

Notes:			Optional		Optional			
Week of March 23	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	75 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of March 30	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	80 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of April 6	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	85 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of April 13	Rest	Rest	10-20	Rest	Rest	Rest	MS 150	MS 150
Workout Zone			Endurance				Endurance	Endurance
Record Your Results								
Notes:			Optional		Optional			

Notes:

1. Weekday (M-F) workouts are typically about 1 hour, and can be done on any day with a rest day in between.
2. Weekday (M-F) workouts are encouraged, and will help build endurance and speed.
3. OK to substitute Gym, Bike Trainer, or Spin Class workout instead of riding (M-F) .
4. Weekend (Sat and Sun) workouts can be done either day.
5. Recommended: Within 3 weeks of the event ride both Sat. and Sun., or 2 back to back longer mile days.
6. Workout Zones:
 "Endurance" = Easy, All-Day Pace, Heart Rate 70-85% of Max.
 "Tempo" = Increased Pace, "Spirited" (Requires Concentration to Maintain), Hear Rate 85-95% of Max.
7. Intervals:
 2-3 Minutes of Hard (all out Max effort), followed by equal period (2-3 minutes) of Very Easy, Almost NO Pedaling, SLOW, effort. Repeat 10 Times.

Training Plan prepared by:

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