



## PELTONIA

# TRAINING SCHEDULE—APRIL

### Beginners and those biking 25 miles in Pelotonia

Sunday	walk 2–3 miles
Monday	off/stretch/core strengthening 15 minutes
Tuesday	bike 10 miles
Wednesday	walk 3 miles
Thursday	bike 8–10 miles
Friday	off/stretch/yoga/alternate upper and lower body resistance training by week—30 minutes
Saturday	bike 12–15 miles

### Intermediate and those biking 50 miles in Pelotonia

Sunday	walk 2–3 miles
Monday	stretch 15 minutes; core strengthening 15 minutes
Tuesday	bike 15–20 mile
Wednesday	walk 3 miles
Thursday	bike 10–12 miles—trial shortened version of intervals if interested
Friday	off/stretch/yoga/alternate upper and lower body resistance training by week—30 minutes
Saturday	bike 20–25 miles

### Intermediate and those biking 100 miles in Pelotonia

Sunday	walk 3–5 miles
Monday	stretch 15 minutes; core strengthening 30 minutes
Tuesday	bike 20–25 miles—hill repeats
Wednesday	walk 2–3 miles
Thursday	bike 20–25 miles—intervals
Friday	off/stretch/yoga/upper and lower body resistance training by week—45 minutes
Saturday	bike 40–50 miles

### Intermediate/Advanced and those biking 130–180 miles in Pelotonia

Sunday	Bike 25–35 miles comfortable/easier pace
Monday	stretch 15 minutes; core strengthening 30 minutes
Tuesday	bike 20–30 miles—hill repeats
Wednesday	walk 2–4 miles; core strengthening 15 minutes
Thursday	bike 20–30 miles—intervals
Friday	off/stretch/yoga/upper and lower body resistance training by week—45 minutes
Saturday	bike 40–50 miles—settle in for the distance

### Hill repeats—If 20 miles takes approximately 1:00–1:20:

- 15 min easy warm up
- outdoor cycling: find a hill that you can safely repeat 4–6 times
- indoor cycling: increase resistance to mimic hill climbing » 5–6 minutes of “climbing” and increased resistance, 1–2 minutes to “descend” and decreased resistance—repeat 4–6 times
- Cool down remainder of ride

### Tempo—if 20 miles takes approximately 1:00–1:20:

- 15 min easy warm up
- 4 minutes of 7–8/10 effort; 1 minute recovery; repeat x6
- cool down remainder of ride



## PELOTONIA

# TRAINING SCHEDULE—MAY

For all rides, make sure you have plenty of hydration and nutrition with you. Spring is the perfect time to try out different types of bars, fruits, gels, and types of hydration to discover what works for you. Some brands will be great for your friends but not for you. Now is the time to try it out and begin to smooth out any nutritional “kinks” that might exist on your longer “Saturday” rides.

### Beginners and those biking 25 miles in Pelotonia

Sunday	walk/run 3–5 miles
Monday	off/stretch/core strengthening 20 minutes
Tuesday	bike 10–12 miles
Wednesday	walk/run 2–3 miles
Thursday	bike 8–12 miles
Friday	off/stretch/yoga/alternate upper and lower body resistance training by week—30 minutes
Saturday	bike 15–18 miles

### Beginners/Intermediate and those biking 50 miles in Pelotonia

Sunday	walk/run 3–5 miles
Monday	stretch 15 minutes; core strengthening 15 minutes
Tuesday	bike 18–22 miles
Wednesday	walk/run 2–3 miles
Thursday	bike 15–20 miles—trial shortened version of intervals if interested
Friday	off/stretch/yoga/alternate upper and lower body resistance training by week—30 minutes
Saturday	bike 30–35 miles

### Intermediate and those biking 100 miles in Pelotonia

Sunday	walk/run 3–5 miles
Monday	stretch 15 minutes; core strengthening 30 minutes
Tuesday	bike 20–25 miles—hill repeats
Wednesday	walk/run 2–3 miles
Thursday	bike 25–30 miles—intervals
Friday	off/stretch/yoga/upper and lower body resistance training by week—45 minutes
Saturday	75 milers: bike 50–60 miles and 100 milers: bike 60–75 miles

### Intermediate/Advanced and those biking 130–180 miles in Pelotonia

Sunday	bike 30–40 miles—comfortable/easier pace
Monday	stretch 15 minutes; core strengthening 30 minutes
Tuesday	bike 25–35 miles—hill repeats
Wednesday	walk/run 3–5 miles; core strengthening 30 minutes
Thursday	bike 30–40 miles—intervals
Friday	off/stretch/yoga/upper and lower body resistance training by week—45 minutes
Saturday	bike 60–75 miles—settle in for the distance

