

Goldilocks eight week training program

..... 20 miles

The following training program, adapted from Bicycling magazine will have you ready for those 20 miles with just 3 training rides per week: one long, one steady, and one speedy. These are interval style training to build strength and endurance. The important part is to get all 3 done in a week with time to recover in between. Plan for 1-2 rest days per week.

LONG RIDE:

In your first week, you'll want to ride 30 to 45 minutes, or about 4-5 miles. Let that serve as the foundation you build upon. You want your long rides to be at a steady pace, typically about 60 to 75 percent of your maximum heart rate (MHR).* If you don't have a heart rate monitor, think of it as a 6-7 on a scale of 1 to 10, with 10 being your maximum effort. You should be able to carry a conversation, but you'd get winded if you tried to sing. You will want to complete the miles more than the time.

STEADY RIDE:

During these rides, you want to strive for 2 to 4 intervals which are 5 to 8 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. Imagine you are trying to keep up with someone ahead of you, so you are consistently pushing yourself. After the 5-8 minute interval, you'll want to give yourself 5-8 minutes before the next interval where you let your heart rate recover and pedal at a nice comfortable easy pace. These type of rides will train your body to ride more briskly while still

maintaining a comfortable state. In the end it will help you finish that 20 miles a little faster and feeling a little fresher.

SPEED RIDE:

Speed work will help with endurance by raising your lactate threshold. Your threshold is where your muscles let you know they need 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 2 to 3 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 intervals to reflect the longer time of the ride you are doing.

Bottom line when it comes to training for a Goal 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
monday YOUR CHOICE*								
tuesday SPEED RIDE	15 min.	15 min.	20 min.	20 min.	20 min.	25 min.	20 min.	15 min.
wednesday YOUR CHOICE*								
thursday STEADY RIDE	15 min.	20 min.	25 min.	35 min.	30 min.	30 min.	25 min.	20 min.
friday YOUR CHOICE*								
saturday LONG RIDE	15-30 min. 4-5 mi.	15-30 min. 6-7 mi.	25-35 min. 8-9 mi.	25-35 min. 8-9 mi.	40-50 min. 10-12 mi.	50-60 min. 13-14 mi.	50-60 min. 15-16 mi.	GL EVENT 20 Miles!
sunday 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?)

Goldilocks

..... 40 miles

eight week training program

The following training program, adapted from Bicycling magazine will have you ready for those 20 miles with just 3 training rides per week: one long, one steady, and one speedy. These are interval style training to build strength and endurance. The important part is to get all 3 done in a week with time to recover in between. Plan for 1-2 rest days per week.

LONG RIDE:

In your first week, you'll want to ride 40 to 55 minutes, or about 8-10 miles. Let that serve as the foundation you build upon. You want your long rides to be at a steady pace, typically about 60 to 75 percent of your maximum heart rate (MHR).^{*} If you don't have a heart rate monitor, think of it as a 6-7 on a scale of 1 to 10, with 10 being your maximum effort. You should be able to carry a conversation, but you'd get winded if you tried to sing. You will want to complete the miles more than the time.

STEADY RIDE:

During these rides, you want to strive for 2 to 4 intervals which are 8 to 12 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. Imagine you are trying to keep up with someone ahead of you, so you are consistently pushing yourself. After the 8-12 minute interval, you'll want to give yourself 8-12 minutes before the next interval where you let your heart rate recover and pedal at a nice comfortable easy pace. These type of rides will train your body ride more briskly, while still

maintaining a comfortable state. In the end it will help you finish that 40 miler a little faster and feeling a little fresher.

PEED RIDE:

Speed work will help with endurance by raising your lactate threshold. Your threshold is where your muscles let you know they need 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 3 to 4 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 intervals to reflect the longer time of the ride you are doing.

Bottom line when it comes to training for a Goal 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
monday YOUR CHOICE*								
tuesday SPEED RIDE	20 min.	25 min.	30 min.	30 min.	30 min.	35 min.	30 min.	25 min.
wednesday YOUR CHOICE*								
thursday STEADY RIDE	25 min.	30 min.	35 min.	40 min.	45 min.	55 min.	45 min.	35 min.
friday YOUR CHOICE*								
saturday 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!
sunday 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?)

Goldilocks

..... 60 miles

eight week training program

The following training program, adapted from Bicycling magazine will have you ready for those 20 miles with just 3 training rides per week: one long, one steady, and one speedy. These are interval style training to build strength and endurance. The important part is to get all 3 done in a week with time to recover in between. Plan for 1-2 rest days per week.

LONG RIDE:

In your first week, you'll want to ride 1 to 1.5 hours, or about 10-15 miles. Let that serve as the foundation you build upon. You want your long rides to be at a steady pace, typically about 60 to 75 percent of your maximum heart rate (MHR).^{*} If you don't have a heart rate monitor, think of it as a 6-7 on a scale of 1 to 10, with 10 being your maximum effort. You should be able to carry a conversation, but you'd get winded if you tried to sing. You will want to complete the miles more than the time.

STEADY RIDE:

During these rides, you want to strive for 2 to 4 intervals which are 10-14 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. Imagine you are trying to keep up with someone ahead of you, so you are consistently pushing yourself. After the 10-14 minute interval, you'll want to give yourself 10-15 minutes before the next interval where you let your heart rate recover and pedal at a nice comfortable easy pace. These type of rides will train your body to ride more briskly yet

while still maintaining a comfortable state, which in the end, will help you finish that 60 miler a little faster and feeling a little fresher.

