

Bikes Fight Poverty Training Plan (2 day ride)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10/2/17-10/8/17	Off	Ride 45 minutes	Foam rolling/Stretching and Core work	Ride 45 minutes	Off	Ride 60 minutes	Foam rolling/Stretching and Core work
10/9/17-10/15/17	Off	Ride 45 minutes	Foam rolling/Stretching and Core work	Ride 60 minutes	Off	Ride 75 min	Foam rolling/Stretching and Core work
10/16/17-10/22/17	Off	Ride 60 minutes	Foam rolling/Stretching and Core work	Ride 60 minutes	Off	Ride 90 min	Foam rolling/Stretching and Core work
10/23/17-10/29/17, Recovery Week	Off	Ride 45 minutes	Foam rolling/Stretching and Core work	Ride 45 minutes	Off	Ride 60 min	Foam rolling/Stretching and Core work
10/30/17-11/5/17, will start focusing on distance vs time.	Off	Ride 15 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 15 miles. Add in a few 1 mile "pick ups" (see key)	Off	Ride 30 miles, practice drafting skills.	Foam rolling/Stretching and Core work
11/6/17-11/12/17	Off	Ride 20 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 15 miles. Add in a few 1 mile "pick ups" (see key)	Off	Ride 35 miles, practice drafting skills.	Foam rolling/Stretching and Core work
11/13/17-11/19/17	Off	Ride 20 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 20 miles. Add in a few 1 mile "pick ups" (see key)	Off	Ride 45 miles, Find some hillier terrain	Foam rolling/Stretching and Core work
11/20/17-11/26/17 Recovery Week	Off	Ride 10 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 10 miles. Add in a few 1 mile "pick ups" (see key)	Off	Ride 20 miles, practice drafting skills.	Foam rolling/Stretching and Core work
11/27/17-12/3/17	Off	Ride 20 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 25 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 50 miles, practice drafting skills.	Foam rolling/Stretching and Core work
12/4/17-12/10/17	Off	Ride 25 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 25 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 60 miles, pick hillier terrain	Foam rolling/Stretching and Core work
12/11/17-12/17/17	Off	Ride 25 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 25 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 70 miles, practice drafting skills.	Ride 20 miles. Focus on steady effort
12/18/17-12/24/17, Merry Christmas	Off	Ride 10 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 15 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 30 miles,	Off
12/25/17-12/31/17	Off	Ride 25 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 25 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 85 miles, pick hillier terrain. Practice good hydration and nutrition	Foam rolling/Stretching and Core work
1/1/18-1/7/18	Off	Ride 20 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 20 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 60 miles, find hillier terrain	Ride 40 miles, easy
1/8/18-1/14/18	Foam rolling/Stretching and Core work	Ride 25 miles. Focus on steady effort	Off	Ride 25 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 100 miles, practice drafting skills.	Foam rolling/Stretching and Core work

1/15/18-1/21/18	Off	Ride 20 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 20 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 75 miles, practice drafting skills.	Ride 45 miles, pick hillier terrain
1/22/18-1/28/18	Off. Remember to get bike tuned up this week	Ride 25 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 20 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 80 miles, practice drafting skills.	Ride 50 miles, easy
1/29/18-2/4/18 <u>will begin some tapering</u>	Off	Ride 15 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 15 miles. Add in a few 2 mile "pick ups" (see key)	Off	Ride 40 miles, practice drafting skills.	Off
2/5/18-2/11/18	Off	Ride 15 miles. Focus on steady effort	Foam rolling/Stretching and Core work	Ride 15 miles. Focus on steady effort. Get good sleep this night	Off	Bikes Fight Poverty Ride	Bikes Fight Poverty Ride
<u>KEY:</u>							
Pick ups: pick up the intensity/speed to about 75-80% of Recovery weeks should be just that.							
Take it easy. get Foam Rolling and Core work: see PDFs on event page							