

Category 4 to Category 3 Racer upgrade

12 week Base Training to

KICK A\$\$

and take names!

Training Program

By Menachem Brodie,

NSCA-CSCS, USA Cycling Expert Coach, SICI Certified Bike Fitter

WAIVER OF LIABILITY

The program you have purchased is a physical fitness program.

By purchasing such program, you acknowledge that indoor and outdoor cycling is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and or producer of the event, and lack of hydration.

By using this program, you waive, releases, and discharges HVT, Menachem Brodie, its directors, officers, employees, volunteers, representatives, agents, sponsors, and officials ("Releasees") from any and all liability for his/her disability, personal injury, property damage, and death, including claims arising in whole or in part from Human Vortex Trainings/Menachem Brodies' own negligence.

By purchasing this program you agree to indemnify and hold harmless, Human Vortex Training/ Menachem Brodie from any and all liabilities or claims made by other individuals or entities as a result of his/her or any person's actions during his/her participation in the training program, including claims arising in whole or in part from Human Vortex Training/Menachem Brodies' own negligence.

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INTRODUCTION

Congratulations!

By choosing this professionally written training program, you have now taken a major step towards attaining the fitness and tools you need to unlock more of your potential on the bike! Cycling requires strength and endurance as much from your mind, as from your body. That is a part of why we enjoy and love this sport so much! Whether your goal is to get stronger on the bike, lose a few pounds through the amazing sport of cycling, or simply to have a goal to work towards, Human Vortex Training has a training plan that can help you achieve!

Started in 2008 after realizing that Pittsburgh was lacking Cycling Coaches, and with a desire to help riders of all backgrounds and abilities to enjoy the time they spent on their bikes, Human Vortex Training has grown into an International Coaching brand, helping athletes from countries like the USA, Moldova, Romania, Spain, and more!

Offering endurance sport athletes sports conditioning and strength training, with an extensive background in both Sport and Sports Medicine, athletes of all backgrounds have sought advice, guidance, and coaching from me. From back and neck pain from riding, to Full-Distance Triathletes with shoulder pain, it's incredible to look back and see how many athletes have extended their careers with our help.

With this training plan, YOU are receiving the benefits of the many athletes whom have looked to HVT for help to ride pain free, ride stronger, and to have professional guidance in helping them balance their work-home-sport lives, as well as building up their discipline, mental strength, and motivation to reach their goals.



It's an honor to help you along your fitness and competitive journey.

Thank you for affording me this opportunity.

I look forward to hearing about your accomplishments!

Remember to Train SMARTER, not harder™,

Menachem Brodie,

NSCA-CSCS, USA Cycling Expert Coach,
SICI Certified Bike Fitter

TRAINING PLAN OVERVIEW

The main objective of this training plan is to provide the Category 4 competitive Cyclist with a structured training approach following the periodized approach to allow them to successfully upgrade to category 3, and immediately be competitive. This 12 week training plan is specifically designed to help you increase your abilities on the bike, from the Physiology, Neuromuscular, and Mental perspectives, enabling you to start off next race season with the fitness and physical capabilities necessary to start off, and remain strong through the season!

PERIODIZATION AND WEEKLY ROUTINE

The training plan ranges from 7 to 10.75 hours (max) of training per 7 day Micro cycle (training week) The Micro cycle (weekly) training schedule is built in the following fashion:

Week #	Hours of Training	Focus
1	9.25	Testing, Aerobic
2	9.75	Baseline Threshold, Neuromuscular, Aerobic Base
3	10	Baseline Threshold, Neuromuscular, Aerobic Base
4	10.5	Consolidate Threshold, Neuromuscular, Aerobic Base
5	7	De-Load, Consolidate fitness
6	8.5	TESTING, Aerobic Base
7	10.25	Threshold boost, Neuromuscular, Aerobic Base
8	10.75	Threshold boost, Neuromuscular, Aerobic Base
9	9.75	Threshold boost, Neuromuscular, Aerobic Base
10	10.25	VO ₂ Max, Top-End, Aerobic Base
11	8.5	VO ₂ Max, Top-End, Threshold, Consolidate Fitness
12	6.75	VO ₂ Max, Threshold boost, Consolidate Fitness
13	9.25	Testing, Aerobic Base

The Standard weekly Schedule for this program is as follows:

Monday	FIELD TEST week 1, OFF all other weeks
Tuesday	OFF week 1, 60-75 min all other weeks
Wednesday	60-75 min, OFF weeks 6&13
Thursday	OFF, 60 min weeks 6&13
Friday	60-75 min, OFF weeks 5&12
Saturday	2.5-4.25 hrs
Sunday	2.5-3 hrs

Within your plan, I adjust the frequency, intensity and duration of the workouts each week in order to meet the desired objectives for that training period. Level of intensity is given in order to stimulate desired training adaptations and maximize training time while minimizing risk of overtraining, burnout and injury. Training intensity can be measured by a variety of methods including rate of perceived effort (RPE) – i.e. how you “feel” – and a heart rate monitor. I recommend using a heart rate monitor in combination with RPE. You will be given field tests in your plan to determine your individual intensity training zones for swimming, biking and running. Your plan also includes a downloadable comprehensive 40+ page training guide with detailed instructions on how to use your plan as well as guidelines for making schedule adjustments, race week planning, nutrition and hydration.

ATHLETE REQUIRMENTS

You should be able to complete the following workouts prior to beginning the plan:

- ✓ Raced at the category 4 level the past season, and have been riding at least 60-75 min 3x a week mid-week, PLUS 2x a week 2+ hour endurance rides.



ABOUT THE AUTOHR

Menachem Brodie, NSCA-CSCS, USA Cycling Expert Coach, SICI Certified Bike Fitter

Certified with Distinction by USA Cycling as an Expert Level & Power-Based Training Coach, Coach Brodie also holds the National Strength & Conditioning Association Certified Strength & Conditioning Specialist (NSCA-CSCS). Backed by over 9 years of experience, including 2 years in the Physical Therapy setting and time working in the Strength department of a top 25 NCAA Division 1 Power-5 Conference program. 4 players from the teams Coach Brodie worked with went on to play in the NBA.

As a bit of a “body geek”, Coach Brodie also worked as the Exercise Physiologist for a Bariatric Surgical Group (ASMBS Certified), an EMT on an ambulance running 911 calls, as well as had previously held his USA Triathlon Coaching Certification (2011-2016). Seeking to best help his Triathletes & Cyclists maximize their abilities and comfort on their bikes, Coach Brodie became a certified bike fitter in 2010 (Serotta International Cycling Institute). He has also attained Coaching certifications from countries abroad.

Coach Brodie serves as the Fitness Expert for the worlds first-ever Artificial Intelligence running Wearable Tech “Vi” by Lifebeam, and is one of the first coaches in the world certified to coach with the LEOMO Motion Technology Capture System, securing his spot in the top ranks of cycling coaches in the world.



Coach Brodie has helped athletes achieve at the National and International Levels, including:
National Champion- USA Cycling Age Group, Downhill Gravity.
1st place- International 3-day Tour (Road bike)
Numerous State Champions for Road, Mountain and Cyclocross.

For more information about Human Vortex Training LLC and it's offerings, to purchase Coach Brodie's DVD's, or to schedule an initial business consult, please visit: [HumanVortexTraining.com](https://www.HumanVortexTraining.com) or email Coach Brodie Directly at: Brodie@HumanVortexTraining.com