

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)
 - Hamstrings 2x30"
 - Quads 2x30"
 - Back 2x30"
 - 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 Side Lunges 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!

Example Stretches



Example Stretches

