

Elephant Rock 2012



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

WEEK	Weekday goals	Weekend Goals
April 9th to April 15th	<ul style="list-style-type: none"> -Have at least one day off a week and one very easy ride. -Strive to get at least 0:45 during all other weekday rides this first week. -Work on pedal drills to increase efficiency while maintaining low to moderate heart rates. (single leg pedaling and/or high cadence pedaling) 	<ul style="list-style-type: none"> -Plan out your projected ride time for Elephant Rock by dividing the length of your chosen route, either 62mi or 100mi, 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.
April 16th to April 22nd	<ul style="list-style-type: none"> -Continuation of last week with an increase in duration to 1:00 per ride. -You should be getting more efficient with your pedaling drills and be able to feel an increase in ability. 	<ul style="list-style-type: none"> -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 with some easy riding at the end to help with recovery. -Focus on hydration and feeding on these long rides.
April 23rd to April 29th	<ul style="list-style-type: none"> -Strive for 1:00-1:15 per ride this week. -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. 	<ul style="list-style-type: none"> -This week increase to 70% of your goal time split between the two rides. -Continue to focus on nice, steady riding for the entire duration. Intensity should be light to moderate. -Continue to focus on feeding. Practice makes perfect!
April 30th to May 6th	<ul style="list-style-type: none"> -Continuation of last week, strive for 1:15-1:30 per ride. -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. 	<ul style="list-style-type: none"> -This week increase to 80% of your goal time split between the two rides. Try to get out to some rolling terrain. Staying seated on hills will help to strengthen legs, hips and glutes more effectively. Effort should be moderate for the entire ride.
May 7th to May 13th	<ul style="list-style-type: none"> -You've been working hard, time to let the body recover a little before the final push to event day. -Reduce your weekday rides to around 0:45 and keep the effort easy this week. -Work on maintaining a high cadence during your rides. 	<ul style="list-style-type: none"> -Decrease your weekend rides to 50% of your goal time this week. -Take Saturday's ride nice and easy, low intensity. -On Sunday base your intensity upon how you feel. Feeling well rested, ride moderate to hard. Tired? Take it easy again.
May 14th to May 20th	<ul style="list-style-type: none"> -Move your ride time back to 1:00-1:15 per weekday ride this week as we start to taper for event day. -Hill repeats, intervals and group rides will help you push the intensity up. -Focus on pedal stroke, pushing forwards at the top of the stroke and pulling back at the bottom. 	<ul style="list-style-type: none"> -This week sees a decrease to 70% of your goal time split between both days. Try to find some longer climbs for your ride. 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. -Look to join OES on a 'Practice Ride' check the website for details
May 21st to May 27th	<ul style="list-style-type: none"> -Reduce weekday rides to 1:00. -Spend some time in and out of the saddle on the hills. -Work in a few short, 2-4min intervals with 2min recovery during one of your training sessions this week. 	<ul style="list-style-type: none"> -A continuation from last week with a further decrease to 60% of goal time. Continue to spend time at higher intensities on the climbs and mix in a few sprint efforts when riding on the flatter sections. -Look to join OES on a 'Practice Ride' check the website for details
May 28th to June 3rd	<ul style="list-style-type: none"> -Last week before the fun day in the saddle with lots of cycling friends. -Taper this last week by reducing the length of your rides to 0:30-0:45 as well as decreasing the intensity. -You've already put in the hard work, this is a week for recovery. 	<ul style="list-style-type: none"> -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! -For Saturday, ride 0:30-0:45 easy to moderate intensity.

By downloading this 'Free Training Plan' you agree to the disclaimer listed on the OES website. Please use with caution and let us know if we can help.