

Name:		Event:		Date:			
Beginner		100 Mile Ride Challenge					
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	40 MINS EASY EFFORT RIDE @ ZONES 1 - 2 Rolling course if possible, with gradients up to 4 percent. Remain in the saddle on the hills + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch
Week 2	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch
Week 3	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS LONG EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch
Week 4	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS LONG EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch

Week 5	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch	REST	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch
Week 6	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch. Easier week to allow some recovery from the previous weeks of training and some training adaptation	40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (go easy on your legs please) + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST
Week 7	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS PEDALLING TECHNIQUE : 30 SEC R LEG, 30 SEC L LEG, 2:00 BOTH After a warm-up, with light resistance on an indoor trainer, do 100 percent of the work with the right leg while the left leg is or resting on a stool. The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving toes forward. In all positions, keep the toes relaxed. (This can be done outdoors by relaxing one leg while the other leg does most of the work.) Complete 4 - 6 x (30 secs right leg, 30 secs left leg, 2 mins both legs at 90+ rpm) Keep intensity primarily in Zones 1 - 2 + stretch	REST	120 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 This workout is used for endurance training and the beginning of lactate threshold training. Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch
Week 8	REST	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	45 MINS PEDALLING TECHNIQUE : 30 SEC R LEG, 30 SEC L LEG, 2:00 BOTH After a warm-up, with light resistance on an indoor trainer, do 100 percent of the work with the right leg while the left leg is or resting on a stool. The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving toes forward. In all positions, keep the toes relaxed. (This can be done outdoors by relaxing one leg while the other leg does most of the work.) Complete 4 - 6 x (30 secs right leg, 30 secs left leg, 2 mins both legs at 90+ rpm) Keep intensity primarily in Zones 1 - 2 + stretch	REST	150 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch

Week 9	REST	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	45 MINS PEDALLING TECHNIQUE : 30 SEC R LEG, 30 SEC L LEG, 2:00 BOTH After a warm-up, with light resistance on an indoor trainer, do 100 percent of the work with the right leg while the left leg is or resting on a stool. The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving toes forward. In all positions, keep the toes relaxed. (This can be done outdoors by relaxing one leg while the other leg does most of the work.) Complete 4 - 6 x (30 secs right leg, 30 secs left leg, 2 mins both legs at 90+ rpm) Keep intensity primarily in Zones 1 - 2 + stretch	REST	180 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 10	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch	REST	75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST
Week 11	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	210 MINS CUSTOM @ ZONES 1 - 5A Ride a course with sections similar to your challenge target course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1-5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 12	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS: 5 x 5 MINS @ THRESHOLD EFFORT After a good warm-up, complete 5 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	210 MINS CUSTOM @ ZONES 1 - 5A Ride a course with sections similar to your challenge target course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1-5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 13	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch	REST	75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST
Week 14	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS: 4 x 6 MINS @ THRESHOLD EFFORT After a good warm-up, complete 4 x 6 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	270 MINS CUSTOM RIDE OR SPORTIVE @ ZONES 1 - 5A Ride a course with sections similar to your challenge course target. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1-5a. The goal of the ride is not to maximize time in the higher zones so be careful not to over do it + stretch	REST
Week 15	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS: 3 x 8 MINS @ THRESHOLD EFFORT After a good warm-up, complete 3 x 8 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	300 MINS CUSTOM RIDE OR SPORTIVE @ ZONES 1 - 5A Ride a course with sections similar to your challenge course target. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1-5a. The goal of the ride is not to maximize time in the higher zones so be careful not to over do it + stretch	REST

Week 16	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch	REST	75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST
Week 17	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS: 3 x 8 MINS @ THRESHOLD EFFORT After a good warm-up, complete 3 x 8 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	300 MINS CUSTOM RIDE OR SPORTIVE @ ZONES 1 - 5a Ride a course with sections similar to your challenge course target. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1 - 5a. The goal of the ride is not to maximize time in the higher zones so be careful not to over do it + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1-2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. + stretch
Week 18	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS: 2 x 10 MINS @ THRESHOLD EFFORT After a good warm-up, complete 2 x 10 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	30 MINS RECOVERY RIDE @ 90RPM On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	180 MINS CUSTOM RIDE Go on feel with time in all zones but don't spend large amounts of time in zones 4 - 5a + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1-2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. + stretch
Week 19	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS: 2 x 10 MINS @ THRESHOLD EFFORT After a good warm-up, complete 2 x 10 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	30 MINS RECOVERY RIDE @ 90RPM On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	90 MINS EASY EFFORT LONG RIDE @ ZONES 1-2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1-2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. + stretch
Week 20	REST	45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	REST	30 MINS RECOVERY RIDE @ 90RPM On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	30 MINS EASY RIDE AND PRE CHALLENGE CHECK @ ZONES 1 - 2 Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to tomorrow + stretch	100 Mile Ride Challenge