

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23/3	24/3	25/3	26/3	27/3	28/3	29/3
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence - Flat terrain for all speed workouts</b> Duration (P): 1:00:00 <b>Workout Description:</b> 30 mins high cadence easy spin . 6 x (30 secs FAST/1 min easy) . Easy spin to finish	<b>Strength : Core Exercise - See recommended exercises</b> Duration (P): 0:30:00	<b>Bike : STR - Building leg strength with low rpms</b> Duration (P): 1:00:00 <b>Workout Description:</b> 20 mins 90+ rpms . 4 x (3 mins at 75 rpms/2 mins 95 rpms) . 20 mins easy to finish	<b>Strength : Strength Workout</b> Duration (P): 0:30:00	<b>Day Off : Rest Day</b>	<b>Bike : ENDURANCE - flat or rolling terrain</b> Duration (P): 1:00:00 <b>Workout Description:</b> Enjoy a long 1 hour ride keeping your cadence above 90 for as much as you can.
<b>Planned: Bike: 3:00:00 Strength: 1:00:00 Total: 4:00:00</b>						
30/3	31/3	1/4	2/4	3/4	4/4	5/4
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence</b> Duration (P): 1:15:00 <b>Workout Description:</b> 30 mins 90+ rpms . 8 x (1 min FAST/1 min easy) . Easy spin to finish	<b>Strength : Core Exercise - See recommended exercises</b> Duration (P): 0:30:00	<b>Bike : STR</b> Duration (P): 1:00:00 <b>Workout Description:</b> 20 mins easy high cadence spin . 2 x (3 mins at 75 rpms/2 mins 95 rpms) . 20 mins easy to finish	<b>Strength : Strength Workout</b> Duration (P): 0:30:00	<b>Bike : Optional Ride</b> Duration (P): 1:00:00 <b>Workout Description:</b> 30 mins 95 rpms . 2 x (8 mins 80 rpms/2 mins 95) . 95 rpms to finish	<b>Bike : ENDURANCE</b> Duration (P): 1:30:00 <b>Workout Description:</b> Enjoy a long 90 min ride keeping your cadence above 90 for as much as you can.
<b>Planned: Bike: 4:45:00 Strength: 1:00:00 Total: 5:45:00</b>						
6/4	7/4	8/4	9/4	10/4	11/4	12/4
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence -</b> Duration (P): 1:15:00 <b>Workout Description:</b> 30 mins 90+ rpms . 12 x (1 min FAST/1 min easy) . Easy spin to finish	<b>Strength : Core Exercise - See recommended exercises</b> Duration (P): 0:30:00	<b>Bike : STR</b> Duration (P): 1:00:00 <b>Workout Description:</b> 30 mins easy high cadence spin . 3 x (3 mins at 70 rpms/3 mins 95 rpms) . Easy to finish	<b>Strength : Strength Workout</b> Duration (P): 0:30:00	<b>Bike : Optional Ride</b> Duration (P): 1:30:00 <b>Workout Description:</b> 30 mins 95 rpms . 3 x (8 mins 80 rpms/2 mins 95) . 95 rpms to finish	<b>Bike : ENDURANCE - pick a rolling course</b> Duration (P): 2:00:00 <b>Workout Description:</b> Focus on a good pedal stroke, head up and holding your line. 90+ rpms for the entire ride

Planned: Bike: 5:45:00 Strength: 1:00:00 Total: 6:45:00

13/4	14/4	15/4	16/4	17/4	18/4	19/4
<b>Day Off : Rest Day</b> <b>Other : Recovery Week</b>	<b>Bike : High Cadence</b> <b>Duration (P): 1:00:00</b> <b>Workout Description:</b> 30 mins 90+ rpms . 4 x (1 min FAST/1 min easy) . Easy spin to finish	<b>Strength : Core Exercise</b> <b>Duration (P): 0:30:00</b> <b>Workout Description:</b> 10 x 1 minute planks . 3 x 10 high plank to low plank and back up . 5 x 20 cycling crunches	<b>Bike : BASE</b> <b>Duration (P): 1:00:00</b> <b>Workout Description:</b> Easy ride at 90+ rpms	<b>Strength : Strength Workout</b> <b>Duration (P): 0:30:00</b>	<b>Day Off : Rest Day</b>	<b>Bike : ENDURANCE flat terrain</b> <b>Duration (P): 1:30:00</b> <b>Workout Description:</b> Focus on a good pedal stroke, head up and holding your line. 90+ rpms for the entire ride

