



Tour de Cure Training Plan

Training Basics

We encourage you to train for the route distance you're going to ride. Whether you'll do 20 miles or 100 miles, you'll enjoy it more if you're properly prepared. Cycling is great year-round exercise to keep fit and help you avoid health problems including diabetes, so get started today if you haven't already!

Where do I begin?

- Assess your current state of fitness and cycling abilities.
- Use the following guide to determine what training you'll need to do to reach your distance goal.
- Always consult with your physician before beginning any new exercise program.
- Plan your schedule to make time for training.

Training Basics

- Find your base mileage. Go for a ride on your bike and see how far you can go comfortably now. This is your base mileage for your weekly long ride.
- Every week or two, increase that distance by no more than 10-15 miles, or less if your base mileage is less than 20 miles.
- Continue building your longest ride to date until you've reached your target distance, ideally at least two weeks before the Tour.
- Ride a combination of long distances at a moderate pace and shorter distances at a more strenuous pace and with hill-climbs.

Training Tips

- Pace yourself; increase your mileage and build endurance slowly.
- Stretch and hydrate before, during, and after rides to maintain flexibility and avoid fatigue, stiffness, and injuries.
- Cross train with other cardiovascular workouts. Strengthening your core muscles with ab crunches, yoga, and Pilates will reduce stress on your back and neck while riding.
- In inclement weather cycle indoors on a trainer or in spin classes.
- Be safe, have fun, and enjoy your training!

Sample Training Program

This training program was designed for someone who can already cycle 10 miles at a 10 mph pace without difficulty. It is only a guideline. If you cannot currently cycle 10 miles then start with 3 miles, build up over the next 2 weeks to a 10-mile ride, and then start the program. If you can ride much further than 10 miles then you can skip down the program and start at your current mileage.



The key is to listen to your body. If you feel pain during or after a training session then you may have done too much and should stop training and rest for 3 days. If things do not improve seek medical advice from your primary care provider.

If you have less time than the schedule allows and can do the week's longest ride without pain the next day, then you can progress down the program at a faster rate.

These training programs are geared to increase cardiovascular fitness and muscular endurance over 8, 10, or 12 weeks. Choose the program that is closest to your goals, timeline, and level of fitness and adjust accordingly.

Increasing your cycling mileage is the most important part of your training, but to be comfortable and efficient you will also want to work on your strength on and off the bike.

Here are some general terms to help you understand the training plans below.

Rest – a day with no exercise to let your muscles catch up from the hard work you have done. Be sure to stretch on your rest days.

Easy – you should feel like you are holding yourself back when you ride your bike easy. Easy rides are great for recovery. They get you moving without straining your muscles.

Steady – riding pace where you feel comfortable but can tell you are doing something. This is the pace you want to use for all of your long rides.

Hard – a hard pace feels like you are going up a hill. You should only go hard for short periods of time (15 seconds to 1 minute) and only after consulting your primary physician. When training calls for hard work first warm up for 8-10 minutes and then do several short hard efforts – start with no more than 3 – and follow each hard effort with 3 to 5 minutes of easy riding. Spend the rest of the ride going steady. Never do more than 8 hard efforts in any workout and remember to listen to your body between every hard effort.

Cross Training (Cx Train) – essential for increasing your muscle strength and endurance while decreasing the risk of overuse injuries. Any activity that increases your heart rate and involves using your whole body qualifies as cross training. This includes walking, jogging, the elliptical trainer, swimming, inline skating, Pilates, yoga, or dance. Duration of the activity is what we are focused on, not the intensity or type of activity.

Remember, these programs are guidelines. If you can't fit the entire training schedule into your week, do as much as you can. The important thing is to increase your mileage safely and consistently.



8 Weeks to 30 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	20 min. Easy	Rest	20 min. Easy	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Hard	Rest	20 min. Hard	Rest	21 miles Steady	Cx Train 20 min.
6	Rest	25 min. Hard	Rest	25 min. Hard	Rest	24 miles Steady	Cx Train 20 min.
7	Rest	30 min. Hard	Rest	30 min. Hard	Rest	27 miles Steady	Cx Train 25 min.
8	Rest	20 min. Easy	Rest	20 min. Easy	Rest	Ride your 30 mile	Tour de Cure

10 Weeks to 60 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	35 min. Steady	Rest	35 min. Steady	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Easy	Rest	20 min. Easy	Rest	22 miles Steady	Cx Train 20 min.
6	Rest	20 min. Hard	Rest	20 min. Hard	Rest	26 miles Steady	Cx Train 20 min.
7	Rest	25 min. Hard	Rest	25 min. Hard	Rest	32 miles Steady	Cx Train 25 min.
8	Rest	30 min. Hard	Rest	30 min. Hard	Rest	40 miles Steady	Cx Train 25 min.
9	Rest	20 min. Easy	Rest	20 min. Easy	Rest	50 miles Steady	Cx Train 30 min.
10	Rest	35 min. Hard	Rest	35 min. Hard	Rest	Ride your 60 mile	Tour de Cure

12 Weeks to 100 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	20 min. Easy	Rest	20 min. Easy	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Hard	Rest	20 min. Hard	Rest	25 miles Steady	Cx Train 20 min.
6	Rest	25 min. Hard	Rest	25 min. Hard	Rest	32 miles Steady	Cx Train 20 min.
7	Rest	30 min. Hard	Rest	30 min. Hard	Rest	40 miles Steady	Cx Train 25 min.
8	Rest	20 min. Easy	Rest	20 min. Easy	Rest	50 miles Steady	Cx Train 25 min.
9	Rest	35 min. Hard	Rest	35 min. Hard	Rest	62 miles Steady	Cx Train 30 min.
10	Rest	35 min. Hard	Rest	35 min. Hard	Rest	75 miles Steady	Cx Train 30 min.
11	Rest	35 min. Hard	Rest	35 min. Hard	Rest	90 miles Steady	Cx Train 30 min.
12	Rest	20 min. Easy	Rest	20 min. Easy	20 min. Hard	Ride your 100 mile	Tour de Cure