

PELOTONIA[®]

2020 Pelotonia Rides Training Plan

Congratulations on making the choice to not only do something fun and rewarding for yourself and your own health, but also to do it at Pelotonia, where your fundraising efforts can benefit so many others as well! The Pelotonia weekend will be filled with excitement, and thorough preparation will help ensure you enjoy your experience as much as possible. We have put together some training outlines for different distances. Below you will find some notes to help guide you through training, tips to have a great ride during the Pelotonia weekend, and detailed training recommendations from late May through early August. Enjoy the journey!

Training Tips

No matter which ride distance you're preparing for, thoughtful preparation is the key to success. Consistent training with gradual increases in training time will help to improve your fitness and develop riding skills. But we're not professional riders and we can't spend all day every day on the bike. There are many other obligations to attend to, so this plan is designed with some flexibility to accommodate a busy life.

Each week will include three key workouts and an optional fourth day. These workouts can be integrated into your week in whatever way fits best, and that may not be the same every week. However, we have often found that the more consistent your routine, the easier it is to develop a training habit. It's also generally a good idea to allow a day off from training or at lower intensity. This could be a great time for a strength workout, other cross training, or a shorter easy ride if you just love the feeling of freedom that comes from being in the saddle.

In order for fitness to grow, training needs to progress over time. In each of the plans below, training time starts a bit lower in May and increases a bit each week leading up to the event in August. Over time, the plan also starts to include more intensity. The intensity portions are optional. If you're brand new to riding, simply following the recommended training times will help you build fitness. But if you're a more experienced rider, including some intensity helps to develop a balanced fitness profile and prepares you for challenges you might face on the course, such as wind and hills.

There are also periodic recovery weeks within this plan. When you're increasing training load, you'll have a bit of fatigue that accumulates over several weeks. The recovery weeks don't mean you'll stop training, but you'll reduce your training load so that you can feel a bit fresher, then launch into the next block of training with renewed energy. The final week leading up to Pelotonia is also a recovery week so that you'll feel energetic at the start of your ride.

In addition to preparation on the bike, it's also important to take care of yourself off the bike. Sleeping 7-8 hours a night improves recovery from training stress. Eating a well-balanced diet provides fuel for training and protein for muscle repair. If you're currently following a lower carbohydrate diet, you may want to include a bit more carbs in your meals, especially if you're increasing your training load significantly to prepare for these events. Since most of your training will be done in hot summer weather, be sure to hydrate consistently with clear water to stay cool and promote overall health.



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Training Plans

Below are three training plans for different distances. You can more detailed descriptions of each route at <https://pelotonia.org/ride/event/routes/>, but in general the shorter rides are flatter with less elevation gain, and longer rides spend more time in challenging terrain. These demands change both duration and nature of the recommended training. These plans are recommended as a great starting point, but if you're comfortable with riding more volume or more frequently than is suggested for your chosen duration feel free to do so!

Everyone can benefit from some intensity mixed into their training. It not only helps make rides more interesting, but also helps to build fitness of different energy systems. In order to make this plan accessible to everyone, we've employed a simple 3-zone system, which is described below.

- Zone 1: This is your basic endurance pace and where you should spend most of your riding time. Effort should be steady and consistent, but not hard. You should be capable of holding a conversation in this zone. If you're using a Heart Rate Monitor, the range should be 60-80% of maximum heart rate. With a power meter, target 60-75% of your threshold power.
- Zone 2: This is your "threshold" zone, which helps you feel comfortable sustaining high cruising speed or working hard up a long climb. You should be able to sustain this effort for 30-40 minutes continuously, but will work to do so. Conversation in this zone will be limited to a few words or maybe one full sentence. HR readings should be 80-90% of maximum heart rate, and power should be in the range of 90-100% of threshold.
- Zone 3: This is the anaerobic zone. You're working very hard here, and conversation generally won't be possible. HR is not a great indicator of intensity in Zone 3 because the efforts are short and it takes HR a while to respond. You will likely be at 90% or higher of max HR by the end of these intervals. Power readings should be substantially above threshold. For the durations of intervals in these plans, aim for 115-130% of threshold power.

While we call this a 3-zone system above, there are a few other elements you'll see in the plan. The first is "Zone 1.5." As you might expect, this zone is on the border between zones 1 and 2, so expect your effort and metrics to match. Zone 1.5 workouts are longer continuous blocks, and riding them through varied terrain will help you get comfortable adjusting your pace and sustaining effort on any route.

You'll also see some Hill Repeat workouts in some of the longer plans that include more climbing. These repeats are intended to be somewhat similar to the Zone 3 intervals, but completed on a climb that will force the rider to use a lower cadence and more muscular strength. The ideal climb is 90 seconds to 2 minutes in duration, but because everyone will have different conditions in their local areas, you can adjust by doing additional reps of a shorter climb if you need to. Those coming from flat terrain may need to make do with short interstate overpasses, a strong wind, or even just using their largest gears to simulate steeper terrain.

