

Week 1	
Monday	Rest Day - Off Bike
Tuesday	2 sets legs/core/upper body - 1:15hr ride - stair step intervals w/ 3 - 5min. Rest between
Wednesday	Recovery Day - Short Easy Spin = :30 min. - 1hr.
Thursday	2 sets legs/core/upper body - 1hr ride – 2 tempo efforts w/ 3 - 5min. Rest between
Friday	Recovery Day - Off Bike or Short Easy Spin = :30 min. - 1hr.
Saturday	2 set core/upper body - 1hr ride – 3 fast pedals w/ 3 - 5min. Rest between
Sunday	30 - 35 miles @ moderate pace w/ 2 climbing stands -

Week 2	
Monday	Rest Day - Off Bike
Tuesday	2 sets legs/core/upper body - 1:15hr ride - stair step intervals w/ 3 - 5min. Rest between
Wednesday	Recovery Day - Short Easy Spin = :30 min. - 1hr.
Thursday	2 sets legs/core/upper body - 1hr ride – 2 tempo efforts w/ 3 - 5min. Rest between
Friday	Recovery Day - Off Bike or Short Easy Spin = :30 min. - 1hr.
Saturday	2 set core/upper body - 1hr ride – 4 fast pedals w/ 3 - 5min. Rest between
Sunday	35 - 40 miles @ moderate pace w/ 3 climbing stands

Week 3	
Monday	Rest Day - Off Bike
Tuesday	2 sets legs/core/upper body - 1hr moderate ride -
Wednesday	Recovery Day - Short Easy Spin = :30 min. - 1hr.
Thursday	2 sets core/upper body - 1hr moderate ride
Friday	Recovery Day - Off Bike or Short Easy Spin = :30 min. - 1hr.
Saturday	2 sets core/upper body - 1hr ride – 4 fast pedals w/ 3 - 5min. Rest between
Sunday	45 - 50 miles @ moderate pace w/ 2 climbing stands

Week 4	
Monday	Rest Day - Off Bike
Tuesday	2 sets legs/core/upper body - 1:15hr ride - stair step intervals w/ 3 - 5min. Rest between
Wednesday	Recovery Day - Short Easy Spin = :30 min. - 1hr.
Thursday	2 sets legs/core/upper body - 1hr ride – 2 tempo efforts w/ 3 - 5min. Rest between
Friday	Recovery Day - Off Bike or Short Easy Spin = :30 min. - 1hr.
Saturday	2 sets core/upper body - 1hr ride – 4 fast pedals w/ 3 - 5min. Rest between
Sunday	55 - 60 miles @ moderate pace w/ 2 climbing stands

Week 5	
Monday	Rest Day - Off Bike
Tuesday	1 set legs/core/upper body - 1:15hr ride - 3 stair step intervals w/ 3 - 5min. Rest between
Wednesday	Recovery Day - Short Easy Spin = :30 min. - 1hr.
Thursday	1 set legs/core/upper body - 1hr ride – 1 tempo effort
Friday	Recovery Day - Off Bike or Short Easy Spin = :30 min. - 1hr.
Saturday	2 sets core/upper body - 1hr ride – 4 fast pedals w/ 3 - 5min. Rest between
Sunday	45 - 50 miles @ moderate pace w/ 2 climbing stands

Week 6	
Monday	Rest Day - Off Bike
Tuesday	1 set legs/core/upper body – 1hr moderate ride - 2 stair step intervals w/ 3 - 5min. Rest between
Wednesday	Recovery Day - Short Easy Spin = :30 min. - 1hr.
Thursday	1hr moderate ride
Friday	Recovery Day - Off Bike or Short Easy Spin = :30 min. - 1hr.
Saturday	Chase the Balloons Ride Have a Fun and Safe Ride!
Sunday	Recovery Day - Off Bike or Short Easy Spin = :30 min. - 1hr.

Welcome to **Southwest Cycling Specialists**' 6 week training plan for the **Chase the Balloons Ride** on October 3rd. Use this training plan as guideline to help you prepare for this metric century – 62 miles. Depending on your riding fitness, you can adjust this program by adding or subtracting to help customize this plan for you. Try to pick 2 leg, core, and upper body workouts to do for your 2 set strength workout days. Below are some helpful descriptions of riding workouts. This is just a basic sample of a training program from Southwest Cycling Specialists.

For more detailed training programs with strength workouts designed for cycling and training customized to meet your specific needs, go to www.swcyclingspecialists.com

Always check with your doctor before starting a new training program and ride within your ability. Safety always comes first.

Have FUN be SAFE and Enjoy the RIDE!!

Day Off Bike – is just that, **stay off the bike**. Just relax today. Get a massage, see a movie, just chill out.

Easy Spin or Recovery Day – These days are designed to flush the toxins out of your legs. Stay in zones 1 and 2, or conversation pace. NO big gears. Keep a cadence of 80 to 90 (pedal rotations per minute). Good day to do some extra stretching.

Moderate Rides - These rides are designed to build endurance, just ride and enjoy the scenery. Stay out of zones 4 and 5, no hard efforts, and no pulling. Today is a day to remember why you love to ride your bike.

Stair Step Workouts - Find a nice flat area to ride. Warm up for at least 10 min. When ready to begin, shift into your big chain ring up front and your easier gear in back. Keep your cadence above 80 and increase speed. Drop into a bigger gear in back every specified time increase indicated. *Example: 53x20 (:20 sec.) 53x19 (:20 sec.) and so on.*

Tempo Rides - These rides are designed to increase your body's aerobic workload capacity. Do these rides in the upper part of zone 3, or about a 7 on a scale of 10. 10 would be your max level that you can only hold for a few seconds.

Fast Pedal Rides – These efforts should be done with a very high cadence, 100 to 120. These rides will help smooth out your pedal stroke and work your VO2.

Climbing Stands - These efforts are designed to improve leg strength and coordination. Practice with short 1 minute efforts, then 2 or 3 minutes efforts.