phase 1 adaptation and volume
- July** Altitude camp Foscagno pass  
Phase 2 Tempo-endurance and strength endurance  
Phase 3 Rio-specific preparation  
Stage race (Thuringen) immediately after altitude (good window)  
Rest (bad window) of 1 week  
2 aggressive crits  
Travel to Rio (31)
- August** Adaptation and taper  
RIO (7<sup>th</sup> August) day 18 after altitude





# Keyweeks Altitude

Annemiek van Vleuten  
 June 2016

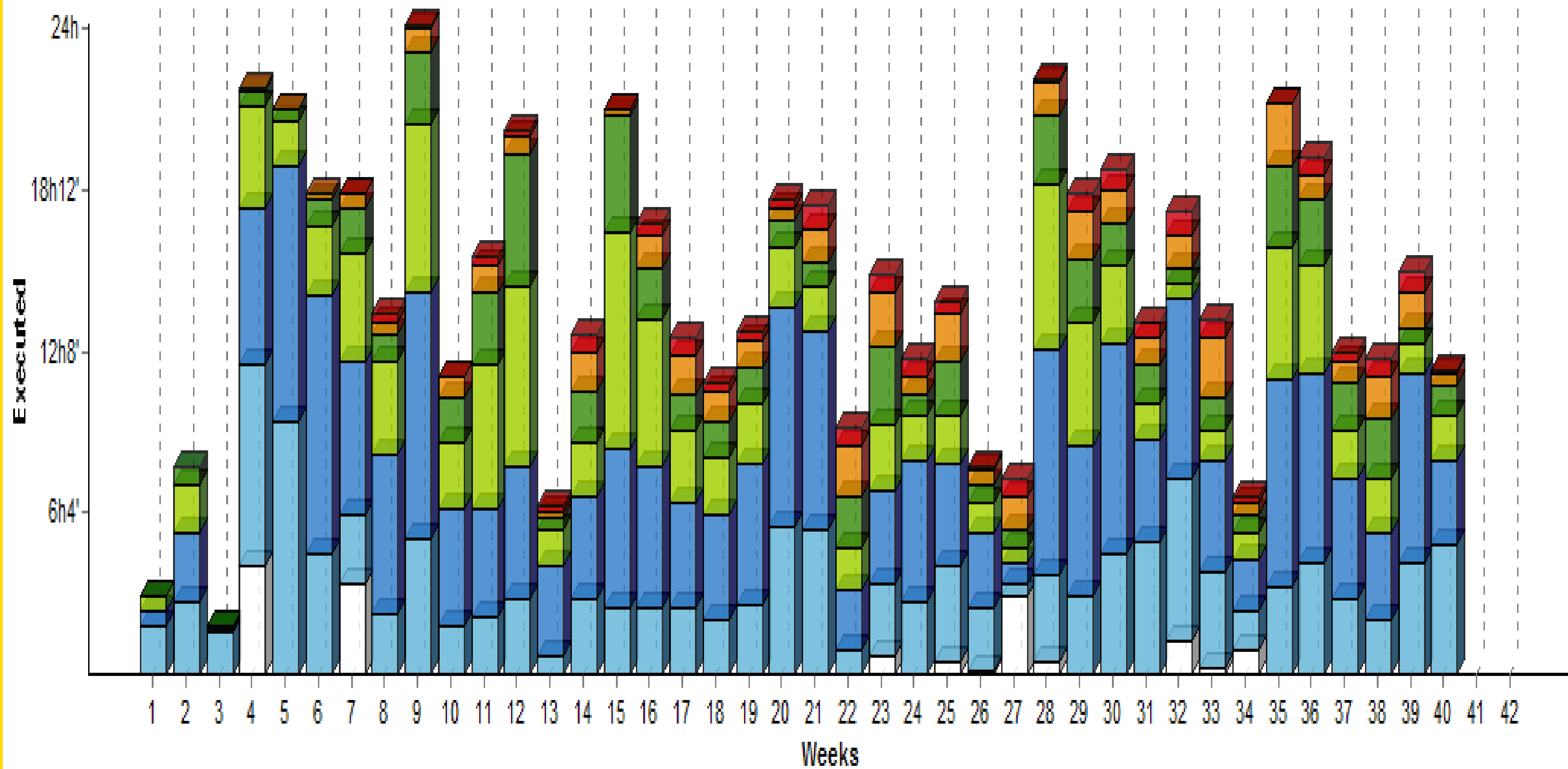
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