### Hill repeats:

- 15 min easy warm up
- outdoor cycling: find a hill that you can safely repeat 4–6 times
- indoor cycling: increase resistance to mimic hill climbing » 5–6 minutes of “climbing” and increased resistance, 1–2 minutes to “descend” and decreased resistance—repeat 4–6 times
- You can challenge different muscles in your legs by trying to climb out of the saddle/seat when possible





## PELTONIA

# TRAINING SCHEDULE—MAY CONT'D

- Cool down remainder of ride
- This is a great opportunity to become comfortable with changing gears. You want to try to keep the speed you are pedaling your feet fairly constant (to the best of your ability) and you need to feel comfortable changing your gears to do so. This is also a great time to take your bike in to the shop for a tune-up if you find you have a gear that is “sticky” or doesn’t transition smoothly.

### **Interval options:**

*Note: During the “hard” effort, you should not be able to maintain a conversation with your neighbor.*

*Use the “recovery” to catch your breath and allow your heart rate to return to normal workout rates for you.*

- 10–15 min easy warm up (always)
- Choose one of the options below:
  - a. 1 min HARD followed by 3 minute recovery; repeat x 7
  - b. 2 min HARD, 2 min recovery; repeat x 7
  - c. 3 min HARD, 1 min recovery; repeat x7
- Cool down remainder of ride



## PELOTONIA

# TRAINING SCHEDULE—JUNE

For all rides, make sure you have plenty of hydration and nutrition with you. Spring is the perfect time to try out different types of bars, fruits, gels, and types of hydration to discover what works for you. Some brands will be great for your friends but not for you. Now is the time to try it out and begin to smooth out any nutritional “kinks” that might exist on your longer “Saturday” rides.

### **Beginners and those biking 25 miles in Pelotonia**

Sunday	walk/run 3–5 miles
Monday	off/stretch/core strengthening 30 minutes
Tuesday	bike 10–12 miles
Wednesday	walk/run 2–3 miles
Thursday	bike 10–15 miles
Friday	off/stretch/yoga/alternate upper and lower body resistance training by week—30 minutes
Saturday	bike 18–22 miles

### **Beginners/Intermediate and those biking 50 miles in Pelotonia**

Sunday	walk/run 3–5 miles
Monday	stretch 15 minutes; core strengthening 20 minutes
Tuesday	bike 20–25 miles
Wednesday	walk/run 2–3 miles
Thursday	bike 15–20 miles—trial intervals if interested
Friday	off/stretch/yoga/alternate upper and lower body resistance training by week—30 minutes
Saturday	bike 35–40 miles

### **Intermediate and those biking 100 miles in Pelotonia**

Sunday	walk/run 3–5 miles
Monday	stretch 20 minutes; core strengthening 30 minutes
Tuesday	bike 25 miles—hill repeats
Wednesday	walk/run 2–3 miles
Thursday	bike 30–40 miles—intervals
Friday	off/stretch/yoga/upper and lower body resistance training by week—45 minutes
Saturday	75 milers: bike 60–70 miles and 100 milers: bike 75–85 miles

### **Intermediate/Advanced and those biking 130–180 miles in Pelotonia**

Sunday	bike 35–45 miles—comfortable/easier pace
Monday	stretch 20 minutes; core strengthening 30 minutes
Tuesday	bike 30 miles—hill repeats
Wednesday	walk/run 3–5 miles; core strengthening 30 minutes
Thursday	bike 30–40 miles—intervals
Friday	off/stretch/yoga/upper and lower body resistance training by week—45 minutes
Saturday	bike 75–80 miles—grab some friends and enjoy the distance ride

### **Hill repeats:**

- 15–20 min easy warm up
- outdoor cycling: find a hill that you can safely repeat 4–6 times
- indoor cycling: increase resistance to mimic hill climbing » 5–6 minutes of “climbing” and increased resistance, 1–2 minutes to “descend” and decreased resistance—repeat 4–6 times
- You can challenge different muscles in your legs by trying to climb out of the saddle/seat when possible





## PELTONIA

# TRAINING SCHEDULE—JUNE CONT'D

- Cool down remainder of ride
- This is a great opportunity to become comfortable with changing gears. You want to try to keep the speed you are pedaling your feet fairly constant (to the best of your ability) and you need to feel comfortable changing your gears to do so. This is also a perfect time to take your bike in to the shop for a tune-up if you find you have a gear that is “sticky” or doesn’t transition smoothly.

