

## Cycle for the Cause 12 Week Training Plan Overview

Whether you're new to a long distance cycling event or just getting back in the saddle after time off, training for **Cycle for the Cause** is a breeze. The attached will get you ready in just three short months. Either way remember – this event is for everyone of all levels, and it's not about the miles you finish on the event, but about showing up at all to end AIDS.

### Overall Plan:

1. You'll do three to four rides a week in specific heart rate zones and strength train one or two times a week.
2. All the workouts (**except the long rides**) take only one hour to complete, making them easy to fit in to your daily schedule.
3. A heart rate monitor is helpful to ensure training in correct intensities, and note that all rides can be done on an indoor spin bike, except the long rides, which are best done outdoors to practice real cycling and increase bike-handling skills.
4. Recovery rides are optional, but encouraged to get ready for back to back event days. Otherwise they can be replaced by a yoga class, stretch and pilates workouts.

### Training Terminology

- **Tempo:** Increases lactate threshold, or the intensity at which one can ride before lactic acid builds up in the muscles to the point that it causes fatigue and slows down performance
- **Cadence:** Increases pedaling efficiency by focusing on maintaining a cadence at 90+ rpm (revolutions per minute). If you don't have a cycle computer with a cadence option, calculate cadence by counting the number of pedal strokes you complete on one leg in 15 or 20 seconds and multiply by four or three, respectively.
- **Hill repeats:** Increases hill climbing efficiency and strength
- **The long ride:** Increases aerobic capacity or the ability to ride longer distances
- **Recovery:** Easy spinning improves recovery by increasing blood flow to the musculoskeletal system and has psychological benefits after all the hard training.
- **Flexibility:** Stretch quads, hamstrings, hips, calves, chest, and shoulders after each ride. Yoga one to two times a week can also help maintain or improve flexibility for optimum muscle function.
- **Strength:** These total-body strength routines target all the major muscle groups with an extra focus on the lower body and core muscles used during cycling.

### Heart Rate Zones

- Zone 1: Easy, aerobic, 60 to 70% max heart rate, recovery
- Zone 2: Moderate, aerobic, 70 to 80% max heart rate
- Zone 3: Moderately hard, lactate threshold, 80 to 85% max heart rate
- Zone 4: Hard, anaerobic threshold, 85 to 90% max heart rate

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### The Workouts

- **Tempo Ride (1 hour)**
  - Warm-up: 15 to 20 minutes, Zone 1, 80 to 90 rpm
  - Main set: Intervals, Zone 3 to 4, 80 to 100rpm
  - Cool-down: Remainder of hour in Zone 1, 80 to 90 rpm
- **Cadence Ride (1 hour)**
  - Warm-up: 15 to 20 minutes, Zone 1, 80 to 90 rpm
  - Main set: 20 to 30 min, Zone 2 to 3, 90+ rpm
  - Cool-down: 15 to 20 min, Zone 1, 80 to 90 rpm
- **Hill Repeats (1 hour)**
  - Warm-up: 10 minutes, Zone 1, 80 to 90 rpm
  - Main set: 1- to 6-minute intervals, Zone 4, 60 to 80 rpm
  - Cool-down: Remainder of hour in Zone 1, 80 to 100 rpm
- **Long Ride**
  - Warm-up: 15 to 20 minutes, Zone 1, 80 to 90 rpm
  - Main set: Steady pace, Zone 2 to 3, 80 to 100 rpm
  - Cool-down: Last 20 minutes in Zone 1, 80 to 90 rpm
- **Recovery**
  - Warm-up: 10 minutes, Zone 1, 80 to 90 rpm
  - Main set: Steady pace, Zone 1, 80 to 100rpm
  - Cool-down: Remainder of time in Zone 1, 80 to 100 rpm

### Strength Train Workout

For each circuit, perform each move in order. Rest 1 to 2 minutes. Repeat the entire circuit three times, then move to the next circuit.

