8 Week Bike Training Schedule



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--------------|-----------------|--------------|-----------------|--|--|
| Week 1 | 5 mile ride (warm up ride) - Get used to your bike; adjust for comfort | | 8 mile ride | | | | 10 mile ride |
| Week 2 | | 5 mile ride | | 8 mile ride | | 15 mile ride | |
| Week 3 | | | 8 mile ride | | 8 mile ride | | 20 mile ride |
| Week 4 | | 5 mile ride | | 8 mile ride | | 25 mile ride - comfortable with distance - 4 weeks outs from event | |
| Week 5 | 5 mile ride | | | 10 mile ride | | | 30 mile ride |
| Week 6 | | 15 mile ride | | | | 40 mile ride | |
| Week 7 | | 10 mile ride | | 10 mile ride | | | 50 mile ride - test ride for event - prepare as if it were event |
| Week 8 | Rest & Recovery | 8 mile ride | Rest & Recovery | 8 mile ride | Rest & Recovery | 15 mile ride | Rest & Recovery - Stretch, stretch, stretch - Race next week |

Notes:

- Remember to always stretch pre- and post ride, and stay hydrated, especially the day of a longer ride! It is always a good idea to carry water with you as well.
- Fuel your body with healthy meals and snacking. Bike riding is an endurance sport which requires lots of fuel!
- Find a partner to train with! Hold each other accountable in following the program and push each other to reach your goals.



Bike Endurance Training: Exercise Routine

Quick stretch (refer to pictures)

| 0 | Hamstrings | 2x30" |
|---|------------------------------|-------|
| 0 | Quads | 2x30" |
| 0 | Back | 2x30" |
| 0 | Hips (Internal and External) | 2x30" |

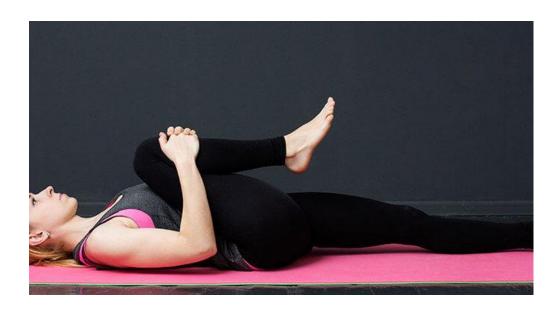
- Short jog/run warm up
 - Ladder drills
 - Jog in place / high knees, butt kickers
- Squats/Lunges
 - 3x30 (bodyweight progress to kettlebell/dumbbells)
 - Can incorporate jump squats (3x20)
 - Continue to single leg squats (3x10ea)
 - Can mix in days of Alternating Lunges to differentiate exercises.
 - Incorporate <u>Side Lunges</u> as well.
- Calf raises
 - 3x25 (bodyweight progress to weighed; use a step)
- Push-ups
 - 3x20 (knees, wall, regular, wide, narrow, etc.)
- Plank variations
 - 2x30" or 1x60" (mix it up)
 - Use different styles (moving feet, up down, plank ups, etc.)
- Ab series
 - Each day achieve x100 reps of ab exercises (helps with breathing, posture, and stamina while riding)
 - Can mix reps and sets, as long as you achieve at least x100 reps total.
 - Examples of ab exercises relevant to riding:
 - Crunches
 - Side Crunches
 - Russian Twists
 - Side Plank
 - V-ups
 - Reverse Crunches
 - Rockies (alternating, opposite elbow to knee)
 - Wall Sits
- Cardio/Cool Down: 10-15 minutes of moderate intensity cardio; REPEAT STRETCHING!

SUMMIT PACIFIC

Example Stretches









Example Stretches











Please contact Health Coach, Jarred Hoskison, for questions regarding this program. 360-495-5625 or Jarred. Hoskison@sp-mc.org