



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20/4	21/4	22/4	23/4	24/4	25/4	26/4
Day Off : Rest Day	Bike : High Cadence - Flat terrain for all speed workouts Duration (P): 1:00:00 Workout Description: 30 mins high cadence easy spin . 6 x (30 secs FAST/1 min easy) . Easy spin to finish	Strength : Core Exercise - See recommended exercises Duration (P): 0:30:00	Bike : STR - Building leg strength with low rpms Duration (P): 1:00:00 Workout Description: 20 mins 90+ rpms . 4 x (3 mins at 75 rpms/2 mins 95 rpms) . 20 mins easy to finish	Strength : Strength Workout Duration (P): 0:30:00	Day Off : Rest Day	Bike : ENDURANCE - flat or rolling terrain Duration (P): 1:00:00 Workout Description: Enjoy a long 1 hour ride keeping your cadence above 90 for as much as you can.
Planned: Bike: 3:00:00 Strength: 1:00:00 Total: 4:00:00						
27/4	28/4	29/4	30/4	1/5	2/5	3/5
Day Off : Rest Day	Bike : High Cadence Duration (P): 1:15:00 Workout Description: 30 mins 90+ rpms . 8 x (1 min FAST/1 min easy) . Easy spin to finish	Strength : Core Exercise - See recommended exercises Duration (P): 0:30:00	Bike : STR Duration (P): 1:00:00 Workout Description: 20 mins easy high cadence spin . 2 x (3 mins at 75 rpms/2 mins 95 rpms) . 20 mins easy to finish	Strength : Strength Workout Duration (P): 0:30:00	Bike : Optional Ride Duration (P): 1:00:00 Workout Description: 30 mins 95 rpms . 2 x (8 mins 80 rpms/2 mins 95) . 95 rpms to finish	Bike : ENDURANCE Duration (P): 1:30:00 Workout Description: Enjoy a long 90 min ride keeping your cadence above 90 for as much as you can.
Planned: Bike: 4:45:00 Strength: 1:00:00 Total: 5:45:00						
4/5	5/5	6/5	7/5	8/5	9/5	10/5
Day Off : Rest Day	Bike : High Cadence - Duration (P): 1:15:00 Workout Description: 30 mins 90+ rpms . 12 x (1 min FAST/1 min easy) . Easy spin to finish	Strength : Core Exercise - See recommended exercises Duration (P): 0:30:00	Bike : STR Duration (P): 1:00:00 Workout Description: 30 mins easy high cadence spin . 3 x (3 mins at 70 rpms/3 mins 95 rpms) . Easy to finish	Strength : Strength Workout Duration (P): 0:30:00	Bike : Optional Ride Duration (P): 1:30:00 Workout Description: 30 mins 95 rpms . 3 x (8 mins 80 rpms/2 mins 95) . 95 rpms to finish	Bike : ENDURANCE - pick a rolling course Duration (P): 2:00:00 Workout Description: 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

11/5	12/5	13/5	14/5	15/5	16/5	17/5
Day Off : Rest Day	Bike : High Cadence - Duration (P): 1:15:00 Workout Description: 30 mins 90+ rpms . 12 x (1 min FAST/1 min easy) . Easy spin to finish	Strength : Core Exercise 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	Bike : STR - Find a hill that you can ride on for at least 8 minutes Duration (P): 1:15:00 Workout Description: 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	Strength : Strength Workout Duration (P): 0:30:00	Bike : Optional Ride Duration (P): 1:30:00 Workout Description: 30 mins 95 rpms . 3 x (8 mins 80 rpms/2 mins 95) . 95 rpms to finish	Bike : ENDURANCE - time to climb - Lookout mountain Duration (P): 2:30:00 Workout Description: 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: 6:30:00 Strength: 1:00:00 Total: 7:30:00

18/5	19/5	20/5	21/5	22/5	23/5	24/5
Other : Recovery Week Day Off : Rest Day	Bike : High Cadence Duration (P): 1:00:00 Workout Description: 30 mins 90+ rpms . 4 x (1 min FAST/1 min easy) . Easy spin to finish	Strength : Core Exercise - see recommended exercises Duration (P): 0:30:00	Bike : BASE Duration (P): 1:00:00 Workout Description: Easy ride at 90+ rpms	Strength : Strength Workout Duration (P): 0:30:00	Bike : Optional Ride Duration (P): 1:00:00 Workout Description: 30 mins 95 rpms . 2 x (8 mins 80 rpms/2 mins 95) . 95 rpms to finish Day Off : Rest Day	Bike : ENDURANCE flat terrain Duration (P): 1:30:00 Workout Description: Focus on a good pedal stroke, head up and holding your line. 90+ rpms for the entire ride

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

25/5	26/5	27/5	28/5	29/5	30/5	31/5
Day Off : Rest Day	Bike : High Cadence Duration (P): 1:15:00 Workout Description: 30 mins 90+ rpms . 5 x (3 mins FAST/3 mins easy) . Easy spin to finish	Strength : Core Exercise - see recommended exercises Duration (P): 0:30:00	Bike : STR Duration (P): 1:15:00 Workout Description: 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	Strength : Strength Workout Duration (P): 0:30:00	Bike : Optional Ride Duration (P): 1:20:00 Workout Description: 40 mins 90 rpms+ . 2 x (12 mins 75-80 rpms/5 mins 95) . 95 rpms to finish	Bike : ENDURANCE - Hill Climb Duration (P): 3:00:00 Workout Description: Pick a local ride that includes a long climb like Lookout Mountain, Hess Hill or Deer Creek

Planned: Bike: 6:50:00 Strength: 1:00:00 Total: 7:50:00

1/6	2/6	3/6	4/6	5/6	6/6	7/6
Day Off : Rest Day	Bike : High Cadence	Strength : Core	Bike : STR	Strength : Strength	Bike : Optional Ride	Bike : ENDURANCE -

	Duration (P): 1:15:00 Workout Description: 30 mins 90+ rpms . 6 x (3 mins FAST/3 mins easy) . Easy spin to finish	Exercise - see recommended exercises Duration (P): 0:30:00	Duration (P): 1:15:00 Workout Description: 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	Workout Duration (P): 0:30:00	Duration (P): 2:20:00 Workout Description: 1:20 at 95 rpms . 3 x (12 mins 75-80 rpms/5 mins 95) . 95 rpms to finish	Pick a ride in the foothills Duration (P): 4:00:00 Workout Description: Keep your rpms above 90 as much as possible.
--	---	---	---	--------------------------------------	---	--

Planned: Bike: 8:50:00 Strength: 1:00:00 Total: 9:50:00

8/6	9/6	10/6	11/6	12/6	13/6	14/6
Day Off : Rest Day Other : Taper Week	Bike : High Cadence 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	Strength : Core Exercise 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	Day Off : Day Off	Bike : Easy Spin Duration (P): 0:30:00 Workout Description: Check your bike and make sure it is ready to roll	Race : Race Weekend Distance (P): 62 miles	

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