



# TRAINING SCHEDULE—MARCH

## **BEGINNERS AND THOSE BIKING 25 MILES IN PELOTONIA**

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

## **INTERMEDIATE AND THOSE BIKING 35 AND 50 MILES IN PELOTONIA**

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

## **INTERMEDIATE AND THOSE BIKING 75 AND 100 MILES IN PELOTONIA**

Sunday .....walk 3 miles  
Monday.....stretch 15 minutes; core strengthening 15 minutes  
Tuesday.....bike 20 miles—hill repeats  
Wednesday .....walk 2 miles  
Thursday.....bike 20 miles—tempo  
Friday.....off/stretch/yoga/upper and lower body resistance training by week—45 minutes  
Saturday .....bike 30-35 miles

## **INTERMEDIATE/ADVANCED AND THOSE BIKING 135–200 MILES IN PELOTONIA**

Sunday .....Bike 20-25 miles—nice and easy  
Monday.....stretch 15 minutes; core strengthening 15 minutes  
Tuesday.....20 mile bike—hill repeats  
Wednesday .....35 minute walk; core strengthening 15 minutes  
Thursday.....20 mile bike—tempo  
Friday.....off/stretch/yoga  
Saturday .....35–40 mile bike—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—3–4 minutes of “climbing” and increased resistance, 1–2 minutes to “descend” and decreased resistance—repeat 4–6 times
- Cool down remainder of 20 mile ride

## **TEMPO—IF 20 MILES TAKES APPROXIMATELY 1:00–1:20:**

- 15 min easy warm up
- 5 minutes of 7–8/10 effort; 2 minute recovery x4
- cool down remainder of 20 mile ride



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# 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 35 AND 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 75 AND 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 135–200 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



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## 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 35 AND 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 75 AND 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 135–200 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

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## TRAINING SCHEDULE—MAY

### **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



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## 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 35 AND 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 75 AND 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 135–200 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



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## TRAINING SCHEDULE—JUNE

### 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
- 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.



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## 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—35 AND 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—75 AND 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

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## TRAINING SCHEDULE—JULY

### INTERMEDIATE/ADVANCED—135–200 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

### 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.





## 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—35 AND 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, 135, 155, 180, AND 200 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—75 AND 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



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# TRAINING SCHEDULE—AUGUST

## INTERMEDIATE/ADVANCED—135 TO 200 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

### 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 Krummen—[Katherine.krummen@osumc.edu](mailto:Katherine.krummen@osumc.edu)**