

## General Training Plan



# Denver Century Ride 2012



Follow this FREE 8 week plan to prepare for the 62mi metric century, 85mi course or 100mi century routes

WEEK	Weekday goals	Weekend Goals
<b>April 23<sup>rd</sup> to April 29<sup>th</sup></b>	<ul style="list-style-type: none"> <li>-Have at least one day off a week and one very easy ride, no more than 30min.</li> <li>-Strive to get at least 0:45 during all other weekday rides.</li> <li>-Work on pedal drills to increase efficiency while maintaining low to moderate heart rates. (single leg and/or high cadence pedaling)</li> </ul>	<ul style="list-style-type: none"> <li>-Plan out your projected ride time for the Denver Century Ride by dividing the length of your chosen route by your planned average speed. Example 10MPH for 100mi is 10 hours in the saddle not including rest stops. Each week you should increase your weekend ride durations to get closer to this predicted time for you. Start at 50% of your goal time split equally between the two days.</li> </ul>
<b>April 30<sup>th</sup> to May 6<sup>th</sup></b>	<ul style="list-style-type: none"> <li>-Continuation of last week with an increase in durations. Strive for 1:00 per ride.</li> <li>-You should be getting more efficient with your pedaling drills and be able to feel an increase in ability.</li> </ul>	<ul style="list-style-type: none"> <li>-This week increase to 60% of your goal time split between the two rides. Focus on a nice, steady effort for the entire ride. Intensity should be low to moderate for the entire ride with some easy riding at the end to help with recovery.</li> <li>-Focus on hydration and feeding on these long rides</li> </ul>
<b>May 7<sup>th</sup> to May 13<sup>th</sup></b>	<ul style="list-style-type: none"> <li>-Strive for 1:00-1:15 per ride this week.</li> <li>-During one of your rides this week build in some short, 20-30sec efforts of low cadence, all out efforts. Really focus on putting as much force into the pedals as possible. Recover completely before repeating.</li> </ul>	<ul style="list-style-type: none"> <li>-This week increase to 70% of your goal time split between the two rides.</li> <li>Continue to focus on nice, steady riding for the entire duration. Intensity should be light to moderate throughout with some easy riding at the end to help with recovery.</li> <li>-Continue to focus on feeding. Practice makes perfect!</li> </ul>
<b>May 14<sup>th</sup> to May 20<sup>th</sup></b>	<ul style="list-style-type: none"> <li>-Continuation of last week, strive for 1:15-1:30 per ride.</li> <li>-Continue to work on some of the high force, low cadence efforts from last week. Try to complete 2-3 more of these efforts in your workout compared to last week.</li> </ul>	<ul style="list-style-type: none"> <li>-This week increase to 80% of your goal time split between the two rides. Try to get out to some hilly rides to help work on climbing form. Staying seated on climbs will help to strengthen legs, hips and glutes more effectively. Effort should be moderate for the entire ride.</li> </ul>
<b>May 21<sup>st</sup> to May 27<sup>th</sup></b>	<ul style="list-style-type: none"> <li>-You've been working hard, time to let the body recover a little before the final push to event day.</li> <li>-Reduce your weekday rides to around 0:45 and keep the effort easy this week.</li> <li>-Work on maintaining a high cadence during your rides.</li> </ul>	<ul style="list-style-type: none"> <li>-Decrease your weekend rides to 50% of your goal time this week.</li> <li>-Take Saturday's ride nice and easy, low intensity.</li> <li>-On Sunday base your intensity upon how you feel. Feeling well rested, ride moderate to hard. Tired? Take it easy again.</li> </ul>
<b>May 28<sup>th</sup> to June 3<sup>rd</sup></b>	<ul style="list-style-type: none"> <li>-Move your ride time back up to 1:00-1:15 per weekday ride this week.</li> <li>-Hill repeats and group rides will help you push the intensity up.</li> <li>-Focus on pedal stroke, pushing forwards at the top of the stroke and pulling back at the bottom.</li> </ul>	<ul style="list-style-type: none"> <li>-This week sees a decrease to 70% of your goal time split as we begin to taper for event day. Spend some of your time in a bigger gear than normal and switch up the pace on the climbs. Push the effort high and recover to moderate and repeat.</li> <li>-Look to join OES on a 'Practice Ride' check the <a href="#">website</a> for details</li> </ul>
<b>June 4<sup>th</sup> to June 10<sup>th</sup></b>	<ul style="list-style-type: none"> <li>-Reduce weekday rides to 1:00.</li> <li>-Spend some time on extended climbs, in and out of the saddle.</li> <li>-Work in a few short, 2-4min intervals with 2min recovery during one of your training sessions this week.</li> </ul>	<ul style="list-style-type: none"> <li>-A continuation from last with a further decrease to 60% of goal time. Continue to spend time at high intensity on the climbs and mix in a few sprint efforts when riding on the flatter sections.</li> <li>-Look to join OES on a 'Practice Ride' check the <a href="#">website</a> for details</li> </ul>
<b>June 11<sup>th</sup> to June 17<sup>th</sup></b>	<ul style="list-style-type: none"> <li>-Last week before the fun day in the saddle with lots of cycling friends.</li> <li>-Taper this last week by reducing the length of your rides to 0:30-0:45 as well as decreasing the intensity.</li> <li>-You've already put in the hard work, this is a week for recovery.</li> </ul>	<ul style="list-style-type: none"> <li>-You should have your feeding dialed in for long rides and your confidence should be high. Get a good amount of rest in and set aside time to get you and your bike ready to go. Enjoy your day and the scenery!</li> <li>-For Saturday, ride 0:30-0:45 easy to moderate intensity.</li> </ul>

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