SPEED RIDE:

Speed work will help with endurance by raising your lactate threshold. Your threshold is where your muscles let you know they need 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 3 to 5 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 intervals to reflect the longer time of the ride you are doing.

Bottom line when it comes to training for a Goal 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
monday YOUR CHOICE*								
tuesday SPEED RIDE	30 min.	30 min.	45 min.	45 min.	45 min.	1 hour	45 min.	30 min.
wednesday YOUR CHOICE*								
thursday STEADY RIDE	30 min.	45 min.	1 hour	1 hour	1¼ hr.	1½ hr.	1¼ hr.	1 hour
friday YOUR CHOICE*								
saturday LONG RIDE	1-1.5 hr. 10-15 mi.	1.5-2 hr. 15-20 mi.	1.5-2 hr. 25-30mi.	1.5-2 hr. 25-30mi.	2-2.5 hr. 30-35 mi.	2.5-3 hr. 35-40 mi.	2.5-3 hr. 40-45 mi.	GL EVENT 60 Miles!
sunday 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?)

Goldilocks

..... 80 miles

eight week training program

The following training program, adapted from Bicycling magazine will have you ready for those 20 miles with just 3 training rides per week: one long, one steady, and one speedy. These are interval style training to build strength and endurance. The important part is to get all 3 done in a week with time to recover in between. Plan for 1-2 rest days per week.

LONG RIDE:

In your first week, you'll want to ride 1.5 to 2 hours, or about 15-20 miles. Let that serve as the foundation you build upon. You want your long rides to be at a steady pace, typically about 60 to 75 percent of your maximum heart rate (MHR).* If you don't have a heart rate monitor, think of it as a 6-7 on a scale of 1 to 10, with 10 being your maximum effort. You should be able to carry a conversation, but you'd get winded if you tried to sing. You will want to complete the miles more than the time.

STEADY RIDE:

During these rides, you want to strive for 2 to 4 intervals which are 12 to 20 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. Imagine you are trying to keep up with someone ahead of you, so you are consistently pushing yourself. After the 12-20 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. These type of rides will train your body to ride more briskly,

while maintaining a comfortable state. In the end it will help you finish that 80 miles a little faster and feeling a little fresher.

SPEED RIDE:

Speed work will actually help with endurance by raising your lactate threshold. Your threshold is where your muscles let you know they need 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 5 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 intervals to reflect the longer time of the ride you are doing.

Bottom line when it comes to training for a Goal 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
monday YOUR CHOICE*								
tuesday SPEED RIDE	45 min.	45 min.	1 hour	1 hour	1 hour	1¼ hr.	1 hour	45 min.
wednesday YOUR CHOICE*								
thursday STEADY RIDE	45 Min.	1 hour	1¼ hr.	1¼ hr.	1½ hr.	1¾ hr.	1½ hr.	1¼ hr.
friday YOUR CHOICE*								
saturday LONG RIDE	1-1.5 hr. 15-20 mi.	1.5-2 hr. 20-25 mi.	2-2.5 hr. 30-35 mi.	2-2.5 hr. 30-35 mi.	3-3.5 hr. 40-45 mi.	3.5-4 hr. 50-55 mi.	3.5-4 hr. 55-60 mi.	GL EVENT 80 miles!
sunday 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?)

Goldilocks

..... 100 miles

eight week training program

The following training program, adapted from Bicycling magazine will have you ready for those 20 miles with just 3 training rides per week: one long, one steady, and one speedy. These are interval style training to build strength and endurance. The important part is to get all 3 done in a week with time to recover in between. Plan for 1-2 rest days per week.

LONG RIDE:

In your first week, you'll want to ride 1.5 to 2 hours, or about 20-25 miles. Let that serve as the foundation you build upon. You want your long rides to be at a steady pace, typically about 60 to 75 percent of your maximum heart rate (MHR).* If you don't have a heart rate monitor, think of it as a 6-7 on a scale of 1 to 10, with 10 being your maximum effort. You should be able to carry a conversation, but you'd get winded if you tried to sing. You will want to complete the miles more than the time.

STEADY RIDE:

During these rides, you want to strive for 2 to 4 intervals which are 15-30 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. Imagine you are trying to keep up with someone ahead of you, so you are consistently pushing yourself. After the 15-30 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. These type of rides will train your body to ride more briskly,

while still maintaining a comfortable state. In the end it will help you finish that century a little faster and feeling a little fresher.

SPEED RIDE:

Speed work will help with endurance by raising your lactate threshold. Your threshold is where your muscles let you know they need 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 or longer intervals to reflect the longer time of the ride you are doing. Hills and headwinds can be affective to add to your training as well.

Bottom line when it comes to training for a Goal 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
monday YOUR CHOICE*								
tuesday SPEED RIDE	1 hour	1 hour	1¼ hr.	1¼ hr.	1¼ hr.	1½ hr.	1¼ hr.	1 hour
wednesday YOUR CHOICE*								
thursday STEADY RIDE	1 hour	1¼ hr.	1½ hr.	1¾ hr.	2 hours	2¼ hr.	2 hours	1½ hr.
friday YOUR CHOICE*								
saturday LONG RIDE	1.5-2 hr. 20-25 mi.	2-2.5 hr. 25-30 mi.	2.5-3hr. 35-45mi.	2.5-3hr. 35-45mi.	3.5-4 hr. 55-60 mi.	4-4.5 hr. 60-65 mi.	4-4.5 hr. 70-75 mi.	CENTURY! 100 Miles
sunday 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?)