

Pan Ohio Hope Ride 24 Week Training Program

Created for Pan Ohio by Coach Carrie McCoy of [JustTri](#)

ABOUT THE PROGRAM

This training plan is designed by Pan Ohio Hope Ride Coach, Carrie McCoy. It is designed to help get you ready to complete the 4-day, 328-plus mile Pan Ohio Hope Ride. **To prepare for the 2023 event, you should start the program on Monday, February 6, 2023.** If you are starting this program closer to the ride date, ease into it by completing the first few weeks of the program and then skip ahead to the current week. Please keep in mind that this program is **a guide**, and you should modify it as necessary to meet your own needs and abilities. And if you can't complete every workout, don't worry! Even if you complete 80% of this plan, you'll be well prepared for Pan Ohio! **Please check with your doctor before beginning any fitness plan or training regiment.**

MEET THE COACH - Carrie McCoy, JustTri - Triathlon Training

Coach Carrie McCoy has been a competitive athlete for twenty years and has raced professionally for three. She ran cross-country for The Ohio State University and did her first triathlon with the Leukemia and Lymphoma Society Team-In-Training in 2004. Since then, she has competed all over the world and in seven world championships. She is also the owner and coach at JustTri (www.JustTri.net) a coaching company that specializes in individual training plans for triathletes of all levels. Carrie also runs a foundation in Hawaii called Kona Kids (www.KonaKids.org).

MORE FROM THE COACH

Watch for monthly updates and encouragement from Coach McCoy throughout the program. These updates will be emailed to registered participants and posted at pohr.org.

FOCUS OF THIS PLAN

The idea behind this plan is to help build time in the saddle and gradually build your endurance and base. This will give you the tools you need to execute Pan Ohio well. Here are a few things you will want to keep in mind:

- If cold or inclement weather prevents you from cycling outdoors and you do not have access to an indoor trainer or spin bike, you may substitute other cardio for some of the bike days. But **try to complete as many of the workouts as possible on a bike** to build saddle time and work on cycling-specific muscles and motion.

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- **Sip water on all bike rides over 60 min;**when hot, aim to consume 24 oz an hour
- On rides longer than 2 hrs **begin working on ride nutrition.** You'll want to fuel well during rides to get used to what works best for you. Staying well fueled and hydrated will help you perform better during rides and recover faster. If you fuel and hydrate well on Saturday, your Sunday ride will be much easier! On long rides, try to consume:
 - **24 oz of liquid an hour** - add in electrolytes
 - **300 mg of sodium an hour** at a minimum (on hot days aim to consume 500 mg) Note that these levels are on the minimum/low side. If you are a heavy sweater, aim for higher.
 - **200 calories an hour** (at the least). This can be consumed via electrolyte products and/or solid foods.
- **Foam Roll/Stretching:** If you want your body to stay strong and reduce the risk of injury, take the time to take care of it. Training is one part of staying healthy, but taking the time to stretch and foam roll is just as important. If you are short on time, cut a ride 15-20 min short and spend the remaining time stretching - that is how essential body maintenance is!

PACING / EFFORT GUIDE

For many of the workouts, you'll notice a target effort level. Feel free to use heart rate zones or perceived effort, as follows:

- Zone 1 - Easy (think 3-4 out of 10 effort). Warm-up, cool-down, and easy intervals should be done in this zone.
- Zone 2 - Comfortable (5-6 out of 10 effort; should be able to carry on conversation). Comfortable rides should be in this zone.
- Zone 3 - Tempo (7-8 out of 10; can only say short words and phrases). Tempo intervals should be done in this zone.
- Zone 4 - Upper Aerobic (9-10 out of 10). Hard intervals should be done in this zone.

