

# Postgraduate Certificate

## Cycling Training Planning and Scheduling

Endorsed by the NBA





## Postgraduate Certificate Cycling Training Planning and Scheduling

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/sports-science/postgraduate-certificate/cycling-training-planning-scheduling](http://www.techtute.com/pk/sports-science/postgraduate-certificate/cycling-training-planning-scheduling)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

There are numerous factors in the design of effective training for cyclists, but one of the determinants is, without a doubt, the establishment of clear and specific objectives, adapting to their needs and goals. Clearly, handling every detail of the Planning and Scheduling of these plans with ease is an essential issue for the athlete, something in which the professional will be able to update with guarantees thanks to this program. In this sense, the student will analyze the different training methods used in cycling, as well as their periodicities and distribution of intensities. Also emphasizing recovery capacity, the student will obtain a specialization of great value with a 100% online character.







“

*Enroll now to master the different training methods with solvency that are used in professional cycling”*

With a well-designed and effective training plan, the cyclist can significantly improve their performance and achieve their goals efficiently and safely. For this reason, it is essential that you incorporate periodization into your sports routine, dividing the training into different phases or cycles, each with a specific focus and goals. In the same way, it is crucial to include days of rest and recovery in the plans, allowing the body to recover and adapt to the practice.

Under this context, a continuous update on the most effective strategies to achieve maximum performance is positioned as something crucial for the athlete. That is why TECH offers a unique opportunity with this program, through which students will determine each and every one of the factors for the best possible planning and programming of cycling training.

In this sense, the student will examine in great detail the characteristics of each of the training methods that offer the best results for cycling, going through an exhaustive analysis of the distribution of intensities and periodization of the plans. In fact, the teachers will provide the keys to extract the best possible performance thanks to advanced recovery techniques, emphasizing the design of sessions from a practical point of view.

All this and more will be available to the student through an online degree where they will not have to submit to restricted schedules. Instead, he will be the owner of his academic experience, consulting the resources of the vast digital library of the Virtual Campus in the terms that he considers himself.

This **Postgraduate Certificate in Cycling Training Planning and Scheduling** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical case studies presented by experts in Cycling Training Planning and Scheduling
- ♦ The graphic, schematic and eminently practical contents with which it is conceived collect sports and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions for the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Do you want to examine the best intensity distribution strategies in Cyclist Training? This is your chance!"*

“

*If you were looking for a program to handle periodization, with TECH you will do it, analyzing the reverse type, by blocks or the traditional one”*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education designed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Thanks to TECH, you will become the sports professional who will extract the maximum possible performance from each cyclist.*

*You will undergo demanding practical cases based on real cases where you will have to design comprehensive training sessions.*



# 02 Objectives

Given that the optimization of Cyclist Training plans is an area of growing interest, TECH has no other objective than to provide sports professionals with the latest tools that allow them to design effective sessions where performance is enhanced, always, for of course, safely to prevent injury.

For this, the program contains the most recent advances on the subject, so that the student can specialize with the greatest possible guarantees.







“

*A program whose objectives will allow you to design training sessions to reach your maximum potential without falling into injuries”*



## General Objectives

---

- ♦ Understand the performance factors of sport and, therefore, learn to assess the specific needs of each athlete
- ♦ Being able to plan, periodize and develop training programs for cyclists, in short, train students to practice the profession of coach
- ♦ Acquire specific knowledge related to the biomechanics of cycling
- ♦ Understand the operation of the new applications used in the quantification of loads and training prescription
- ♦ Understand the benefits of strength training and be able to apply them to concurrent training
- ♦ Acquire a specialization in cycling-oriented nutrition
- ♦ Understand the functioning of the cycling structures, as well as the modalities and categories of the competitions





## Specific Objectives

---

- Know and apply different Education methods
- Learn to distribute volumes and intensities; in short, periodize
- Being able to design training sessions
- Study the training loads from lower categories, amateur, professional and master



*TECH proposes that you be able to manage your sporting development as a cyclist with solvency long-term"*



03

# Course Management

The teaching team of the Postgraduate Certificate is a declaration of intent on the part of TECH, as it has shown its ambition to ensure the maximum possible specialization of the students by betting on a prestigious teaching team. This teaching staff includes experts who have held positions of responsibility in national cycling teams or as high-performance coaches in renowned sports entities. In addition, students have the opportunity to establish close contact with them through the Virtual Campus.







