

INTERMEDIATE TRAINING PLAN – 8 WEEKS TO BIKE-A-THON!
BEN FRANKLIN BRIDGE START

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 April 7-13	Rest	Ride 45 minutes	Cross train	Ride 45 minutes	Cross train	20-25 Mile Ride	Ride 60 minutes 20 min warm up 20 minutes steady 20 minute cooldown
WEEK 2 April 14-20	Rest	Ride 60 minutes	Cross Train	Ride 45 minutes	Cross train	30-35 Mile Ride	Ride 60 minutes 20 min warm up 20 minutes steady 20 minute cooldown
WEEK 3 April 21-27	Rest	Ride 60 minutes with 3x5 minute hard intervals throughout	Cross train	Ride 60 minutes	Cross train	35-40 Mile Ride	Ride 65 minutes 20 minutes warm up 20 minute steady ride 25 minute cooldown
WEEK 4 April 28-May 4	Rest	Ride 60 minutes with 4x5 minute hard intervals throughout	Cross train	Ride 75 Minutes	Cross train	40-45 miles	Ride 65 minutes 20 minutes warm up 25 minute steady ride 20 minute cooldown

WEEK 5 May 5- May 11	Rest	Ride 60 minutes with 2x10 minutes at hard pace throughout	Cross Train	Ride 75 minutes	Cross train	45-50 miles	Ride 70 minutes. 20 minutes warm up 30 minute steady ride 20 minute cooldown
WEEK 6 May 12- May18	Rest	Ride 60 minutes with 2x10 minutes at hard pace throughout	Cross train	Ride 90 minutes	Cross train	55-60 miles	Ride 100 minutes, 20 minutes warm up, 60 minute steady ride, 20 minute cooldown
WEEK 7 May 19-25	Rest	Ride 60 minutes with 2x10 at hard pace throughout	Cross train	Ride 90 minutes	Cross train	45-50 miles	Ride 60 minutes 20 min warm up 20 minutes steady 20 minute cooldown
WEEK 8 May 26- June 1	Rest	Ride 60 Minutes with some climbs	Cross train	Ride 45 Minutes easy	Cross train	Rest	RIDE! 66 miles! HAVE FUN!

TRAINING TIPS AND TRICKS.

****NOTE****

This plan assumes that you're familiar with cycling and have a base level of endurance but need a little kickstart to your training plan in the weeks leading up to Bike-a-thon. Before starting this or any fitness program, always consult with your healthcare professional, especially if you have any pre-existing conditions or concerns. This Plan is not intended as a substitute for the medical advice and supervision of your personal healthcare provider.

EAT RIGHT AND HYDRATE TO RIDE STRONG AND RECOVER

Remember that fluid replacement is essential during training, too. Routinely drink at least 8 big glasses of water each day in addition to drinking throughout the ride. Make sure you're getting enough carbohydrates and protein into your diet.

MAKE SURE YOUR EQUIPMENT IS UP TO THE TEST

Training isn't just for accumulating mileage. Long rides help you sort out all the logistics and comfort issues that accompany a day in the saddle. Use your endurance training to test your equipment and food. Do your shorts chafe? Is your seat comfortable enough on those longer rides? What kind of energy bars and sports drinks go down easily? Training is also the time to get comfortable in a group. If you're apprehensive about group riding, come out to one of our weekly long rides on Saturdays in Manayunk!

DON'T OVERDO IT

Resist the urge to cram extra training into the week of the event. You're much better off riding fewer miles and starting fresh rather than rolling out with heavy tired legs.

Train smart, have a great ride and be sure to check out our participating bike shops for a tune-up, accessories or a nice new bicycle!