Lastly, each plan has an optional 4th day. We feel that most people, if they complete the recommended workouts on days 1-3 consistently, should be prepared for the ride length associated with that plan. The optional day is included for additional training benefit and enjoyment of the bike. However, if you're following the 25/35-mile plan or the 75/100-mile plan, and planning to ride the longer event in those cases, we'd encourage you to include the 4th day whenever possible to ensure your fitness is up to the task!



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25/35-mile Training Plan

Week	Day 1	Day 2	Day 3	Day 4 (Optional)
5/18	30 minutes Zone 1	30 minutes Zone 1	10 miles Zone 1	30-60 minutes Zone 1
5/25	35 minutes Zone 1	30 minutes Zone 1	12 miles Zone 1	30-60 minutes Zone 1
6/1	40 minutes Zone 1	40 minutes Zone 1	14 miles Zone 1	30-60 minutes Zone 1
6/8	30 minutes Zone 1	30 minutes Zone 1	10-12 miles Zone 1	30-60 minutes Zone 1
6/15	40 minutes with 2x5 minutes Zone 2	40 minutes with 5x30 sec Zone 3	14 miles Zone 1	30-60 minutes Zone 1
6/22	45 minutes with 2x6 minutes Zone 2	45 minutes with 15 minutes Zone 1.5	16 miles Zone 1	30-60 minutes Zone 1
6/29	50 minutes with 2x8 minutes Zone 2	50 minutes with 4xHill Repeats	18 miles Zone 1	30-60 minutes Zone 1
7/6	40 minutes Zone 1	30 minutes Zone 1	15 miles Zone 1	30-60 minutes Zone 1
7/13	50 minutes with 2x8 minutes Zone 2	50 minutes with 6x45 sec Zone 3	18 Miles Zone 1	30-60 minutes Zone 1
7/20	55 minutes with 3x5 minutes Zone 2	55 minutes with 20 minutes Zone 1.5	20 miles Zone 1	30-60 minutes Zone 1
7/27	60 minutes with 4x3 minutes Zone 2	60 minutes with 6xHill Repeats	15 miles Zone 1	30-60 minutes Zone 1
8/3	30 minutes Zone 1	30 minutes Zone 1	Pelotonia Ride!	

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45/55-mile Training Plan

Week	Day 1	Day 2	Day 3	Day 4 (Optional)
5/18	60 minutes with 4x5 minutes Zone 2	60 minutes with 20 minutes Zone 1.5	15 miles Zone 1	15-20 miles Zone 1
5/25	60 minutes with 3x7 minutes Zone 2	60 minutes with 25 minutes Zone 1.5	20 miles Zone 1	15-20 miles Zone 1
6/1	60 minutes with 2x10 minutes Zone 2	60 minutes with 30 minutes Zone 1.5	25 miles Zone 1	15-20 miles Zone 1
6/8	45 minutes Zone 1	45 minutes Zone 1	20 miles Zone 1	Rest Day
6/15	60 minutes with 2x10 minutes Zone 2	60 minutes with 10x30 sec Zone 3	25 miles Zone 1	20-25 miles Zone 1
6/22	60 minutes with 2x12 minutes Zone 2	60 minutes with 35 minutes Zone 1.5	30 miles Zone 1	20-25 miles Zone 1
6/29	60 minutes with 2x15 minutes Zone 2	60 minutes with 6xHill Repeats	35 miles Zone 1	20-25 miles Zone 1
7/6	45 minutes Zone 1	45 minutes Zone 1	25 miles Zone 1	Rest Day
7/13	60 minutes with 2x15 minutes Zone 2	60 minutes with 6x1 minutes Zone 3	35 Miles Zone 1	20-25 miles Zone 1
7/20	60 minutes with 3x10 minutes Zone 2	60 minutes with 40 minutes Zone 1.5	40 miles Zone 1	20-25 miles Zone 1
7/27	60 minutes with 4x8 minutes Zone 2	60 minutes with 8xHill Repeats	25 miles Zone 1	20-25 miles Zone 1
8/3	45 minutes Zone 1	45 minutes Zone 1	Pelotonia Ride!	