“

*Experts who have held positions of responsibility in national cycling teams will supervise your performance in the Postgraduate Certificate”*

## Management



### Dr. Cortés, Javier

- ♦ CEO of Training4ll
- ♦ WT UAE team coach
- ♦ Head of Performance Massi Tactic UCI Womens Team
- ♦ Specialist in the biomechanical area of Jumbo Visma UCI WT
- ♦ WKO adviser to World Tour cycling teams
- ♦ Trainer at Coaches4coaches
- ♦ Associate Professor at Loyola University
- ♦ Bachelor of Science in Physical Activity and Sport from the University of Seville
- ♦ Postgraduate in High Performance of Cyclic Sports from the University of Murcia
- ♦ Sports Director Level III
- ♦ Numerous Olympic medals and medals at European Championships, World Cups and National Championships

## Professors

### D. Arcusa, Raúl

- ♦ CEO of Natur Training System
- ♦ Burgos BH ProConti Team Nutrition Manager
- ♦ Performance Manager of the professional MTB Klimatiza Team
- ♦ Trainer at Coaches4coaches
- ♦ Degree in Pharmacy from the University of Alcalá
- ♦ Master in Nutrition, Obesity and High Performance in Cyclic Sports from the University of Navarra

### Dr. Moreno Morillo, Aner

- ♦ Assistant of the Euskaltel-Euskadi ProConti Team
- ♦ Graduated in Physical Activity and Sports Sciences from the Isabel I University
- ♦ Master's degree in CAFD research from the European University
- ♦ Master in High Performance of Cyclic Sports from the University of Murcia
- ♦ Sports Director National Level III

**Dr. Artetxe Gezuraga, Xabier**

- ♦ Head of Performance of the WT Ineos Grenadier team
- ♦ Professor and director of events of the company Fundación Ciclista Euskadi
- ♦ Coach of the WT Movistar, SKY and Ineos Grenadier team
- ♦ Sports director and coach of Seguros Bilbao, Caja Rural, Euskaltel Development Team
- ♦ Coach of winners of Grand Tours, World Championships, Olympic medals and national championships
- ♦ Trainer at Coaches4coaches
- ♦ High Performance Master in Biomedicine
- ♦ Certificate World Tour Level Sports Director (UCI Sports Director)
- ♦ Sports Director Level III

“ Take the step to catch up on the latest developments in *Cycling Training Planning and Scheduling*”



# 04

## Structure and Content

Everything about what the student needs to delve into regarding the planning and programming of the cyclist's training will be found in the study plan of the title. In this line, the contents have been supervised by the teaching team so that they incorporate the keys that will make students excel in this field. Likewise, the educational methodology of Relearning will ensure that students successfully internalize the concepts by reiterating the ideas through interactive formats that will provide dynamism to the academic experience.





“

*Interval fractional training, divided into repetitions, etc. All the methods to incorporate into your plans are in this syllabus”*

## Module 1. Cycling Training Planning and Scheduling

- 1.1. Cyclist Training Methods
  - 1.1.1. Continuous (Uniform and Variable)
  - 1.1.2. Interval Fractionator
  - 1.1.3. Fractionated by Repetitions
- 1.2. Fashion Distribution
  - 1.2.1. Forms of Distribution
  - 1.2.2. Pyramidal
  - 1.2.3. Polarization
- 1.3. Periodization
  - 1.3.1. Traditional
  - 1.3.2. By Blocks
  - 1.3.3. Inverse
- 1.4. Recovery Strategies
  - 1.4.1. Activate
  - 1.4.2. Passive
  - 1.4.3. Recovery Media
- 1.5. Session Design
  - 1.5.1. Heating
  - 1.5.2. Main Partt
  - 1.5.3. The Return to Calmness
- 1.6. Development of the Capabilities
  - 1.6.1. VT1 Improvements
  - 1.6.2. VT2 Improvements
  - 1.6.3. VT2 Max Improvements
  - 1.6.4. Improvement of PMax and Anaerobic Capacity
- 1.7. Development of Long-Term cyclist
  - 1.7.1. Learning How to Train
  - 1.7.2. Learning to Compete
  - 1.7.3. Training to Compete