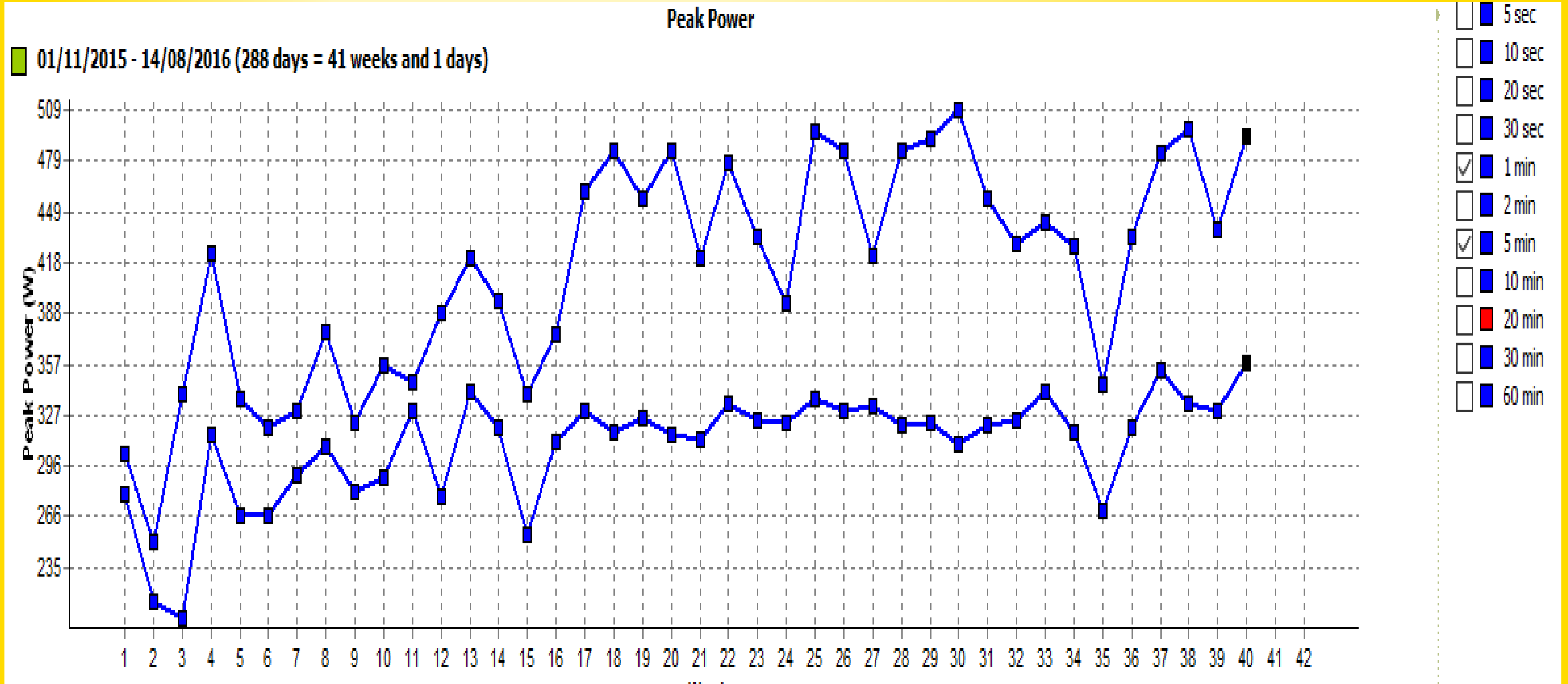
<b>82.4 km</b> Dag 3: 3 uur easy Slapen gaat prima. Beetje onrustig, slaap wat lichter en vaker wakker. Zoals altijd dus. Voel me ...more... P: 3:00:00 C: 3:25:38	<b>RUSTDAG</b> Rustdag	<b>163 km</b> Dag 5: Mortirolo-Gavia-Foscagno 4100 hm (ivm weer morgen vandaag lang) Op Mortirolo met Stu flink doorgereden (250W avg) kon bijna niet anders door steilheid. Gavia 20 ...more... P: 4:00:00 C: 7:06:19	<b>97.1 km</b> Dag 6: 4 uur easy Voelde lange rit van gisteren vandaag wel in mijn benen. Gewoon lekker gereden. P: 6:00:00 C: 4:03:03	<b>47.0 km</b> Dag 7: massage, easy ride met Russ en pizza :-) P: 2:00:00 C: 2:16:01  <b>1:00:00</b> Krachtprogramma explosief P: 1:00:00 C: 1:00:00	<b>138 km</b> Dag 8: TD 1x10' op Passo Eira 3x 10' op Stelvio vanuit Prato 1800-2600m 4(10min.) Tempoduur eerste 10sec. van elk blok voluit P:5min. Vermogen zakte met hoger gaan, op ...more... P: 3:00:00 C: 5:42:55	<b>134 km</b> Dag 9: Sankt Moritz met Orica Duurtraining met sprints. Lekker gereden. Vrij vlak rondje. Fris terug. P: 5:00:00 C: 4:53:11	<b>Summary 1</b> Fitness 115.4 CTL Fatigue 139.4 ATL Form -17.2 TSB Total Duration 24:00 <b>28:27</b> Bike Duration 23:00 <b>27:27</b> Strength Duration 1:00 <b>1:00</b>  Distance 662 km TSS 1133.6 TSS Bike 662 km El. Gain 15415 m Work 16009 kJ