Planned: Bike: 3:30:00 Strength: 1:00:00 Total: 4:30:00

20/4	21/4	22/4	23/4	24/4	25/4	26/4
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence -</b> <b>Duration (P): 1:15:00</b> <b>Workout Description:</b> 30 mins 90+ rpms . 12 x (1 min FAST/1 min easy) . Easy spin to finish	<b>Strength : Core Exercise - see recommended exercises</b> <b>Duration (P): 0:30:00</b>	<b>Bike : STR - Find a hill that you can ride on for at least 8 minutes</b> <b>Duration (P): 1:15:00</b> <b>Workout Description:</b> 30 mins 90+ rpms . Start at the bottom of the hill: 3 x (5 mins uphill as fast as you can work/recovery is on the downhill to the bottom of the hill. Rest 2 more minutes and then do it again) . 90+ rpms to finish time	<b>Strength : Strength Workout</b> <b>Duration (P): 0:30:00</b>	<b>Bike : Optional Ride</b> <b>Duration (P): 1:00:00</b> <b>Workout Description:</b> 30 mins 95 rpms . 2 x (8 mins 80 rpms/2 mins 95) . 95 rpms to finish	<b>Bike : ENDURANCE - time to climb - Lookout mountain</b> <b>Duration (P): 2:15:00</b> <b>Workout Description:</b> Do a long ride that includes riding Lookout Mountain from the Golden side. Work out on your descending skills on the way down

Planned: Bike: 5:45:00 Strength: 1:00:00 Total: 6:45:00

27/4	28/4	29/4	30/4	1/5	2/5	3/5
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence</b> <b>Duration (P): 1:15:00</b> <b>Workout Description:</b> 30 mins 90+ rpms . 5 x (3 mins FAST/3 mins easy) . Easy spin to finish	<b>Strength : Core Exercise - see recommended exercises</b> <b>Duration (P): 0:30:00</b>	<b>Bike : STR</b> <b>Duration (P): 1:15:00</b> <b>Workout Description:</b> 30 mins 90+ rpms . Start at the bottom of the hill: 3 x (5 mins uphill as fast as you can work/recovery is on the downhill to the bottom of the hill. Rest 2 more minutes and then do it again) . 90+ rpms to finish time	<b>Strength : Strength Workout</b> <b>Duration (P): 0:30:00</b>	<b>Bike : Optional Ride</b> <b>Duration (P): 1:20:00</b> <b>Workout Description:</b> 40 mins 90 rpms+ . 2 x (12 mins 75-80 rpms/5 mins 95) . 95 rpms to finish	<b>Bike : ENDURANCE - Hill Climb</b> <b>Duration (P): 2:45:00</b> <b>Workout Description:</b> Pick a local ride that includes a long climb like Lookout Mountain, Hess Hill or Deer Creek

Planned: Bike: 6:35:00 Strength: 1:00:00 Total: 7:35:00

4/5	5/5	6/5	7/5	8/5	9/5	10/5
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence</b>	<b>Strength : Core</b>	<b>Bike : STR</b>	<b>Strength : Strength</b>	<b>Bike : Optional Ride</b>	<b>Bike : ENDURANCE -</b>

	<b>Duration (P):</b> 1:15:00 <b>Workout Description:</b> 30 mins 90+ rpms . 6 x (3 mins FAST/3 mins easy) . Easy spin to finish	<b>Exercise - see recommended exercises</b> <b>Duration (P):</b> 0:30:00	<b>Duration (P):</b> 1:15:00 <b>Workout Description:</b> 30 mins 90+ rpms . Start at the bottom of the hill: 4 x (5 mins uphill as fast as you can work/recovery is on the downhill to the bottom of the hill. Rest 2 more minutes and then do it again) . 90+ rpms to finish time	<b>Workout Duration (P):</b> 0:30:00	<b>Duration (P):</b> 2:20:00 <b>Workout Description:</b> 1:20 at 95 rpms . 3 x (12 mins 75-80 rpms/5 mins 95) . 95 rpms to finish	<b>Pick a ride in the foothills</b> <b>Duration (P):</b> 3:30:00 <b>Workout Description:</b> Keep your rpms above 90 as much as possible.
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**Planned: Bike: 8:20:00 Strength: 1:00:00 Total: 9:20:00**

11/5	12/5	13/5	14/5	15/5	16/5	17/5
<b>Day Off : Rest Day</b> <b>Other : Recovery Week</b>	<b>Bike : BASE</b> <b>Duration (P):</b> 1:00:00 <b>Workout Description:</b> Easy 95 rpms ride on flat terrain	<b>Strength : Core Exercise</b> <b>Duration (P):</b> 0:30:00 <b>Workout Description:</b> 10 x 1 minute planks . 3 x 10 high plank to low plank and back up . 5 x 20 cycling crunches	<b>Bike : STR - rolling course</b> <b>Duration (P):</b> 1:30:00 <b>Workout Description:</b> Go for a 90 minute ride on a hilly course. Work hard on the hills and recover on the downhills	<b>Strength : Strength Workout</b> <b>Duration (P):</b> 0:30:00	<b>Day Off : Rest Day</b>	<b>Bike : ENDURANCE flat terrain</b> <b>Duration (P):</b> 2:00:00 <b>Workout Description:</b> Relax and do a long ride around town that is flat or rolling

