

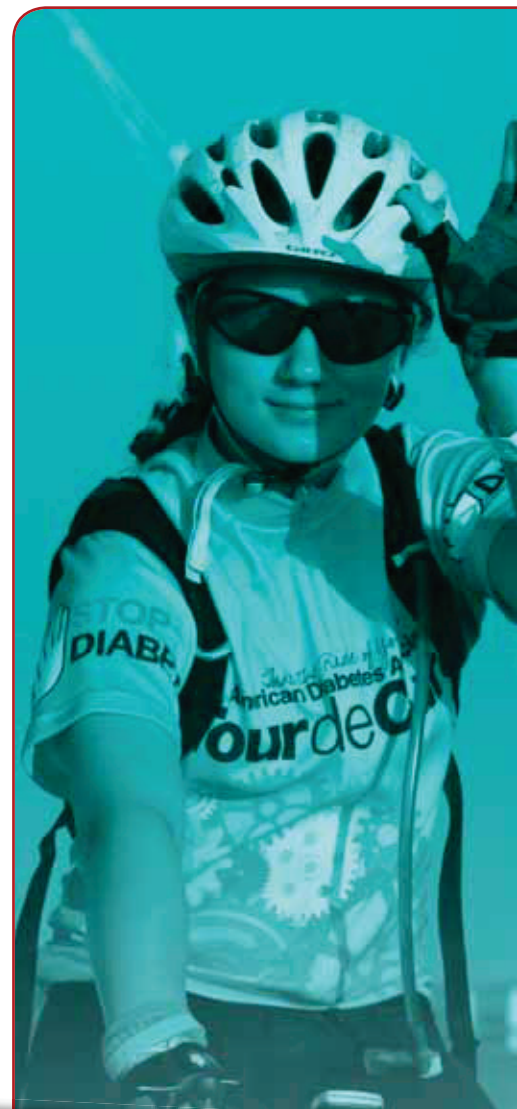
Sample TRAINING Program

This training program was designed for someone who can already cycle 10 miles at a 10 mph pace without difficulty. It is only a guideline. If you cannot currently cycle 10 miles then start with 3 miles, build up over the next 2 weeks to a 10-mile ride, and then start the program. If you can ride much further than 10 miles then you can skip down the program and start at your current mileage. The key is to listen to your body. If you feel pain during or after a training session then you may have done too much and should stop training and rest for 3 days. If things do not improve seek medical advice from your primary care provider. If you have less time than the schedule allows and can do the week's longest ride without pain the next day, then you can progress down the program at a faster rate. These training programs are geared to increase cardiovascular fitness and muscular endurance over 8, 10, or 12 weeks. Choose the program that is closest to your goals, timeline, and level of fitness and adjust accordingly.

Increasing your cycling mileage is the most important part of your training, but to be comfortable and efficient you will also want to work on your strength on and off the bike. Here are some general terms to help you understand the training plans below.

- **REST** – a day with no exercise to let your muscles catch up from the hard work you have done. Be sure to stretch on your rest days.
- **EASY** – you should feel like you are holding yourself back when you ride your bike easy. Easy rides are great for recovery. They get you moving without straining your muscles.
- **STEADY** – riding pace where you feel comfortable but can tell you are doing something. This is the pace you want to use for all of your long rides.
- **HARD** – a hard pace feels like you are going up a hill. You should only go hard for short periods of time (15 seconds to 1 minute) and only after consulting your primary physician. When training calls for hard work first warm up for 8-10 minutes and then do several short hard efforts – start with no more than 3 – and follow each hard effort with 3 to 5 minutes of easy riding. Spend the rest of the ride going steady. Never do more than 8 hard efforts in any workout and remember to listen to your body between every hard effort.
- **CROSS TRAINING** (Cx Train) is essential for increasing your muscle strength and endurance while decreasing the risk of overuse injuries. Any activity that increases your heart rate and involves using your whole body qualifies as cross training. This includes walking, jogging, the elliptical trainer, swimming, in-line skating, Pilates, yoga, or dance. Duration of the activity is what we are focused on, not the intensity or type of activity.

Remember, these programs are guidelines. If you can't fit the entire training schedule into your week, do as much as you can. The important thing is to increase your mileage safely and consistently.



Sample TRAINING Program (continued)

8 Weeks to 30 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	20 min. Easy	Rest	20 min. Easy	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Hard	Rest	20 min. Hard	Rest	21 miles Steady	Cx Train 20 min.
6	Rest	25 min. Hard	Rest	25 min. Hard	Rest	24 miles Steady	Cx Train 20 min.
7	Rest	30 min. Hard	Rest	30 min. Hard	Rest	27 miles Steady	Cx Train 25 min.
8	Rest	20 min. Easy	Rest	20 min. Easy	Rest	Ride your 30 mile	Tour de Cure

10 Weeks to 60 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	35 min. Steady	Rest	35 min. Steady	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Easy	Rest	20 min. Easy	Rest	22 miles Steady	Cx Train 20 min.
6	Rest	20 min. Hard	Rest	20 min. Hard	Rest	26 miles Steady	Cx Train 20 min.
7	Rest	25 min. Hard	Rest	25 min. Hard	Rest	32 miles Steady	Cx Train 25 min.
8	Rest	30 min. Hard	Rest	30 min. Hard	Rest	40 miles Steady	Cx Train 25 min.
9	Rest	20 min. Easy	Rest	20 min. Easy	Rest	50 miles Steady	Cx Train 30 min.
10	Rest	35 min. Hard	Rest	35 min. Hard	Rest	Ride your 60 mile	Tour de Cure

12 Weeks to 100 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	20 min. Easy	Rest	20 min. Easy	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Hard	Rest	20 min. Hard	Rest	25 miles Steady	Cx Train 20 min.
6	Rest	25 min. Hard	Rest	25 min. Hard	Rest	32 miles Steady	Cx Train 20 min.
7	Rest	30 min. Hard	Rest	30 min. Hard	Rest	40 miles Steady	Cx Train 25 min.
8	Rest	20 min. Easy	Rest	20 min. Easy	Rest	50 miles Steady	Cx Train 25 min.
9	Rest	35 min. Hard	Rest	35 min. Hard	Rest	62 miles Steady	Cx Train 30 min.
10	Rest	35 min. Hard	Rest	35 min. Hard	Rest	75 miles Steady	Cx Train 30 min.
11	Rest	35 min. Hard	Rest	35 min. Hard	Rest	90 miles Steady	Cx Train 30 min.
12	Rest	20 min. Easy	Rest	20 min. Easy	20 min. Hard	Ride your 100 mile	Tour de Cure