STRENGTH TRAINING

You will see strength training 1-2 times a week in your plan. Building a stronger core will help make your cycling stronger and more efficient and will reduce risk of injury. This is not about building a six pack, but rather about strengthening your body's foundation so you can ride for days. **Details of the strength training plans can be found after the program calendar on Page 9.**

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Weeks 1-4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 2/5/23-2/11/23				Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min comfortable	Bike 1 hour comfortable
Week 2 2/12/23-2/18/23	Day Off	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min comfortable	Cross Train 40 min or Strength Program 2	Bike 45 min comfortable	Bike 1 hour comfortable
Week 3 2/19/23-2/25/23	Day Off	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min: 20 min easy; 5x (30 sec hard, 30 sec easy); 20 min easy	Bike 45 min comfortable	Cross Train 40 min or Strength Program 2	Bike 1.5 hours comfortable
Week 4 2/26/23-3/4/23 Recovery Week	Bike 1 hour comfortable	Day Off	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min comfortable	Day Off	Bike 1 hour comfortable

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Weeks 5-8	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5 3/5/23-3/11/23	Bike 1 hour comfortable	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min: 20 min easy; 5x (30 sec hard, 30 sec easy); 20 min easy	Bike 45 min comfortable	Day Off	Bike 1.5 hours comfortable
Week 6 3/12/23-3/18/23	Bike 1.5 hours comfortable	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min: 20 min easy; 5x (30 sec hard, 30 sec easy); 20 min easy	Bike 45 min Comfortable and Strength Program 3	Day Off	Bike 1 hr: 20 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy in between 2 sets; 10 min cool down
Week 7 3/19/23-3/25/23	Bike 2 hours comfortable	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min: 20 min easy; 5x (30 sec hard, 30 sec easy); 20 min easy	Bike 45 min comfortable and Strength Program 3	Day Off	Bike 1.5 hours comfortable
Week 8 3/26/23-4/1/23 Recovery Week	Bike 2 hours comfortable	Day Off	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min comfortable	Day Off	Bike 1.5 hours comfortable and Strength Program 3

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Weeks 9-12	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9 4/2/23-4/8/23	Bike 1 hour comfortable	Bike 45 min comfortable	Cross Train 40 min or Strength Program 2	Bike 45 min: 20 min easy; 5x (30 sec hard, 30 sec easy); 20 min easy	Bike 45 min comfortable and Strength Program 3	Day Off	Bike 2 hours comfortable
Week 10 4/9/23-4/15/23	Bike 2 hours comfortable	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 50 min: 15 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy between 2 sets); 5 min cool down	Bike 45 min comfortable and Strength Program 3	Day Off	Bike 2 hours (hilly route)
Week 11 4/16/23-4/22/23	Bike 2.5 hours comfortable	Bike 45 min comfortable	Cross Train 40 min or Strength Program 2	Bike 50 min: 15 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy between 2 sets); 5 min cool down	Bike 45 min comfortable and Strength Program 3	Day Off	Bike 2.5 hours comfortable
Week 12 4/23/23-4/29/23 Recovery Week	Bike 3 hours comfortable	Day Off	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min comfortable	Day Off	Bike 1.5 hours comfortable and Strength Program 3

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Weeks 13-16	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 13 4/30/23-5/6/23	Bike 1 hour comfortable	Bike 60 min comfortable	Cross Train 40 min or Strength Program 2	Bike 60 min: 20 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy between 2 sets; 10 min cool down	Bike 60 min comfortable and Strength Program 3	Day Off	Bike 2.5 hours (hilly route)
Week 14 5/7/23-5/13/23	Bike 3 hours comfortable	Bike 45 min comfortable	Cross Train 40 min or Strength Program 2	Bike 60 min: 20 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy between 2 sets; 10 min cool down	Bike 60 min Comfortable and Strength Program 3	Day Off	Bike 1.5 hrs: 30 min warm up; 5x 5 min tempo (think 7 out of 10), 3 min easy spin between 5 sets; 20 min cool down
Week 15 5/14/23-5/20/23	Bike 4 hours comfortable	Day Off	Bike 60 min comfortable	Cross Train 40 min or Strength Program 1	Bike 60 min: 20 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy between 2 sets; 10 min cool down	Bike 60 min comfortable and Strength Program 3	Bike 80 miles or 4.5 hrs comfortable (whichever comes first)
Week 16 5/21/23-5/27/23 Recovery Week	Bike 2.5 hours comfortable	Day Off	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min comfortable	Day Off	Bike 2 hours comfortable

