

Whatever your distance goal, you must develop a strong cardiovascular system (heart, blood & vessels), pulmonary system (lungs) and muscular system (muscles). In order for these systems to increase endurance and strength, they must be gradually taxed by working against a load greater than used to. With proper rest, adaptation occurs as the body programs the systems to become stronger and develop stamina. The result is positive training adaptations. Because we all are unique individuals, we will all have different responses to load/response training...meaning that "one size does not fit all" when it comes to training.

The following training plans are designed to develop endurance, strength and power, based on periodization of distance and intensity. Periodization is the technique of varying training in weekly and monthly periods. The goal is to manipulate the training variables and different energy systems, alternating the variables with proper rest. The body takes action to the demands with a response called adaptation, getting used to the stress so the activity becomes easier to perform.

At first, you may find the distance and focus challenging and your muscles somewhat sore when you begin. However, by gradually incorporating the techniques and balancing the stress with recovery, your body will begin to adapt and improve.

As stated earlier, everyone is an individual and a one size fits all training plan does not exist. Use the plan as a general guideline and adjust accordingly. Specific plans that are unique to you are available. Read the plan as follows:

Week: States the training week of the plan. This plan is based on 16 weeks.

Target: Your total goal miles for the week.

Interval: Incorporate periods of higher intensity work and rest, boosting threshold, strength, power and speed. Choose one of the following:

- **Ride hard Zone 3, 4, or 5** for 1-10 minutes, then easy for 3-5 minutes. After the rest period repeat as many times as possible. Increase the time and decrease the recovery as an option. The lower the intensity, the longer your work bout will be and vice versa. You can focus on repeating the same duration/intensity or mix it up. These sessions will build power and speed.
- **Work the hills** to build muscular endurance, strength and power. Incorporate some of the following options when climbing:
 - Stay in your big chain ring and slow the cadence . . . stay seated.
 - Transition in/out of the saddle, adjusting gears accordingly, all of the way uphill.
 - Sit or stand and accelerate the last ¼ of the hill.
 - Sustain a power output or cadence as long as possible.
 - Climb the hill as fast as you can, watching your time. Descend and repeat at the same time or quicker. Repeat several times.
 - Repeat a major climb many times, choosing a new focus each time.
- **Fartlek Ride** Go hard when you want and easy when you want. You can set markers as ride hard from one telephone pole to the next or race to the next mailbox, etc.

Easy: Ride easy, primarily in Training Zone 1-2.

Pace: Steady state moderate-hard sustained efforts. Ride below your threshold Zone 3 at a fast tempo, but not too fast so you can not sustain the effort. Sustain this effort uninterrupted, working to hold for 45-60 minutes. Ride easy between tempo efforts, as necessary. Include all terrain.

Long: A long ride based on getting the miles in. This will build stamina to endure the saddle for long durations and build confidence in your ability to go the distance. You will also learn how to stay properly hydrated and fueled on long rides. Incorporate all types of terrain and ride routes on the actual course (or simulating) as possible. Intensity is not the focus today. Get your miles in.

Weekly Dist: Total weekly miles.

YTD Dist: Total miles to date.

YTD Pro: Projected total miles to date.

Optl: Optional training day.

Training Zones	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
POWER	up to 60% TH	60-85% TH	85-105% TH	105+% TH	Max Effort
HEART RATE	up to 65% MHR	65-85% MHR	80-85% MHR	85+% MHR	Max Effort
RPE	1-2 easy	3-4 moderate	5-6-7 hard	7-8-9 very hard	9-10 extreme

CAUTION: Before starting any program, consult with your physician or health professional. He or she can help establish the exercise appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

Microsoft Excel - DDD 100K Training Log.xls

	A	B	C	D	E	F	G	H	I	J	K
131											
1	DATE	WEEK	Target	INTLV	EASY	PACE	LONG	EASY	Wkly Dist	YTD Dist	YTD Proj
2	4/27	1	45	10	10		17	10	47	47	45
3	5/4	2	50	10	10		19	10	49	97	95
4	5/11	3	54	10	11		22	11	54	150	149
5	5/18	4	45	0	10	10	17	10	47	198	194
6	5/25	5	60	10	13		24	13	60	258	254
7	6/1	6	66	10	15		27	15	67	324	320
8	6/8	7	72	10	16		30	16	72	396	392
9	6/15	8	36	0	10	10	17		37	433	428
10	6/22	9	80	12	17		33	17	79	512	508
11	6/29	10	88	12	20		36	20	88	600	596
12	7/6	11	96	15	20		41	20	96	696	692
13	7/13	12	48	0	17	10	20		47	743	741
14	7/20	13	106	15	23		45	23	106	849	847
15	7/27	14	117	0	26	15	50	26	117	966	963
16	8/3	15	58	0	14		31	14	59	1025	1022
17	8/10	16	92	0	15	0	62	15	92	1117	1114
18								OPT'L			

Microsoft Excel - DDD 200K Training Log.xls

	A	B	C	D	E	F	G	H	I	J	K
113											
1	DATE	WEEK	Target	INTLV	EASY	PACE	LONG	EASY	Wkly Dist	YTD Dist	YTD Proj
2	4/27	1	90	10	18	10	35	18	91	91	90
3	5/4	2	99	12	18	12	39	18	99	190	189
4	5/11	3	109	15	18	15	43	18	109	299	298
5	5/18	4	90	0	23	10	35	23	91	390	388
6	5/25	5	120	10	26	10	48	26	120	509	508
7	6/1	6	132	12	27	12	53	27	131	640	639
8	6/8	7	145	15	28	15	59	28	145	786	784
9	6/15	8	72	0	14	10	35	14	73	858	857
10	6/22	9	159	15	32	15	66	32	160	1018	1016
11	6/29	10	175	18	33	18	73	33	175	1193	1192
12	7/6	11	193	18	38	18	81	38	193	1386	1385
13	7/13	12	96	0	23	10	41	23	97	1482	1481
14	7/20	13	212	20	41	20	90	41	212	1694	1693
15	7/27	14	233	20	47	20	100	47	234	1928	1927
16	8/3	15	117	0	20	15	62	20	117	2045	2043
17	8/10	16	154	0	20	0	124	10	154	2199	2197
18								OPT'L			

