



FREE General Training Plan Colorado Rocky Mountain Bicycle Tour



Follow this FREE training plan beginning on April 23rd

Month	Weekday Goals	Weekend Goals
April/ May	<ul style="list-style-type: none"> -Have at least one day off a week and one very easy ride. -Work on pedal drills to increase efficiency while maintaining low to moderate heart rates (single leg and/or high cadence pedaling) -Include some cycling specific strength training at least once per week. (upper and lower body) -Low to Moderate Intensity during your riding for this first block of training 	<ul style="list-style-type: none"> -Plan out your projected ride time for the longest day of the tour by dividing that day's mileage by your projected avg. speed. Example 10MPH for 40mi is 4hrs in the saddle, not including rest stops. Each month you should increase your weekend ride durations to get closer to the projected time for this day. -Start at 70% of your projected average speed (ex. 70% of 10mph =7mph) and follow the suggested time for each weekend below.
Week-1 (8hrs)	M-Day off T-1hr W-1.5hrs R-1hr F-Very easy 30min	SAT-2hrs SUN-2hrs @ 70% of goal pace
Week-2 (9.5hrs)	M-Day off T-1hr W-1.5hrs R-1hr F-Very easy 30min	SAT-2.5hrs SUN-3hrs @ 75% of goal pace
Week-3 (10.5hrs)	M-Day off T-1.5hrs W-1hr R-1hr F-Very easy 30min	SAT-3hrs SUN-3.5hrs @ 80% of goal pace
Week-4 (11hrs)	M-Day off T-1.5hrs W-1hr R-1hr F-Very easy 30min	SAT-3hrs SUN-4hrs @ 85% of goal pace
Week-5 (9hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-3hr SUN-3hrs @ 90% of goal pace
June	<ul style="list-style-type: none"> -Continuation of last month with an increase in durations. -You should be getting more efficient with your pedaling drills and be able to feel an increase in ability. -It's time to try and get out during the week to ride some rolling terrain. Stay in the saddle when climbing to increase or maintain hip strength. Moderate intensities. 	<ul style="list-style-type: none"> - It's going to be real important to find some extended climbs you can spend time on from here on out. Practice higher cadences and push the moderate intensity towards high for extended durations. -Now is time to hook some of your shorter courses together and get some good high miles in the hills. Spend one day at the low to moderate intensity and the other at moderate to high.
Week-6 (10hrs)	M-Day off T-1hr W-1.5hrs R-1hr F-Very easy 30min	SAT-2.5hrs SUN-3.5hrs @ 95% of goal pace
Week-7 (11hrs)	M-Day off T-1.5hrs W-1hr R-1hr F-Very easy 30min	SAT-3hrs SUN-4hrs @ 95% of goal pace
Week-8 (12hrs)	M-Day off T-1.5hrs W-1.5hrs R-1hr F-Very easy 30min	SAT-3.5hrs SUN-4hrs @ 100% of goal pace
Week-9 (13hrs)	M-Day off T-1hr W-1.5hrs R-1hr F-Very easy 30min	SAT-4hrs SUN-5hrs @ 100% of goal pace
Week-10 (9hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-3hr SUN-3hrs @ 110% of goal pace

Month	Weekday Goals	Weekend Goals
July	-Hill repeats and group rides will help you push the intensity up. -Spend some time on extended climbs, in and out of the saddle. -Also practice your downhill skills and feeding. -Last big block of training before the fun days in the saddle in the Rockies. You should be spending a good amount of time on the bike and doing your best to recover properly.	-Power building time. Spend some of your time in a bigger gear than normal and then switch up the pace on the climbs. Push the effort high and recover to moderate and repeat. -You should have your feeding dialed in for long rides and your fitness and confidence should be high.
Week-11 (12hrs)	M-Day off T-1.5hrs W-1.5hrs R-1hr F-Very easy 30min	SAT-3.5hrs SUN-4hrs @ 110% of goal pace
Week-12 (10hrs)	M-Day off T-1hr W-1.5hrs R-1hr F-Very easy 30min	SAT-2.5hrs SUN-3.5hrs @ 120% of goal pace
Week-13 (9.5hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-3hrs SUN-3.5hrs @ 85% of goal pace
Week-14 (7hrs)	M-Day off T-1hr W-30min R-30min F-Very easy 30min	SAT-2hrs SUN-2.5hrs @ 70% of goal pace
August	-Taper the last week by reducing your rides by half. The bulk of the work is already behind us. It's time to prepare for the tour. Organize yourself so that you're ready to ride back to back days with limited stress and enjoy the time in the Colorado Rockies!	- Get a good amount of rest in the last week prior to the start of the tour on Aug. 5 th . Set aside time to get you and your bike ready to go. Enjoy your daily rides and the scenery!
Week-15 (4hrs)	M-Day off T-1.5hrs W-1hr R-1hr F-Very easy 30min	SAT-Day off/Registration SUN-Creede
Week-16	M-Gunnison T-Montrose W-Telluride R-Off F-Mancos Sat-Pagosa Springs	I hope this plan helped you prepare for CRMBT

Adam Fivehouse, USA Cycling LIII Certified Coach, provides testing and coaching through Optimize Endurance Services.

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Disclaimer: This general training plan is provided as a free benefit to participants of the Colorado Rocky Mountain Bicycle Tour. These are general recommendations only – you should always train within the limits of your personal ability, health, and safety limitations. It is recommended that you consult with your health care provider before beginning any exercise program. No liability, implied or actual, is assumed by Optimize Endurance Services and associated parties or by Colorado Rocky Mountain Bicycle Tour and associated parties for any injury, illness, or other misfortune that may befall participants engaging in the recommended training regimen.