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Weeks 17-20	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 17 5/28/23-6/3/23	Bike 1 hour comfortable	Day Off	Bike 60 min comfortable	Cross Train 40 min or Strength Program 1	Bike 60 min: 20 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy between 2 sets; 10 min cool down	Bike 60 min comfortable and Strength Program 3	Bike 80 miles or 4.5 hrs comfortable (whichever comes first)
Week 18 6/4/23-6/10/23	Bike 2.5 hours comfortable	Day Off	Bike 60 min comfortable	Cross Train 40 min or Strength Program 2	Bike 60 min: 25 min easy; 10x (30 sec hard with 60 sec easy); 20 min easy	Bike 60 min Comfortable and Strength Program 3	Bike 1.5 hrs: 30 min warm up; 5x 5 min tempo (think 7 out of 10), 3 min easy spin between 5 sets; 20 min easy
Week 19 6/11/23-6/17/23	Bike 3 hours on hills	Day Off	Bike 60 min comfortable	Cross Train 40 min or Strength Program 1	Bike 60 min: 20 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy between 2 sets; 10 min cool down	Bike 60 min Comfortable and Strength Program 3	Bike 5 hrs comfortable
Week 20 6/18/23-6/24/23 Recovery Week	Bike 3 hours comfortable	Day Off	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min comfortable	Day Off	Bike 2 hours comfortable

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Weeks 21-24	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 21 6/25/23-7/1/23	Bike 1 hour comfortable	Day Off	Bike 60 min comfortable	Cross Train 40 min or Strength Program 1	Bike 60 min: 20 min warm up; 2x (5x 1 min hard, 1 min easy) with 5 min easy between 2 sets; 10 min cool down	Bike 60 min comfortable and Strength Program 3	Bike 5-6 hours comfortable
Week 22 7/2/23-7/8/23	Bike 4 hours comfortable	Day Off	Bike 60 min comfortable	Cross Train 40 min or Strength Program 2	Bike 60 min: 25 min easy; 10x (30 sec hard, 60 sec easy); 20 min easy	Bike 60 min Comfortable and Strength Program 3	Bike 4.5 hours comfortable
Week 23 7/9/23-7/15/23 Recovery Week	Bike 3 hours comfortable	Day Off	Bike 45 min comfortable	Cross Train 40 min or Strength Program 1	Bike 45 min comfortable	Day Off	Bike 2 hrs comfortable
Week 24 7/16/23-7/22/23	Bike 1 hour comfortable	Cross Train 40 min or Strength Program 3	Day Off	Get Bike Ready; Spin 15 min	Pan Ohio Hope Ride 2023		

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STRENGTH PROGRAM 1

Complete 3 sets of the following (see videos for demonstrations):

- 20 Wall Ball squats
- 20 calf raises with ball
- 20 crunches on ball

Complete 3 sets of each of the following:

1. 10 Squats (add weight) / 10 Push-ups
2. 10 Calf Raises w 10 lb total / 30 sec bicycles
3. 10 Crab Walks (L & R) / 60 sec plank
4. 10 Side Lunges with DB / 60 sec plank with lateral leg raise

STRENGTH PROGRAM 2

Complete 3 sets of the following (see videos for demonstrations):

- 20 Wall Ball squats
- 20 calf raises with ball
- 20 crunches on ball

Complete 3 sets of each of the following:

1. 10 Single Leg Squat - no weight (if you can not do a single leg squat do regular) / 10 Push-ups
2. 10 Calf Raises w 10 lb total / 30 sec bicycles
3. 10 Single Leg Deadlift (no weight) / 60 sec plank
4. 10 Crab Walks (L & R) with resistance band just above knees / 60 sec plank with lateral leg raise

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STRENGTH PROGRAM 3

Complete 3 sets of the following (see videos for demonstrations):

- 20 Wall Ball squats
- 20 calf raises with ball
- 20 crunches on ball

Complete 3 sets following:

1. 10 Push-ups
2. 30 sec bicycles
3. 60 sec plank
4. Crab Walks (L&R) with resistance band just above the knees
5. Russian Twists w/medicine ball

VIDEOS

- Calf raises w ball: <https://youtu.be/cqYTIvvy794> (cheesy video warning)
- Wall squats with ball: <https://youtu.be/rdpFZtalwKc> (also cheesy video)