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75/100-mile Training Plan

Week	Day 1	Day 2	Day 3	Day 4 (Optional)
5/18	60-90 minutes Zone 1 with 5x5 minutes Zone 2	60-90 minutes Zone 1 with 6x Hill Repeats	40 miles Zone 1	20-25 miles Zone 1 OR Group Ride
5/25	60-90 minutes Zone 1 with 3x8 minutes Zone 2	60-90 minutes Zone 1 with 30 minutes Zone 1.5	45 miles Zone 1	20-25 miles Zone 1 OR Group Ride
6/1	60-90 minutes Zone 1 with 3x10 minutes Zone 2	60-90 minutes Zone 1 with 6x2 minutes Zone 3	50 miles Zone 1	20-25 miles Zone 1 OR Group Ride
6/8	60 minutes Zone 1	60 minutes Zone 1 with 5x1 minutes High Cadence 100+	40 miles Zone 1	20-25 miles Zone 1 OR Group Ride
6/15	75-90 minutes Zone 1 with 3x10 minutes Zone 2	60-90 minutes Zone 1 with 8x Hill Repeats	50 miles Zone 1	25-30 miles Zone 1 OR Group Ride
6/22	75-90 minutes Zone 1 with 3x12 minutes Zone 2	60-90 minutes Zone 1 with 35 minutes Zone 1.5	55 miles Zone 1	25-30 miles Zone 1 OR Group Ride
6/29	75-90 minutes Zone 1 with 3x12 minutes Zone 2	60-90 minutes Zone 1 with 6x2 minutes Zone 3	60 miles Zone 1	25-30 miles Zone 1 OR Group Ride
7/6	60 minutes Zone 1	60 minutes Zone 1 with 5x1 minutes High Cadence 100+	40 miles Zone 1	25-30 miles Zone 1 OR Group Ride
7/13	75-90 minutes Zone 1 with 3x12 minutes Zone 2	60-90 minutes Zone 1 with 10x Hill Repeats	60 miles Zone 1	30-40 miles Zone 1 OR Group Ride
7/20	75-90 minutes Zone 1 with 4x9 minutes Zone 2	75-90 minutes Zone 1 with 40 minutes Zone 1.5	65-70 miles Zone 1	30-40 miles Zone 1 OR Group Ride
7/27	75-90 minutes Zone 1 with 5x7 minutes Zone 2	75-90 minutes Zone 1 with 6x2 minutes Zone 3	50 miles Zone 1	30-40 miles Zone 1 OR Group Ride
8/3	60 minutes Zone 1	45 minutes Zone 1	Pelotonia Ride!	



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Pelotonia Ride Tips

The shorter 25-, 35- and 45-mile routes are relatively flat, with a max of 1000 feet of climbing. The keys in these rides is maintaining an even pacing strategy. It can be easy in the excitement of an event to get carried away and go out a little too hard. If you start riding much harder than you did in training, you may run short of energy before the finish, which can be a miserable feeling. Consider what your average paces were in training, and start the ride at this type of pace. If you're comfortable riding in a group, you may be able to ride with others and ride a few mph faster with the same amount of effort. But make it your goal to feel comfortable for at least the first half of your ride, and then if you still feel good and want to aim for a faster finish time, you can push it more in the second half of the ride.

The longer 55-, 75- and 100-mile routes feature more climbing, which can really take a toll on the legs during a long day. The same pacing goal outlined above for the shorter events applies to the longer rides as well, but when the terrain is variable, it makes it harder to settle in. Since you'll be fresh at the beginning of the ride, it's easy to work a little too hard up a climb, and you may not even feel it at the time. But over several hours and several more climbs, that effort can come back to haunt you. To avoid overdoing it, focus on the pressure on the pedals on flat ground. When you start to climb, try to shift to a gear that allows you to maintain consistent pressure. This likely means riding slower than you would otherwise, but this also means you'll have more energy to continue riding faster between climbs and especially later in the ride.

Just like in training, you'll want to make sure you eat consistently through the ride, and hydrate well. If you expect your ride to last 60-90 minutes, a good breakfast, and a snack on the bike should suffice. But if your ride will be 2+ hours, eating on the ride becomes more and more important. Aim for about 100-200 calories per hour, which can come from something like an energy bar, a piece of fruit, or some trail mix. Whatever you use, make sure it's something you've practiced with in your training. Smaller snacks more frequently will be easier to digest than a denser meal all at once, so spread out your intake and your energy levels will remain high.

Like your food, your hydration choice should be something you're already familiar with. Clear water can be OK, especially if you're eating other energy foods. On a hot day, a drink with electrolytes is very important to help replace electrolytes that are naturally lost through sweat. Drink mixes or additives are available to provide these electrolytes separately, and they're also found in common energy drinks that also contain carbohydrates. An energy drink with carbohydrates isn't absolutely necessary if you're eating solid food, but it is a convenient option. Just be sure to include the calories that are in the drink as part of the recommended hourly intake.

Lastly, know your bike and be prepared for minor things that may come up. It's a good idea to have a tune-up before the ride to help address any normal wear and tear that has come up during training. Carry a flat repair kit (and know how to use it!). Many riders may go a long time without a flat tire, but even a brand-new tire isn't immune to puncture, and you never know when it might hit. Having the spare will get you rolling again as quickly as possible.

