

# goldilocks eight week training program

..... 40 miles

Most women are involved in many activities helping others which often leaves no time for ourselves. The following training program, adapted from *Bicycling* magazine will have you ready for those 100 miles with just 3 training rides per week: one long, one steady, and one speedy.

**LONG RIDE:** In your first week, you'll want to ride 1.5 to 2 hours, or about 20 miles. Let that serve as your foundation which you build upon. You want your long rides to be at a steady pace, typically about 70 to 75 percent of your maximum heart rate (MHR).\* If you don't have a heart rate monitor, think of it as a 7 on a scale of 1 to 10, with 10 being your maximum effort. You should be able to carry on conversation, but you'd get winded if you tried to sing (leave Lady Gaga off the playlist). Most cyclists find that Saturdays or Sundays work best for this long ride, but it really doesn't matter which day you do it, as long as it gets done.

**STEADY RIDE:** During these rides, you want to strive for 2 to 4 intervals which are 15 to 30 minutes each. These intervals should be difficult enough to increase your breathing and raise your heart rate to about 80 to 85 percent of your MHR, or an 8 to 8.5 on that 1 to 10 scale. If you wanted to talk, you could only get out a few words at a time, no long conversations happening at this rate. You want to imagine you are trying to keep up with someone ahead of you, so you are consistently pushing yourself. After the 15 to 30 minute interval, you'll want to give yourself 15 minutes before the next interval where you let your heart rate recover and pedal at a nice comfortable easy pace. What's the purpose of the steady ride? These type of rides will train your body

to ride more briskly, yet still maintain a comfortable state, which in the end, will help you finish that century a little faster and feeling a little fresher.

**SPEED RIDE:** Those riders that love the distance, often skip the speed workouts thinking that they need more and more miles to prepare, not speed. Au contraire my friends. Speed work will actually help your endurance by raising your lactate threshold, the point at which your legs burn so bad they are screaming for you to stop. When you raise that threshold, you can peddle longer, harder, and faster before your body gives up. The goal with speed rides is to do 4 to 6 very hard or maximum effort intervals (a 10 on the 1 to 10 scale) for 30 seconds to 2 minutes. After you've given that maximum effort, recover by doing an easy spin for twice the amount of time as the difficult interval. As you progress over the weeks, you can add more difficulty by doing these into a headwind or up hills, because let's face it, no century is completely flat with no wind (ahhh man!).

Bottom line when it comes to training for a century is to increase your overall mileage week by week. This will help you avoid injury, burnout, or fatigue. You will also be able to detect any issues with your bike or other equipment that you would like to change before the big day. Now, enough talk, let's get out and ride!

*\*To figure out your maximum heart rate, take 220 minus your age. That is your predicted heart rate maximum. Then take that number and multiply it by the various percentages, i.e. 70% or 80%, etc. That is the goal for your heart rate for the specific training day.*

	week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8
<b>monday</b> YOUR CHOICE*								
<b>tuesday</b> SPEED RIDE	20 min.	25 min.	30 min.	30 min.	30 min.	35 min.	30 min.	25 min.
<b>wednesday</b> YOUR CHOICE*								
<b>thursday</b> STEADY RIDE	25 min.	30 min.	35 min.	40 min.	45 min.	55 min.	45 min.	35 min.
<b>friday</b> YOUR CHOICE*								
<b>saturday</b> LONG RIDE	30-45 min. 8-10 mi.	45-60 min. 10-12 mi.	1-1.25 hr. 15-18 mi.	1-1.25 hr. 15-18 mi.	1.25-1.5 hr. 22-25 mi.	1.5-2 hr. 25-28 mi.	1.5-2 hr. 28-30 mi.	GL EVENT 40 Miles!
<b>sunday</b> YOUR CHOICE*								

This schedule is only a suggestion. Plan your week according to what works best for you and schedule a day off to rest.

\*YOUR CHOICE: It is always a good idea to cross-train. Cross-training could include a yoga or core class, running, swimming, strength training, or anything else you'd enjoy (Zumba anyone?)