**Planned: Bike: 4:30:00 Strength: 1:00:00 Total: 5:30:00**

18/5	19/5	20/5	21/5	22/5	23/5	24/5
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence</b> <b>Duration (P):</b> 1:30:00 <b>Workout Description:</b> 30 mins 90+ rpms . 6 x (5 mins FAST/3 mins easy) . Easy spin to finish	<b>Strength : Core Exercise - see recommended exercises</b> <b>Duration (P):</b> 0:30:00	<b>Bike : STR - Need a hill that is 8 minutes long</b> <b>Duration (P):</b> 1:20:00 <b>Workout Description:</b> 20 mins 90+ rpms warm up . Start at the bottom of the hill: 4 x (6 mins uphill as fast as you can go/recovery on the downhill and rest 2-3 minutes at the bottom) . 90+ rpms to finish	<b>Strength : Strength Workout</b> <b>Duration (P):</b> 0:30:00	<b>Bike : Optional Ride</b> <b>Duration (P):</b> 3:00:00 <b>Workout Description:</b> 1:30 90+ rpms . 4 x (10 mins 75-80 rpms/5 mins 95) . 95 rpms to finish	<b>Bike : ENDURANCE - long ride</b> <b>Duration (P):</b> 3:30:00 <b>Workout Description:</b> Pick a course that is fun and interesting. Climb as much as you can.

**Planned: Bike: 9:20:00 Strength: 1:00:00 Total: 10:20:00**

25/5	26/5	27/5	28/5	29/5	30/5	31/5
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence</b> <b>Duration (P):</b> 1:30:00 <b>Workout Description:</b> 30 mins 90+ rpms . 4 x (7 mins FAST/3 mins easy)	<b>Strength : Core Exercise - see recommended exercises</b> <b>Duration (P):</b> 0:30:00	<b>Bike : STR -Use your 8 minute hill</b> <b>Duration (P):</b> 1:25:00 <b>Workout Description:</b> 30 mins 90+ rpms warm up .	<b>Strength : Strength Workout</b> <b>Duration (P):</b> 0:30:00	<b>Bike : Optional Ride</b> <b>Duration (P):</b> 1:30:00 <b>Workout Description:</b> 30 mins 90+ rpms . 2 x (15 mins 75-80 rpms/5 mins 95)	<b>Bike : ENDURANCE</b> <b>Duration (P):</b> 4:00:00 <b>Workout Description:</b> The point of this ride is to be in the saddle for the full time. Find a ride that is fun.

	Easy spin to finish		Start at the bottom of the hill: 6 x (3 mins uphill FAST/downhill to bottom is recovery + 2 minutes) 90+ rpms to finish		95 rpms to finish	
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Planned: Bike: 8:25:00 Strength: 1:00:00 Total: 9:25:00

1/6	2/6	3/6	4/6	5/6	6/6	7/6
<b>Day Off : Rest Day</b>	<b>Bike : High Cadence</b> Duration (P): 1:30:00 Workout Description: 30 mins 90+ rpms 6 x (5 mins FAST/3 mins easy) Easy spin to finish	<b>Strength : Core Exercise - see recommended exercises</b> Duration (P): 0:30:00	<b>Bike : STR - rolling course</b> Duration (P): 1:30:00 Workout Description: Ride the hills strong and confidently. Spin at 90+ rpms the entire ride	<b>Strength : Strength Workout</b> Duration (P): 0:30:00	<b>Bike : Optional Ride</b> Duration (P): 1:15:00 Workout Description: 30 mins 90+ rpms 2 x (15 mins 75-80 rpms/5 mins 95) 95 rpms to finish	<b>Bike : ENDURANCE - Last one!</b> Duration (P): 4:30:00 Workout Description: The point of this ride is to be in the saddle for the full time. Find a ride that is fun.

Planned: Bike: 8:45:00 Strength: 1:00:00 Total: 9:45:00

8/6	9/6	10/6	11/6	12/6	13/6	14/6
<b>Day Off : Rest Day</b> <b>Other : Taper Week</b>	<b>Bike : High Cadence</b> Duration (P): 0:45:00 Workout Description: 20 mins easy spin 10 x (1 min FAST high cadence spin/1mins easy spin) 20 mins easy	<b>Strength : Core Exercise</b> Duration (P): 0:30:00 Workout Description: 10 x 1 minute planks 3 x 10 high plank to low plank and back up 5 x 20 cycling crunches	<b>Day Off : Day Off</b>	<b>Bike : Easy Spin</b> Duration (P): 0:30:00 Workout Description: Check your bike and make sure it is ready to roll	<b>Race : Race Weekend</b> Distance (P): 62 miles	

Planned: Bike: 1:15:00 Strength: 30:00 Race: 62 mi Total: 1:45:00