



# 700 MILES TO HOPE

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Off	1½ hr zone 1 & 2 ride	CXT or off	1½ hr zone 1 & 2 ride	CXT or off	1½ hr zone 1 & 2 ride	2 hr zone 1 & 2 ride
2	Off	1½ hr zone 1 & 2 ride	CXT or off	1½ hr zone 1 & 2 ride	CXT or off	1½ hr zone 1 & 2 ride	2 hr zone 1 & 2 ride
3	Off	1½ hr zone 1 & 2 ride	CXT or off	1½ hr zone 1 & 2 ride	CXT or off	2 hr zone 1 & 2 ride	2 hr zone 1, 2 & 3 ride
4	Off	1½ hr zone 1 & 2 ride	CXT or off	1½ hr zone 1 & 2 ride	CXT or off	2 hr zone 1 & 2 ride	2 hr zone 1, 2 & 3 ride
5	Off	1½ hr zone 1 & 2 ride	CXT or off	1½ hr zone 1 & 2 ride	CXT or off	2 hr zone 1 & 2 ride	2 hr zone 1, 2 & 3 ride
6	Off	1 hr zone 1 ride	Off	1 hr zone 1 ride	Off	Off	2 hr zone 1 ride
7	Off	1½ hr zone 1 & 2 ride	CXT or off	Hill workout 2	CXT or off	2 hr zone 1, 2 & 3 ride	3 hr zone 1, 2 & 3 ride
8	Off	1½ hr zone 1 & 2 ride	CXT or off	Hill workout 2	CXT or off	2 hr zone 1, 2 & 3 ride	3 hr zone 1, 2 & 3 ride
9	Off	1½ hr zone 1 & 2 ride	CXT or off	Hill workout 2	CXT or off	2 hr zone 1, 2 & 3 ride	3 hr zone 1, 2 & 3 ride
10	Off	1 hr zone 1 ride	Off	1 hr zone 1 ride	Off	Off	1 hr zone 1 ride

11	Off	Zone 4 effort workout 1	CXT or off	Interval workout 1	CXT or off	Hill workout 3	4 hr zone 1, 2 & 3 ride
12	Off	Zone 4 effort workout 1	CXT or off	Interval workout 1	CXT or off	Hill workout 3	5 hr zone 1, 2 & 3 ride
13	Off	Zone 4 effort workout 1	CXT or off	Interval workout 2	CXT or off	2 hr zone 1 & 2 ride	6 hr zone 1, 2 & 3 ride
14	Off	1 hr zone 1 ride	Off	1 hr zone 1 ride	Off	Off	1 hr zone 1 ride
15	Off	Zone 4 effort workout 2	CXT or off	Interval workout 1	CXT or off	Hill workout 3x2	4 hr zone 1 & 2 ride
16	Off	Zone 4 effort workout 2	CXT or off	Interval workout 2	CXT or off	2 hr zone 1 & 2 ride	6 hr zone 1, 2 & 3 ride
17	Off	Zone 4 effort workout 2	CXT or off	Interval workout 1	CXT or off	Hill workout 3x2	2 hr zone 1, 2 & 3 ride
18	Off	1 hr zone 1 ride	Off	1 hr zone 1 ride	Off	Off	<b>700 miles!</b>

**CXT** - cross-training such as running, walking, hiking, or swimming and core exercises

**Zone 1 ride** - very easy ride on flat terrain.

**Zone 1 & 2 ride** - easy ride on flat to rolling terrain; a little harder than a zone 1 ride but still a very comfortable pace.

**Zone 1, 2 & 3 ride** - moderate ride on rolling to hilly terrain. On the rolling terrain the ride should be similar in effort to the zone 1 & 2 ride. Climb the hills at a steady, moderately hard pace (zone 3).

**Zone 4 effort workout 1** - hard ride on flat terrain. Ride easy in zone 1 & 2 for 20 minutes, then ride hard in zone 4 for 10 minutes, then easy in zone 1 & 2 for 5 minutes, then hard again in zone 4 for 10 minutes. End the ride by riding easy in zone 1 &

2 for 15 minutes. Your 10 minute zone 4 efforts should feel consistently hard the entire 10 minutes. You do not want to start too fast and end up slowing down at the end.

**Zone 4 effort workout 2** - hard ride on flat terrain. Ride easy in zone 1 & 2 for 20 minutes, then ride hard in zone 4 for 15 minutes, then easy in zone 1 & 2 for 5 minutes, then hard again in zone 4 for 15 minutes. End the ride by riding easy in zone 1 & 2 for 15 minutes. Your 10 minute zone 4 efforts should feel consistently hard the entire 10 minutes. You do not want to start too fast and end up slowing down at the end.

**Hill workout 1** - hard ride on hilly terrain. Ride easy in zone 1 & 2 for 20 minutes, then for 30 minutes, every time you come to a hill go hard all the way to the top (zone 4) then go easy in zone 1 & 2 down the hills and on the flats. End the ride by riding easy in zone 1 & 2 for 10 minutes. You should not be going so hard up the hills that you are complete out of breath at the top. If you are out of breath, back off a little on the next hill. You want to find the maximum speed you can go up the hills without having to catch your breath at the top before you keep going. With practice, you will eventually get there.

**Hill workout 2** - hard ride on hilly terrain. Ride easy in zone 1 & 2 for 20 minutes, then for 45 minutes, every time you come to a hill go hard all the way to the top (zone 4) then go easy in zone 1 & 2 down the hills and on the flats. End the ride by riding easy in zone 1 & 2 for 20 minutes. You should not be going so hard up the hills that you are complete out of breath at the top. If you are out of breath, back off a little on the next hill. You want to find the maximum speed you can go up the hills without having to catch your breath at the top before you keep going. With practice, you will eventually get there.

**Hill workout 3** - hard ride on hilly terrain. Ride easy in zone 1 & 2 for 30 minutes, then for 60 minutes, every time you come to a hill go hard all the way to the top (zone 4) then go easy in zone 1 & 2 down the hills and on the flats. End the ride by riding easy in zone 1 & 2 for 30 minutes. You should not be going so hard up the hills that you are complete out of breath at the top. If you are out of breath, back off a little on the next hill. You want to find the maximum speed you can go up the hills without having to catch your breath at the top before you keep going.

**Hill workout 3x2** - the same workout as hill workout 3 accept instead of going hard up the hills for 60 minutes, go hard up the hills for 90 minutes. Everything else is the same.

**Interval workout 1** - hard ride on flat terrain. Ride easy in zone 1 & 2 for 20 minutes, then do 10 intervals where you go all out (zone 5 or 6) for 1 minute followed by 2 minutes of riding very easy riding in zone 1. End the ride by riding easy in zone 1 & 2 for 10 - 20 minutes.

**Interval workout 2** - hard ride on flat terrain. Ride easy in zone 1 & 2 for 20 minutes, then do 15 intervals where you go all out (zone 5 or 6) for 1 minute followed by 2 minutes of riding very easy riding in zone 1. End the ride by riding easy in zone 1 & 2 for 10 - 20 minutes.

### Training Zones

<b>Zone</b>	<b>Description / Purpose</b>
1	Very easy pace / recovery
2	Easy pace, talking is no problem / build endurance & aerobic capacity
3	Medium intensity, hard but a pace you could maintain for quite a while, talking is still possible but is a little more labored / build strength & aerobic capacity
4	Hard pace you could average for a 1 hr. all-out effort, any talking would just be in short phrases or single words / increase "race" pace
5	Pace you could average for a 10 min all-out effort, talking is not possible / increase medium duration power & anaerobic capacity
6	Near maximal – maximal effort / increase short duration power