

## 8-WEEK TRAINING PLAN – 30 MILES

Level: Beginner

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
WEEK 1 April 10-16	Ride 10 minutes	Cross train	Ride 10 minutes	Cross train	Ride 15 minutes	Cross train	Rest
WEEK 2 April 17-23	Ride 20 minutes	Cross train	Ride 20 minutes	Cross train	Ride 25 minutes	Cross train	Rest
WEEK 3 April 24-30	Speed 30 minutes	Cross train	Steady 30 minutes	Cross train	Long 35 minutes	Cross train	Rest
WEEK 4 May 1-7	Speed 40 minutes	Cross train	Steady 40 minutes	Cross train	Long 45 minutes	Cross train	Rest
WEEK 5 May 8-14	Speed 50 minutes	Cross train	Steady 50 minutes	Cross train	Long 60 minutes	Cross train	Rest
WEEK 6 May 15-21	Speed 60 minutes	Cross train	Steady 65 minutes	Cross train	Long 75 minutes	Cross train	Rest
WEEK 7 May 22-28	Speed 65 minutes	Cross train	Steady 70 minutes	Cross train	Long 90 minutes	Cross train	Rest
WEEK 8 May 29- June 4	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!