- **Circuit 1**
  - Squat jump: 10 reps
  - Front Squat: 15 reps
  - Push-Up: 10 to 20 reps
- **Circuit 2**
  - Split squat: 10 reps each side
  - Alternating side lunge: 30 seconds
  - Dumbbell bent-over row: 10 to 12 reps
- **Circuit 3**
  - Single-leg deadlift 10 to 12 reps per side
  - Single-leg calf raise: 12 to 15 reps per side
  - Russian twist: 30 to 60 seconds
  - Side plank: 30 to 60 seconds per side

## Cycle for the Cause 12 Week Training Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	Rest Day	Bike 10 mi 	Strength Train 	Bike 10 mi 	Rest/Strength Day 	Long Ride Zone 2 20 mi 	Recovery 30 min 
<b>Week 2</b>	Rest Day	Tempo Zone 3 10 Min Warmup 4 x 5 min, 5 min R 	Strength Train 	Cadence Zone 2 60 min 	Rest/Strength Day 	Long Ride Zone 2 25 mi 	Recovery Zone 1 45 min 
<b>Week 3</b>	Rest Day	Tempo Zone 3 10 Min Warmup 5 x 5 min, 5 min R 	Strength Train 	Cadence Zone 2 60 min 	Rest/Strength Day 	Long Ride Zone 2 30 mi 	Recovery Zone 1 45 min 
<b>Week 4</b>	Rest Day	Tempo Zone 3 10 Min Warmup 6 x 5 min, 5 min R 	Strength Train 	Cadence Zone 2 60 min 	Rest/Strength Day 	Long Ride Zone 2 35 mi 	Recovery Zone 1 45 min 

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<b>Week 5</b>	Rest Day	Tempo Zone 3 10 Min Warmup 2 x 10 min, 5 min R	Strength Train	High Cadence Zone 3 10 min Warmup 6 x 30 sec, 5 min R	Rest/Strength Day	Long Ride Zone 2 40 mi	Recovery Zone 1 60 min
<b>Week 6</b>	Rest Day	Tempo Zone 3 10 Min Warmup 3 x 10 min, 5 min R	Strength Train	Hill Repeats Zone 4 10 min Warmup 6 x 1 min, 5 min R	Rest/Strength Day	Long Ride Zone 2-3 45 mi	Recovery Zone 1 60 min
<b>Week 7</b>	Rest Day	Tempo Zone 3 10 Min Warmup 2 x 10 min, 2 min R	Strength Train	Hill Repeats Zone 4 10 min Warmup 5 x 5 min, 2 min R	Rest/Strength Day	Long Ride Zone 2-3 50 mi	Recovery Zone 1 60 min
<b>Week 8</b>	Rest Day	Tempo Zone 3 10 Min Warmup 3 x 10 min, 2 min R	Strength Train	High Cadence Zone 3 10 min Warmup 10 x 30 sec, 5 min R	Rest/Strength Day	Long Ride Zone 2 55 mi	Recovery Zone 1 60 min

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<b>Week 9</b>	Rest Day	Tempo Zone 4 20 Min Warmup 1 x 20 min, 20 min R 	Strength Train 	Hill Repeats Zone 4 10 min Warmup 5 x 6 min, 2 min R 	Rest/Strength Day 	Long Ride Zone 3 65 mi 	Recovery Zone 1 60 min 
<b>Week 10</b>	Rest Day	Tempo Zone 4 20 Min Warmup 1 x 30 min, 10 min R 	Strength Train 	Hill Repeats Zone 4 10 min Warmup 6 x 6 min, 2 min R 	Rest/Strength Day 	Long Ride Zone 3 75 mi 	Recovery Zone 1 60 min 
<b>Week 11</b>	Rest Day	Tempo Zone 4 20 Min Warmup 1 x 30 min, 2 min R 	Strength Train 	High Cadence Zone 3 10 min Warmup 10 x 30 sec, 5 min R 	Rest/Strength Day 	Long Ride Zone 3 50 mi 	Recovery Zone 1 60 min 
<b>Event Week</b>	Rest Day	Tempo Zone 4 10 Min Warmup 3 x 10 min, 2 min R 	Strength Train 	Cadence Zone 2 60 min 	Rest/Strength Day 	EVENT DAY! 	EVENT DAY! 

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