

## 50-Mile Bike Ride 12- Week Training Plan

### Plan notes:

Consistent training is the key to your best athletic performance. The keys to consistency are structured training, moderation and rest. This training plan is periodized which means that there are 3 weeks where mileage and intensity increase, followed by a recovery week to allow your body to rest and get stronger. If you begin to feel fatigued, it is a great idea to take an extra rest day or cut a workout short so you don't get injured or over-trained, or to simply allow your body to adjust to more time spent in the saddle.

This plan is meant to be a guideline. There is a much bigger difference between hill climbing vs. hill descending on a bike than there is while running or walking- Be sure to take that into consideration when planning your route for your ride!

Feel free to rearrange the ride schedule to work for you, but be sure to spread the rest days throughout the week.

### Work-out explanations:

**Cross training:** Cross training can increase your fitness and help to prevent overtraining injuries. Pick a sport or activity you enjoy – mix it up! Hiking, running, swimming, yoga, mountain biking, group fitness classes and walking are all great choices.

**Rest:** It is very important to incorporate rest days into your training. Workouts break the body down, rest builds it back up. However – resting does not mean that you should become a couch potato. Even rest days should include some light physical activity or mobility exercises. You may want to participate in a gentle yoga class, or take a stroll in the evening.

A note on intensity: Don't just go all out! Speed will vary for different intensities for different people! And that's OK. Embrace where you are! Find your pace and be consistent. Times will improve with, well, time.

**Low Intensity:** Shoot for about 30% of what you think your top speed will feel like. Think about your breathing, could you sing? You are at a mild intensity.

**Moderate intensity:** Once again, *moderate intensity*. Shoot for about 50% of what you think your top speed will feel like. Think about your breathing, could you talk in short sentences before needing to take a breath? If so, you're at a moderate intensity.

**Vigorous intensity:** Shoot for about 80% of what you think your top speed will feel like. You won't be talking to anyone at this pace!

<b>Week</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b><u>1</u></b>	1-mile easy ride. Make sure your bike is working well! You don't want things to break down far from home.	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching.	Cross Training  Consider enrolling in an exercise or yoga class, or following along with virtual resources.	Rest	3-mile Low-intensity ride	7-Miles moderate-intensity ride. First of the weekend rides!	Rest
<b><u>2</u></b>	3-mile Low-intensity ride.	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	5-mile Low-Intensity ride	10-Miles moderate-intensity ride.	Rest
<b><u>3</u></b>	5-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	7-mile Low-Intensity ride	15-Miles moderate-intensity ride	Rest
<b><u>4</u></b>	3-mile Low-intensity ride.	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	5-mile Low-Intensity ride	10-Miles moderate-intensity ride.	Rest
<b><u>5</u></b>	7-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood,	Cross Training	Rest	10-mile Low-Intensity ride	20-Miles moderate-intensity ride	Rest

		do some light stretching					
<u>6</u>	10-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	12-mile Low-Intensity ride	25-Miles moderate-intensity ride	Rest
<u>7</u>	12-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	15-mile Low-Intensity ride	30-Miles moderate-intensity ride	Rest
<u>8</u>	10-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	12-mile Low-Intensity ride	20-Miles moderate-intensity ride	Rest
<u>9</u>	15-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	15-mile Low-Intensity ride	35-Miles moderate-intensity ride	Rest
<u>10</u>	15-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	18-mile Low-Intensity ride	40-Miles moderate-intensity ride	Rest

<u>11</u>	15-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	15-mile Low-Intensity ride	35-Miles moderate-intensity ride	Rest
<u>12</u>	15-mile Low-Intensity ride	Light intensity active recovery day!  Take a walk around your neighborhood, do some light stretching	Cross Training	Rest	10-mile Low-Intensity ride	<b>50-Mile Ride!</b>	Rest