



Cycle North Carolina

8-Week Training Program



Goals:

1. To be able to bike for a full day.
2. To be able to bike for several consecutive days.

Training Principles:

- Building up 'the long ride' over several weeks.
- Getting your weekly mileage up to three-to-four times your expected daily mileage (including two to three rides of medium length).
- Including light days and rest days.
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- Including some 'hills' workouts.
- Adjusting your daily routine to be as similar to your target routine as possible (including sleep-wake times, exercise times, diet, fluid intake, etc.).

Training Plan:

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
Week One	6	10	12	rest	10	30	9	77
Week Two	7	11	13	rest	11	34	10	86
Week Three	8	13	15	rest	13	38	11	98
Week Four	8	14	17	rest	14	42	13	108
Week Five	9	15	19	rest	15	47	14	119
Week Six	11	15	21	rest	15	53	16	131
Week Seven	12	15	24	rest	15	59	18	143
Final Week	13	15	25	rest	15	65	20	153

Fluid Replacement:

- Your body loses 1.5 to 2 liters of fluid per hour in moderate temperature.
- Drink before you are thirsty! Also eat before you are hungry!

How to Recognize Overtraining:

- A significant increase in resting heart rate (e.g., 10 beats per minute) or decrease in weight (e.g., 2-3 pounds) from one day to the next.
- A lack of energy and desire. Frequently seen in procrastination before leaving for training or a desire to 'quit'.