<b>123 km</b> Dag 10: Forcola-Tirano-Bormio-Foscagno 8(10sec.) sprint uit stand P: 2 min. Geen sprints ivm knie. Blessure sinds vandaag aan knie. Nog ...more...	<b>RUSTDAG</b> Niet gefietst, niet gelopen en geen kracht. ivm knie!	<b>79.4 km</b> Dag 12: HIT 20' 320W en 2x4 HIT op 354&351 Watt :- ) op 1400 m hoogte 20 min. test, daarna nog 2 (4min.) HIT P:30min. en 5 min. Dat ging makkelijk! 20 min aan voet Stel...more...	<b>92.8 km</b> Dag 13: Bormio-Stelvio-Fuom-Livigno. Uurtje korter ivm knie voor zekerheid. In eerste uur 4(20sec.) sprint P:3min. Sprints niet gedaan ivm knie. Met Lieuwe mee.	<b>29.7 km</b> Dag 14: kruipend naar massage/fysio P: 2:00:00 C: 1:26:04	<b>92.3 km</b> Dag 15: HIT 1800+ meter hoogte 8-6-4-8-6-4min. P:4min. Watts: 300/304/324/287/297/322 Geen moraaltraining doordat te hoog	<b>123 km</b> Dag 16: 5 uur duur Forcola-Tirano-Bormio-Foscagno Eerste dag alleen getraind, lekker rustig gereden. Wel aan het balen dat ik veel last had van mij...more...	<b>Summary 2</b> Fitness 119.6 CTL Fatigue 144.7 ATL Form -20.5 TSB Total Duration 22:00 <b>22:24</b> Bike Duration 22:00 <b>22:24</b>



Heart rate zones

01/11/2015 - 14/08/2016 (288 days = 41 weeks and 1 days)







# RIO Olympic road race

Best race ever!



No prize!





## After the olympics

- Deal with disappointment
- Deal with injuries
- Mental toughness
- Back to cycling → Altitude → succesfull season's end
  
- What did Rio bring:
  - Pride
  - Confidence
  - Continuation in cycling
  - Going for new goals





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