







Week 17

July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

Week 18

July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

Week 19

July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

Week 20

Aug	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

Week 21

Aug	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

Week 22

Aug	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

Week 23

Aug	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

**TRAINING STAGE 3: *The Heavy Load*** (August 21 – September 24) hopefully, you are excited about testing yourself and your fitness by really ramping it up at this point. You are fit and ready to test yourself. The result of your spring and summer should be significant growth and blossoming confidence! Make no mistake, this period will hurt and will be challenging ... it will also be highly rewarding! 8/21 – 9/24 represents a 5 week period where you will increase time and distance for 2 weeks, then enjoy a recovery week, then increase time and distance again for 2 more weeks. If you have been able to keep within the training time allotted above, then the 5 week period should look something

similar to: 8/21 – 9/3 ride 8 – 12 hours per week (approximately 175 miles), 9/4 – 9/10 recovery riding by low intensity spinning / decrease ride time during this week to 4 – 6 hours, and finally from 9/11 – 9/24 ride 10 – 14 hours per week. PHEW! This will be a difficult period of taxing all your systems—your fitness, your patience, your dedication, your confidence, your optimism, and maybe even your belief that it’s really worth it. Well, it is! All of the work is finally done; it is time to allow all of your systems to recover FULLY for the next 2 weeks!

Sample Workout for Training Stage (Weekly Total Time Goal: 8-12 hrs; 10 – 14hrs)

M: Off  
 Tu: Off  
 We: 1.5 Hours  
 Th: 2.0 Hours  
 Fr: 1.5 Hours  
 Sa: 3.5 Hours  
 Su: 3.5 Hours  
**Total: 12 Hours**

Week 24

Aug	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

Week 25

Sept	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

Week 26

Sept	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Mileage								
Time								

**TRAINING STAGE 4: *The Taper* (September 25 – October 8)** Recovery, recovery, recovery! Time to heal, get fresh, and harness our enthusiasm for the adventure ahead—too many factors will be unpredictable (weather, traffic, mechanical issues, etc.) for you not to be fully energized and mentally fresh. Give your bike a tune up, make sure you have all of your gear ready to go. Try to ride 4 – 6 hours the last week of September and 2 – 4 hours the first week in October. You will want to fight this drop off as you think you should be doing more, more, more. You may become irascible and edgy due to the dramatic drop off in energy output. Relax. You can do nothing more to improve your conditioning in the last two weeks, BUT you can diminish your readiness by doing too much leading into October 9<sup>th</sup>! All your work is done. Stay positive and remember you’ve prepared yourself well throughout the entire summer for this