- 1.8. Master Cyclist Training
  - 1.8.1. Competitive Demands of Master's Degrees
  - 1.8.2. Competitive Calendar
  - 1.8.3. Load Distribution
- 1.9. Under 23 Cyclist Training
  - 1.9.1. Competitive Demands
  - 1.9.2. Competitive Calendar
  - 1.9.3. Load Distribution
- 1.10. Communication Management Cyclist Training
  - 1.10.1. Competitive Demands
  - 1.10.2. Competitive Calendar
  - 1.10.3. Load Distribution

“

*With TECH everything is easy:  
access 24 hours a day with  
your mobile device or PC to the  
largest virtual catalog of existing  
resources on this matter”*



# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### **A learning method that is different and innovative**

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

**“** *Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.



## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



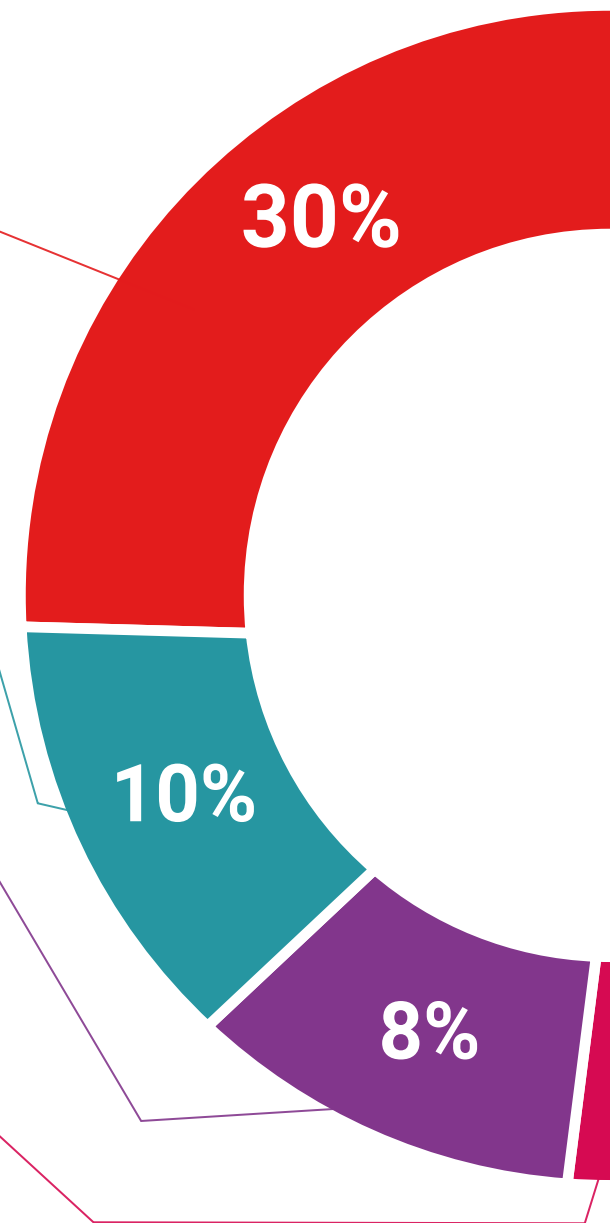
### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06

# Certificate

The Postgraduate Certificate in Cycling Training Planning and Programming guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*



This **Postgraduate Certificate in Cycling Training Planning and Scheduling** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by TECH Technological University will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate Cycling Training Planning and Scheduling**

Official No. of Hours: **150 h.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate Cycling Training Planning and Scheduling

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

## Cycling Training Planning and Scheduling

Endorsed by the NBA



**tech** technological  
university