

Ride the Rockies

Beginner 6-10 hours a week begins 3-2-2009

Month	Weekday Goals	Weekend Goals
March	<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) -Include some cycling specific strength training at least once per week. (upper and lower body) -You can throw in some cross training to break up the monotony of the trainer if you're stuck indoors. Still low to moderate intensity. 	<ul style="list-style-type: none"> -Plan out your projected ride time for each day of Ride the Rockies by dividing each day's miles by your average speed. Example 10MPH is 4 hours in the saddle for a 40 mile day, not including rest stops. Each month you should increase your weekend ride durations to get closer to the longest ride days on the 14th/15th of 80 miles back to back. -Start at 70% of your goal average speed and follow the suggested time for each weekend below.
Week-1 (6hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-1hr SUN-2hrs @ 70% of goal pace
Week-2 (6.5hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-1.5hrs SUN-2hrs @ 75% of goal pace
Week-3 (7.5hrs)	M-Day off T-1.5hrs W-30min R-1hr F-Very easy 30min	SAT-1.5hrs SUN-2.5hrs @ 80% of goal pace
Week-4 (8hrs)	M-Day off T-1.5hrs W-30min R-1hr F-Very easy 30min	SAT-1.75hrs SUN-2.75hrs @ 85% of goal pace
Week-5 (6hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-1hr SUN-2hrs @ 90% of goal pace
April	<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 (7hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-1.5hrs SUN-2.5hrs @ 95% of goal pace
Week-7 (8hrs)	M-Day off T-1.5hrs W-30min R-1hr F-Very easy 30min	SAT-2hrs SUN-2.5hrs @ 95% of goal pace
Week-8 (9hrs)	M-Day off T-1.5hrs W-30min R-1hr F-Very easy 30min	SAT-2.5hrs SUN-3hrs @ 100% of goal pace
Week-9 (9.5hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-3hrs SUN-3.5hrs @ 100% of goal pace

Month	Weekday Goals	Weekend Goals
May	-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 weeks before the fun days in the saddle with lots of cycling friends. 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 confidence should be high.
Week-10 (6hrs)	M-Day off T-1hr W-30min R-1hr F-Very easy 30min	SAT-1hr SUN-2hrs @ 110% of goal pace
Week-11 (8hrs)	M-Day off T-1.5hrs W-30min R-1hr F-Very easy 30min	SAT-2hrs SUN-2.5hrs @ 110% of goal pace
Week-12 (9hrs)	M-Day off T-1hr W-30min R-30min F-Very easy 30min	SAT-3hrs 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
June	-Taper the last week by reducing your rides by half. The bulk of the work should be done by early June. It's time to prepare for the tour, make sure your bike is ready to go and 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 14 th and set aside time to get you and your bike ready to go. Enjoy your daily rides and the scenery!
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
Week-15 (3hrs)	M-Day off T-1hr W-1hr R-30min F-Very easy 30min	SAT-Day off/Registration SUN-First day 80 miles
Week-16	M-80 miles T-65 miles W-60 miles R-55 miles F-40 miles	I hope this plan helped you on the RTR

Rob Lockey, CSCS, ACSM/HFS and a USA Cycling LII 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 Ride the Rockies. 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 Ride the Rockies and associated parties for any injury, illness, or other misfortune that may befall participants engaging in the recommended training regimen.