

## Training for the Ride

BikeMaine is grateful for the support of County Physical Therapy for developing this helpful training plan for riding BikeMaine.



Over the course of seven days, the BikeMaineroute will cover 330 miles of rolling hills and some breathtaking views of the Maine landscape. A multiday ride event such as this takes preparation and training to complete successfully. Those who ride regularly and train according to the outlined plan below should be more than ready to tackle the Maine roads.

It is important to take into consideration the recovery aspect of your training. Remember that you are not getting stronger during times of riding, but during times of recovery. Active recovery can assist in getting your body ready for the demands of your next training session. Utilizing self-massage techniques can accelerate muscle recovery and target restrictions that could lead to injury.

A very important component to success with longer rides is a properly fitted bicycle. Aches and pains in the neck, low back, and knees are all common complaints from cyclists who simply are not set up in an ideal position. To maximize efficiency and minimize your injury risk, it is advisable that all cyclists have a professional fitter assess your dynamic fit.

Always make sure to consult with your physician before beginning a new training program. Below is a sample 3-month program that will get riders prepared for the demands of riding 350 miles over seven days. The program describes the amount of time recommended that you ride at a specific level of exertion. This program can be modified (omitting the Wednesday base ride is optional) if more recovery is needed or time restraints limit your ability to ride as frequently. Getting on your indoor trainer a few times a week until spring arrives or doing other sorts of cardiovascular exercise is advisable prior to beginning this program so that a base is set. You should be comfortable riding your bike for 25 miles at a time before beginning this training program in June.

### Terminology:

- **Base:** Easy effort riding where you are able to carry on a conversation. This should be steady and relaxed. On a 0-10 level of exertion this is a 4-5.
- **Tempo:** This is level above base with quicker breathing and a harder pace. On a 0-10 level of exertion this is a 6-7.
- **Threshold:** Quick breathing and your legs will likely be burning. On a 0-10 level of exertion that is an 8-9.
- **RI:** rest interval (continue riding in base zone for recovery)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1:15 Base 3x10min tempo efforts with 5min RI between sets	1:00 Base	Rest: Active recovery with self-massage and stretching	1:15 Base with two 20-minute tempo efforts. 5 min RI between	Rest: Active recovery with self-massage and stretching	2:00 Find a hilly or rolling route and work on tempo efforts with ascending	3:00 Long ride. Try to join a group if able. Primarily base effort
2	Rest	1:15 Base with 2x20 min tempo. 5min RI between	1:00 Base	1:15 Base with two 25 min efforts as (20min tempo, 5min threshold) 10 min RI between	Easy ride or rest and active recovery day	2:30 Base with 30min tempo and 3x10min threshold	3:15 Long ride/group ride
3	Rest	1:30 Base with 4x 15min tempo 3 min RI	1:00 Base	1:30 Base with two 30min efforts (20min tempo/10min threshold) 5 min RI	Easy Ride or rest and active recovery	2:45 Hilly or rolling route. Base with 40 min tempo and 4x10min threshold	3:30 Long ride/group ride
4	Rest	1:00 Base	45min Base	1:00 Base	Rest and active recovery	1:30 Base	2:00 long ride/group ride
5	Rest	1:30 Base with two 25 min tempo, 5 min RI	1:00 Base	1:30 Base with two 25 min efforts (15min tempo, 10 min threshold) 5 min RI	Rest and active recovery	2:30 Hilly ride. Base with 30 min tempo attack the hills at threshold effort	3:30 Long ride/group ride
6	Rest	1:30 Base with 3 x 20min tempo (3 min RI)	1:15 Base	1:30 Base with two 30 min efforts (20min tempo, 10min threshold) 5 min RI	Easy ride or rest and active recovery	2:30 Base with 40 min tempo and 3x15 min threshold (5 min RI)	4:00 Long ride/group ride

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Rest	1:30 Base with 2 x30 min tempo (3 min RI)	1:15 Base	1:30 Base with two 30 min efforts (15min tempo, 15min threshold) 3 min RI	Easy ride	2:00 Base with 50 min tempo and 4x10min threshold (2 min RI)	4:30 Long ride/ group ride
8	Rest	1:00 Base with 2x10min tempo (2 min RI)	Rest day	1:00 Base with 2x5 min tempo, 2x5 min threshold (3 min RI between each)	Rest	1:00 Base with 2x3min tempo and 2x3 min threshold (3 min RI between each)	Century Day. Incorporate a series of rolling hills
9	Rest	1:45 Base with 3 x 20min tempo (3 min RI)	1:30 Base	1:30 Base with two 30min efforts (20 min tempo, 10min threshold) 2 min RI	Rest or active recovery	2:30 Base with 45min tempo, 4x15 min threshold (5 min RI)	4:00 Long ride/ group ride
10	Rest	1:45 Base with 2 x 25min tempo (5 min RI)	1:30 Base	1:30 Base with three 20 min efforts (10 min tempo, 10 min threshold) 2 min RI	Rest or active recovery	3:00 Hilly route. Base with 50 min tempo, attack the uphill at threshold effort	5:00 Long ride/ group ride
11	Rest	1:30 Base with 4x10min tempo (2 min RI)	1:30 Base	1:30 with two 30 min efforts (25 min tempo, 5min threshold) 3 min RI	Easy ride 30 min and active recovery	3:00 Base with 1:00 tempo and 4 x 10min threshold (5 min RI between each)	4:00 Long Ride/ Group Ride
12	Rest	1:00 Base with 2x10 min tempo (2min RI)	Rest and Active Recovery	1:00 with 10min tempo, 2x 5 min threshold (2 min RI)	Active recovery	START of BIKE MAINE!!	ENJOY!!