

# **8-Week Training Plans for 15-, 30-, 60- and 100-mile rides**

## **Cyclist Level: Beginning to intermediate**

### **Getting started**

- \* Before starting the 8-week plan, begin to bike indoors. Use upright and/or recumbent bikes or try a spin class.
- \* Start with small amounts of time (5 to 10 minutes to start), at a light-to-moderate resistance.
- \* Increase time on the bike and resistance in small increments, over time.
- \* To increase aerobic capacity, add aerobic activity such as walking, jogging, running, elliptical trainers, etc. after your cycling time.
- \* If you are new to cycling, try to alternate days of cycling and aerobic activity with days of strength training or stretching to minimize soreness and to give your legs a chance to rest/recover.

### **Tips for enjoying your cycling program**

- \* Padded bike shorts can do wonders in protecting your soft tissue and adding comfort during and after your ride. You can find these at cycling and sporting goods stores.
- \* As you move into longer rides, anti-chafing products will increase comfort during and after rides. These are available at any cycling store.
- \* Don't go crazy and sit on the bike too long your first few weeks. Cycle, then switch to another form of cardio if you are looking for more of a workout. Work your way up to more time in the saddle.
- \* Ensure any bike you are riding outdoors is set up for you. Proper bike fit will ensure more efficient pedaling and more comfort in your body.
- \* If you attend a spin class for the first time, arrive early. The instructor will fit you on the spin bike.

### **Following the 8-week programs**

- \* The actual days are only a suggestion. Do the rides when they fit into your schedule, leaving a day of cross-training (yoga or stretching, strength training, another form of cardio) between your three workout rides.
- \* Each week, you'll do a fast ride, a steady ride and a long ride. Read the descriptions of each and do your best to mimic these if you are indoors for any of your rides.
- \* Beginners: Make your initial goal just getting your legs "turning over" and spending time in the saddle. Then work toward getting to, and maintaining, 80 to 90 rpm. Next, work with more gear to increase road speed and attack hills, etc.

## 8-WEEK TRAINING PLAN – 30 MILES

Level: Beginner

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
WEEK 1 April 9-15	Ride 10 minutes	Cross train	Ride 10 minutes	Cross train	Ride 15 minutes	Cross train	Rest
WEEK 2 April 16-22	Ride 20 minutes	Cross train	Ride 20 minutes	Cross train	Ride 25 minutes	Cross train	Rest
WEEK 3 April 23-29	Speed 30 minutes	Cross train	Steady 30 minutes	Cross train	Long 35 minutes	Cross train	Rest
WEEK 4 April 30- May 6	Speed 40 minutes	Cross train	Steady 40 minutes	Cross train	Long 45 minutes	Cross train	Rest
WEEK 5 May 7-13	Speed 50 minutes	Cross train	Steady 50 minutes	Cross train	Long 60 minutes	Cross train	Rest
WEEK 6 May 14-20	Speed 60 minutes	Cross train	Steady 65 minutes	Cross train	Long 75 minutes	Cross train	Rest
WEEK 7 May 21-27	Speed 65 minutes	Cross train	Steady 70 minutes	Cross train	Long 90 minutes	Cross train	Rest
WEEK 8 May 28- June 2	Ride 70 minutes	Cross train	Ride 75 minutes	Cross train/ Easy ride	Rest	<b>RIDE! 30 miles!</b>	Rest

**Weeks 1-2:** Focus on leg turnover, getting leg speed to 80 to 90 rpm.

**Weeks 3-7:** Add speed ride, steady ride and long ride.

**Week 8:** Easy to moderate effort. Just get the ride time in!

**Speed ride:** Speed work improves your endurance by raising your lactate threshold, the point at which your muscles cry for you to slow down. When you raise this ceiling, you can ride faster and farther before your legs hit the brakes. Try to do four to six hard efforts between 30 seconds and 2 minutes long (pushing hard up a hill for 30 to 60 seconds is one good way) during your fast rides.

**Steady ride:** These rides should include two to four efforts of 15 to 30 minutes that are done at a slightly higher intensity than your long rides, as though you're riding with someone slightly faster than you. You should be able to talk, but in shorter sentences. These rides train your body to ride more briskly in comfort, so you can finish your event ride faster and fresher.

**Long ride:** Do your long rides at a steady, but not taxing, pace. Your effort should be such that you're breathing a little harder, but can have a full conversation. Most people find that Saturday or Sunday work best for their long rides. However, the day you ride doesn't matter. What matters is that you get it done!