

For more detailed description of each workout see page 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Day 1	*											
	#											
	^											
Day 2	* E1 0.5 hrs	E1 0.5 hrs	E1 0.5 hrs	S 0.5 hrs	S 0.75 hrs	E1 0.5 hrs	S 0.75 hrs	S 0.75 hrs	E1 0.5 hrs	S 0.75 hrs	S 0.75 hrs	E1 0.5 hrs
	# E1 0.5 hrs	E2 0.75 hrs	E1 0.5 hrs	S 0.5 hrs	S 0.5 hrs	E1 0.5 hrs	S 0.5 hrs	S 0.5 hrs	E1 0.5 hrs	S 0.5 hrs	S 0.5 hrs	E1 0.5 hrs
	^ E1 0.75 hrs	E2 0.75 hrs	E1 0.5 hrs	S 0.5 hrs	S 0.5 hrs	E1 0.5 hrs	S 0.5 hrs	S 0.5 hrs	E1 0.5 hrs	S 0.5 hrs	S 0.5 hrs	E1 0.5 hrs
Day 3	*						F 0.5 hrs	F 0.5 hrs		F 0.5 hrs	F 0.5 hrs	
	#			F 0.5 hrs	F 0.5 hrs		F 0.5 hrs	F 0.5 hrs		F 0.75 hrs	F 0.75 hrs	
	^			F 0.75 hrs	F 0.75 hrs		F 0.75 hrs	F 0.75 hrs		F 0.75 hrs	F 0.75 hrs	
Day 4	* E1 0.5 hrs	E2 0.5 hrs	E1 0.5 hrs	F 0.5 hrs	F 0.5 hrs	E1 0.5 hrs			E1 0.5 hrs			F 0.75 hrs
	# E2 0.5 hrs	F 0.5 hrs	F 0.5 hrs			E1 0.5 hrs			E1 0.5 hrs			E1 0.5 hrs
	^ E2 0.75 hrs	F 0.75 hrs	F 0.75 hrs			E1 0.5 hrs			E1 0.5 hrs			E1 0.5 hrs
Day 5	*						E1 0.5 hrs	E1 0.5 hrs		E1 0.5 hrs	E1 0.5 hrs	
	#			E2 0.5 hrs	E2 0.75 hrs		E2 0.75 hrs	E2 0.75 hrs		E2 0.75 hrs	E2 0.75 hrs	
	^			M1 0.5 hrs	M1 0.5 hrs		M1 0.5 hrs	M2 0.5 hrs		M2 0.75 hrs	M2 0.75 hrs	
Day 6	* E1 1.0 hrs	E1 1.0 hrs	E1 1.25 hrs	E1 1.5 hrs	E1 2.0 hrs	E2 1.0 hrs			F 1.0 hrs			E1 1.0 hrs
	# E1 1.5 hrs	E1 1.5 hrs	E1 1.5 hrs			E2 2.0 hrs			F 1.5 hrs			E1 1.0 hrs
	^ E1 2.0 hrs	E1 2.0 hrs	E1 1.5 hrs			F 2.5 hrs			F 1.5 hrs			E1 1.0 hrs
Day 7	*						E2 2.0 hrs	E2 2.0 hrs		F 2.0 hrs	F 2.5 hrs	
	#			E2 2.0 hrs	E2 2.0 hrs		E2 2.5 hrs	E2 2.5 hrs		E2 3.0 hrs	E2 3.0 hrs	
	^			E2 2.0 hrs.	E2 2.5 hrs		F 2.5 hrs	F 2.5 hrs		F 3.0 hrs	F 3.0 hrs	

Key:

- Green(*): Use this if you are not currently exercising
- Blue (#): Use this if you are currently doing 1-3 hours of exercise weekly
- Red (^): Use this if you are currently doing 3+ hours of exercise weekly
- Blank day: This is a day off from cycling

Notes

- Day 1 may be any day of the week
- Your tour will be on week 13; start 12 weeks prior to the tour
- Each letter/number code refers to a style ride specified on pg. 2



Day 1	How to Ride
E1	Ride very easily on a mostly flat course or indoor bike trainer. Use a low gear and keep cadence comfortably high.
E2	Ride a road course with small rolling hills or ride an indoor bike trainer shifting between high and low gears frequently.
S	Work on pedaling and bicycle handling skills. Bicycle Handling Skills
F	Ride a hilly course staying seated on most climbs at a moderately hard effort. Cadence should be no lower than 60 rpm (count right foot for 15 seconds and multiply by 4 for cadence). If you cannot maintain at least 60 rpm on the steepest hills, talk with bike shop about either adding a third chain ring or lower gear sprockets. If this workout hurts your knees substitute for E2.
M1	Following a good warm-up ride, ride non stop for 10 to 15 minutes at a moderate effort on a mostly flat course or indoor bike trainer.
M2	After warming up well, ride 5 minutes at a moderately hard effort on a mostly flat course or indoor bike trainer. Then rest by spinning in a low gear for 2 minutes. Repeat this 2 to 3 times.
M+F	Warm up well. Then on a hill that takes 5 to 6 minutes to ascend, while staying seated, climb 3 to 5 times at a moderately hard effort. Recover after each climb by coasting and spinning down the hill for 3 to 4 minutes before starting up again. Cadence should be no less than 60 rpm on each climb.