### **Interval options:**

*Note: During the “hard” effort, you should not be able to maintain a conversation with your neighbor.*

*Use the “recovery” to catch your breath and allow your heart rate to return to normal workout rates for you.*

- 10–15 min easy warm up (always)
- Choose one of the options below:
  - a. 1 min HARD followed by 3 minute recovery; repeat x 7
  - b. 2 min HARD, 2 min recovery; repeat x 7
  - c. 3 min HARD, 1 min recovery; repeat x7
- Cool down remainder of ride

### **Bike maintenance:**

A few local bike shops have hands on experience opportunities to help you with bike maintenance questions and fixes. If you have questions about how to perform bike repairs, look up your local bike shop hours and ask about these free opportunities.



## PELTONIA

# TRAINING SCHEDULE—JULY

Wow! It's been so HOT HOT HOT here in central Ohio! Hopefully you've worked out your hydration and nutrition by now...you don't have much experimentation time left to make sure your nutrition plan is right. Now is the time for "fine tuning" in regards to how much food/drink you need to carry with you on your long rides. Bike with some friends and make sure to enjoy these longer rides!

Email me with any questions and concerns: [Katherine.krummen@osumc.edu](mailto:Katherine.krummen@osumc.edu)

### Beginners—25 miles in Pelotonia

Try to progress the distance of the Saturday long ride per week as listed (there are 4 Saturdays in July—try to follow the order provided).

Sunday	walk/run 3–5 miles
Monday	off/stretch/core strengthening 30 minutes
Tuesday	bike 10 miles—try some "interval" work—see below
Wednesday	walk/run 2–3 miles
Thursday	bike 15 miles—find a hill you can repeat 3–4x during this ride
Friday	off/stretch/yoga/alternate upper and lower body resistance training by week—30 minutes
Saturday	bike 20, 22, 25, 22 miles

### Beginners and Intermediate—50 miles in Pelotonia

Try to progress the distance of the Saturday long ride per week as listed (there are 4 Saturdays in July—try to follow the order provided).

Sunday	walk/run 3–5 miles
Monday	stretch 15 minutes; core strengthening 20 minutes
Tuesday	bike 20–25 miles—attempt "interval" work—see below
Wednesday	walk/run 2–3 miles
Thursday	bike 25 miles—trial hill repeats if interested
Friday	off/stretch/yoga/alternate upper and lower body resistance training by week—30 minutes
Saturday	bike 40, 45, 47, 50 miles

### Intermediate—100 miles in Pelotonia

Try to progress the distance of the Saturday long ride per week as listed (there are 4 Saturdays in July—try to follow the order provided).

Sunday	walk/run 3–5 miles
Monday	stretch 20 minutes; core strengthening 30 minutes
Tuesday	bike 25 miles—intervals
Wednesday	walk/run 2–3 miles
Thursday	bike 35–40 miles—hill repeats (4–6 per ride)
Friday	off/stretch/yoga/ upper and lower body resistance training by week—45 minutes
Saturday	75 milers: bike 65, 70, 75, 70 miles; 100 milers: bike 75, 80, 80, 90 miles

### Intermediate/Advanced—130 to 180 miles in Pelotonia

Try to progress the distance of the Saturday long ride and Sunday follow up ride per week as listed (there are 4 Saturdays in July—try to follow the order provided). Those biking 155 miles can stay near the shorter end of the ranges given on Saturday and Sunday rides.

Sunday	Bike 35, 40, 45, 50 miles—comfortable/easier pace
Monday	stretch 20 minutes; core strengthening 30 minutes
Tuesday	bike 30 miles—intervals
Wednesday	walk/run 3–5 miles; core strengthening 30 minutes
Thursday	bike 30–40 miles—hill repeats (5–6)
Friday	off/stretch/yoga/upper and lower body resistance training by week—45–60 minutes
Saturday	bike 75, 80, 80, 90 miles





## PELTONIA

# TRAINING SCHEDULE—JULY CONT'D

### Hill repeats:

- 15–20 min easy warm up
- outdoor cycling: find a hill that you can safely repeat 4–6 times
- You can challenge different muscles in your legs by trying to climb out of the saddle/seat when possible
- Cool down remainder of ride
- This is a great opportunity to become comfortable with changing gears. You want to try to keep the speed you are pedaling your feet fairly constant (to the best of your ability) and you need to feel comfortable changing your gears to do so. This is also a perfect time to take your bike in to the shop for a tune-up if you find you have a gear that is “sticky” or doesn’t transition smoothly.

