

Instructions for Following the Bike MS Bay to Bay Training Plan

This plan is written for those athletes looking to complete the Bike MS Bay to Bay Tour. The calendar includes training periods that last 4 weeks. Each four week training block consists of 3 progressively harder weeks followed by one recover/rest week. An athlete must have rest or recovery periods built into their training to allow for the body to adapt to the overloading that occurs during the harder 3 weeks. Simply put - Rest is when you get stronger! Each week consists of 4 endurance workouts and 2-3 strength/flexibility workouts. As a general theme you'll be gaining most of your endurance on the weekends and training with higher intensity mid-week. An explanation of the key at the bottom of the calendar and sample workouts are included below:

1. **Endurance Rides (E)** - These rides are at a low intensity designed around gaining fitness. The goal is to increase the body's ability to use oxygen, thus, it is important to keep your biking to a "conversational pace – able to complete a full sentence without gasping for air".
2. **Tempo Rides (T)** - These rides are at a moderate intensity designed to challenge the athlete's ability to push through a little bit of discomfort. The goal is to force the body to adapt to processing and buffering lactic acid. Breathing should become slightly labored and sentences shorter while the rider pushes into this zone. Sufficient warm up and cool down (10-30 mins) in the endurance zone should be incorporated into each tempo ride.
3. **Interval/Stationary Trainer Workouts (I/ST)** – These workouts are meant to include shorter bouts at the athlete's highest intensity. Breathing will become very labored and lactic acid levels will reach a peak. Sufficient rest will be used to allow for each effort to be of high quality. A 1:1 work to rest ratio should be used.
4. **Hill Climbs (H)** – These rides are meant to include hills in an effort to gain leg/core strength needed for maintaining a steady effort when the road goes up. Athletes should strive to spend time both in the saddle and out of the saddle while maintaining a cadence between 65-100 rpms. Breathing will become labored, but not to the point where you can't string together a few words - clean ones, of course!
5. **Cross Training Workouts (CT)** – These workouts should include any discipline other than cycling (ie. Hiking, Running, Swimming, Soccer, etc.). Time durations are given as a general guideline and intensity ranges should be held within a rating of perceived exertion around 5-9/10 (0-easy/10-hard).

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6. **Group Rides (G)** – These rides are typically done on Saturday and will consist of longer duration endurance training. Although it's ok to charge up a few hills and sprint it out with your friends occasionally, do not turn these rides into races!
7. **Weeks 1-8 Theme** – Goal is to increase fitness through gradually increasing your time in saddle and being consistent with hitting the workouts. Athletes should work on proper form and endurance (high reps 12-15) during their lifting days and maintain flexibility through a stretching program at least 2-3x/week.
8. **Weeks 9-16 Theme** – Goal is to continue building endurance while gradually incorporating speed/hill climbing needed to challenge the body's ability to buffer lactic acid. The weekend long rides are extremely important and athletes should focus on getting ample sleep and proper nutrition before, during and after their workouts to allow for the body to remain injury free. Strength exercises and stretching should be continued throughout this phase focusing on sport-specific muscle flexibility and strength (8-10 reps).
9. **Taper/Rest Weeks** – Every 4th week is easier in an effort to allow the athlete ample recovery time. If you choose to skip a workout during this time it's OK. Don't try to make up for lost time during these weeks and recharge the body/mind through recovery aids if possible (ie. ice, massage, stretching, etc.).

This plan promises to get you across the finish line with a smile across your face. As always, I encourage you to email or call me with any questions to assure you achieve your goal safely and without injury.

Best,

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SAMPLE WORKOUTS

**(These are just sample workouts. As always, please exercise at your own ability level.
Feel free to cut down the times and intervals to cater to your needs/goals)**

Workout #1:

Warm up: 10 mins easy spinning (cadence > 90rpms)

Main Set: 6-8 x 3 mins of alternating cadence/gearing in Big Chain Ring

Focus: 1st 3 min interval is at high cadence (>95) and easier gear

2nd 3 min interval is a low cadence (<75) and harder gear

*Continue same emphasis until 6-8 intervals are completed and 1 min rest between each.

Cool Down: 10-15 mins of easy spinning (cadence >90rpms)

Increase time of intervals by 1 min each week until 3 consecutive weeks have been completed

Workout #2:

Warm up: 10 mins of easy spinning (cadence >90rpms)

Main Set: 3-4 x 8 mins of Tempo Effort in Big Chain Ring with 4 min rest b/t each tempo interval.

