



## Training Tips & Sample Schedule

Riding 200+ miles in three days is no easy feat, so we recommend you start training today. For your convenience, we've included some training tips below as well as a schedule to help you plan your rides and build up stamina.

### TRAINING

If you are a beginner rider, start with 5 miles and gradually work your way up. Start with 5 miles (3 x per week) until you are comfortable and then gradually add miles until you can ride 20 miles (3 x per week). A goal for training would be to complete a 40 mile trip (generally a person can ride twice as far as their longest training distance for a one-day-ride). Then, you can increase your distance until you can comfortably ride 60 miles (2 x per month).

### LOGGING YOUR MILES

Keep a "ride journal" to keep track of the miles you ride each week as well as the weather, temperature, terrain, heart rate, etc. This will be a great way for you to see your progression and gauge where you are at.

### CARDIOVASCULAR

Don't forget to keep track of your cardiovascular system while training. To check your heart rate, take your pulse for ten seconds and multiply that number by 6. You can refer to any heart rate calculator to find out where your target zone should be.

### TRAINING FOR A CENTURY (100 MILE DAY) SAMPLE SCHEDULE

Week	Mon - Easy	Tue - Pace	Wed - Brisk	Thu	Fri - Pace	Sat - Pace	Sun - Pace	Total Miles
1	6	10	12	Off	10	30	9	77
2	10	13	15	Off	13	44	17	112
3	10	15	17	Off	16	53	20	123
4	11	16	19	Off	16	53	20	135
5	12	18	20	Off	18	59	22	149
6	13	19	23	Off	19	64	24	162
7	14	20	25	Off	20	71	27	177
8	16	20	27	Off	20	75	29	187
9	17	20	30	Off	20	75	32	194
10	19	20	30	Off	10	5	Century	184

### TRAINING STYLES

**Easy:** A leisurely ride where you could ride further without trouble. Breathing remains moderate and you are able to maintain a conversation.

**Pace:** A moderate pace. Heart rate is raised for a duration of the ride. You are able to talk with some difficulty. When finished, you could do more miles, but are ready to stop.

**Brisk:** At the end of your ride, your heart rate should be maxed out; you feel you cannot ride another mile.