### Interval options:

- 1) 10–15 min easy warm up (always)
- 2) Choose one of the options below:
  - a. 1 minute HARD followed by 3 minute recovery—repeat x7
  - b. 2 min HARD, 2 min recovery—repeat x7
  - c. 3 min HARD, 1 min recovery—repeat x7
- 3) cool down remainder of ride

### Bike maintenance:

A few local bike shops have hands on experience opportunities to help you with bike maintenance questions and fixes. If you have questions about how to perform bike repairs, look up your local bike shop hours and ask about these free opportunities.



## PELOTONIA

# TRAINING SCHEDULE—AUGUST

Ah! How did August get here so quickly? Well, it's the final countdown until Pelotonia. The workouts get shorter from here. It's been extremely hot outside lately (as if you hadn't noticed) and I hope you've found the appropriate nutrition to keep you hydrated and safe. Be sure you're wearing light colored moisture-wicking clothing that breathes well—this should help to keep you cool on these very HOT days.

It's time to cut down the mileage for a relative "rest" to save your legs for Pelotonia. However, "rest" does not mean sit on the couch...it means "keep going" but with less mileage.

### Beginners—25 miles in Pelotonia

Saturday	15–18 mile bike
Sunday	2 mile walk/jog
Monday	stretch 15–20 min/yoga for 20 minutes
Tuesday	6–8 mile bike—easy to moderate hill work if possible
Wednesday	2 mile walk/jog OR 20 min lap swim
Thursday	6 mile bike with 4 x 1 min accelerations—1 minute rest between sets
Friday	off
Saturday	PELOTONIA

### Beginners and Intermediate—50 miles in Pelotonia

Saturday	25–30 mile bike ride
Sunday	3 mile walk/jog
Monday	stretch 30 minutes
Tuesday	20–25 mile bike with 2–3 hill repeats
Wednesday	3 mile walk/jog OR 30 minute swim (moderate to easy)
Thursday	15–18 mile bike with 5 x 1 min accelerations with 2 min rest between sets
Friday	off
Saturday	PELOTONIA

### SPECIAL NOTE TO THE 100, 130, AND 180 MILE PELOTONIA RIDES:

You do not need to complete a full century in order to be adequately prepared for Pelotonia! If you have not completed a century ride (100 miles) on your own this year, I would not complete it the week before Pelotonia. (Don't worry! If you've been following closely to this plan, you'll be great!)

### Intermediate—100 miles in Pelotonia

Saturday	75 milers: bike 45–50 miles 100 milers: bike 55–60 miles
Sunday	walk/jog 2–3 miles
Monday	stretch 20–30 min
Tuesday	20–25 mile bike with 3–4 hill repeats
Wednesday	3 mile walk/jog OR 30 min lap swim
Thursday	20 mile bike with 5 x 2 min accelerations with 2 min rest between sets
Friday	off
Saturday	PELOTONIA

### Intermediate/Advanced—130 to 180 miles in Pelotonia

Saturday	Bike 55–60 miles
Sunday	Bike 25 miles
Monday	stretch 30 minutes
Tuesday	20–25 mile bike with 3–4 hill repeats
Wednesday	3 mile walk/jog OR 30 min lap swim
Thursday	20 mile bike with 5 x 2 min accelerations with 2 min rest between sets
Friday	off
Saturday	PELOTONIA







## PELTONIA

# TRAINING SCHEDULE—AUGUST CONT'D

### Hill repeats:

- 15–20 min easy warm up
- Outdoor cycling: find a hill that you can safely repeat 4–6 times
- You can challenge different muscles in your legs by trying to climb out of the saddle/seat when possible
- Cool down remainder of ride
- This is a great opportunity to become comfortable with changing gears. You want to try to keep the speed you are pedaling your feet fairly constant (to the best of your ability) and you need to feel comfortable changing your gears to do so. This is also a perfect time to take your bike in to the shop for a tune-up if you find you have a gear that is “sticky” or doesn’t transition smoothly.

### Interval options:

- Warm up at least 15 minutes before beginning accelerations
- Increase speed and effort level to approximately 80–85% of max effort for the “accelerations”
- return to a moderate 60–70% of max effort for the “rest” between sets of accelerations
- Use your “rest” sections to recover (catch your breath and drink more fluids between the sets of accelerations)
- Finish ride with moderate to easy pace (at least 10–15 minute cool down)

### Bike maintenance:

A few local bike shops have hands on experience opportunities to help you with bike maintenance questions and fixes. If you have questions about how to perform bike repairs, look up your local bike shop hours and ask about these free opportunities. Try to pick up your last minute nutrition and bike repair tools earlier this week to beat the rush on Thursday and Friday this week.

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Please feel free to email me with questions about the training program!  
Kathy Kruppen—[Katherine.kruppen@osumc.edu](mailto:Katherine.kruppen@osumc.edu)