

AG Riders,

Welcome to the team! You're on this mailing list because you've either signed up to join the Asphalt Green Cycling Team, attended our first meeting, or have subsequently expressed interest and asked to be included on our mailing list. We will be quickly moving from start-up to active over the next couple of weeks, starting with establishing a training schedule. To achieve this we need to establish a firm list of committed teammates, build a schedule that meets the needs of our registered riders, and start running workouts. Once you have signed up for the team you will receive a survey to complete (just a few questions) that will help us design a schedule that works for the majority of your teammates. Those of you who have already registered with AGCT will receive this survey in the next day or so.

The AGCT training plan is periodized. This winter we will be working on developing strength, power, and durability, while building our aerobic base. The focus of our workouts through early March will be on developing a platform of core strength, muscular endurance, and aerobic capacity that can support a season of training and speed work. We will have one group strength workout each week, and athletes will be given two supplementary strength workouts to do on their own. We will have two group rides during the week, and a longer weekend ride. The content of these workouts will vary seasonally, but in the early season our primary goal while riding is aerobic base development on the bike. We will also schedule a team spinning workout at Asphalt Green to work on cadence, pedaling power, muscular endurance, though in the early season this will also be mostly aerobic.

Athletes will have access to metabolic testing services at cost, including a full gas-exchange AT/VO2 max test for \$100 (retail is \$199), and subsequent tests will be \$50, which will include your own ventilation mask for all tests. We will also be doing field tests to establish AT in the field, which is often a slightly different number than demonstrated by metabolic testing because of individual variation in lactic acid buffering capacity.

If you have not done so already, please register for the team by going to <http://agcycling.com/membership/registration-form/>, and please reach out to Bryan Beary (bbeary@asphaltgreen.org) or Donna Manganello (dmanganello@asphaltgreen.org) if you have any other questions about registering for the team.

Tomorrow (Saturday the 4<sup>th</sup>) we will be having our first team ride! This is a SOCIAL ride, and consistent with the training theme for the winter we will be riding aerobically, which means low-effort (low power, low HR, conversational pace). We will meet at 8am at Engineer's Gate. Dress for a chilly and clear day on the bike (mid 30's when we start, low 40's when we finish), and plan for a 45 mile ride (to Piermont and back, though people are certainly welcome to do more or less depending on their fitness/plan/ability).

Please check your email for the survey on workout schedules, and welcome to the AGCT! Please feel free to forward this email to anyone we've left off the mailing list who you know is interested.

Best,

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