Cool Down: 10-15 mins of easy spinning (cadence >90rpms)

Increase time of work/rest intervals by 1 min each week until 3 consecutive weeks have been completed.

Workout #3:

Warm up: 10-15 mins of easy riding including 3 x 1 mins of max spin ups (cadence >100rpms) followed by 1 min of easy spinning.

Main Set: 5 x 3 mins of high intensity (labored breathing) effort in Big Chain Ring with 2 mins rest b/t each interval.

Cool Down: 10-15 mins of easy spinning (cadence >90rpms)

Increase time of work/rest intervals by 1 min each week until 3 consecutive weeks have been completed.

Workout #4:

Warm up: 10-15 mins of easy riding including 3-5 x 30 second out of saddle efforts.

Main Set: High intensity interval ladder in big chain ring consisting of work intervals lasting 1/2/3/4/3/2/1 mins and equal time rest between each.

Cool Down: 10-15 mins of easy spinning (cadence >90rpms)

Increase longest duration (middle interval) by one minute each week and continue with theme of equal rest time between each until 3 consecutive weeks have been completed.

Bike MS Bay to Bay Century [150 mile] Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretching	I or ST Ride #1 60 min	Strength	E - 20-40 min	Stretching	E/G - 15 mile	C/T or E Ride 60 - 80 min
2	Stretching	I or ST Ride 60 min	Strength	E - 25-45 min	Stretching	E/G - 20 mile	C/T or E Ride 60 - 80 min
3	Stretching	I or ST Ride 60 min	Strength	E - 30-60 min	Stretching	E/G - 25 mile	C/T or E Ride 60 - 80 min
4	Stretching	I or ST Ride 60 min	Strength	E - 25-45 min	Stretching	E/G - 30 mile	C/T or E Ride 60 - 80 min

KEY

E - Endurance Ride G - Group Ride C/T - Cross Train
ST - Stationary Trainer/Bike Wkt I - Interval Workout

Bike MS Bay to Bay Century [150 mile] Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Stretching	I or ST Ride #2 60 min	Strength	E - 40-65 min	Stretching	E/G - 35 mile	C/T or E Ride 80 - 100 min
6	Stretching	I or ST Ride 60 min	Strength	E - 50-70 min	Stretching	E/G - 40 mile	C/T or E Ride 80 - 100 min
7	Stretching	I or ST Ride 60 min	Strength	E - 60-80 min	Stretching	E/G - 50 mile	C/T or E Ride 80 - 100 min
8	Stretching	I or ST Ride 60 min	Strength	E - 40-65 min	Stretching	E/G - 45 mile	C/T or E Ride 60 - 80 min

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Bike MS Bay to Bay Century [150 mile] Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Stretching	I or ST Ride #3 60 min	Strength	H - 3-5 x 4min repeats on 4-6% grade climb	Stretching	E/G - 55 mile	C/T or E Ride 100-120 min
10	Stretching	I or ST Ride 60 min	Strength	T - 25-45 min	Stretching	E/G - 60 mile	C/T or E Ride 100-120 min
11	Stretching	I or ST Ride 60 min	Strength	H - 3-5 x 3min repeats on 6-8% grade climb	Stretching	E/G - 70 mile	C/T or E Ride 100-120 min
12	Stretching	I or ST Ride 60 min	Strength	T - 20-30 min	Stretching	E/G - 55 mile	C/T or E Ride 60 - 80 min

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T - Tempo Ride H - Hill Climbs

Bike MS Bay to Bay Century [150 mile] Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Stretching	I or ST Ride #4 60 min	Strength	H - 4-6 x 6min repeats on 4-6% grade climb	Stretching	E/G - 75 mile	C/T or E Ride 80 - 120min
14	Stretching	I or ST Ride 60 min	Strength	T - 40-60 min	Stretching	E/G - 85 mile	C/T or E Ride 80 - 120min
15	Stretching	I or ST Ride 60 min	Strength	H - 4-6 x 4min repeats on 6-8% grade climb	Stretching	E/G - 55 mile	C/T or E Ride 80 - 120min
16	Stretching	I or ST Ride 60 min	Strength	T - 15-20 min	Stretching	MS RIDE DAY 1	MS RIDE DAY 2

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