



## Cancervive Cycle Tour Training Plan

	General Prep	General Prep
	June 18-24	June 25-July 1
Monday	Day off!!	Day off!!
Tuesday	Weekday ride - try to go hard on the hills and maintain hard over the top	Weekday ride - try to go hard on the hills and maintain hard over the top
Wednesday	Try to get out for say 45- 60 min all really EZ	Try to get out for say 45- 60 min all really EZ
Thursday	try for 45-60 min, push the effort on the hills	try for 45-60 min, push the effort on the hills
Friday	Day off!!	Day off!!
Saturday	Long ride - 60k	Long ride - 60k
Sunday	Long ride - 30-40k	Long ride - 40k
Theme of plan... Tues as tempo work, learning to ride hard for a sustained period		
Wed/Thurs as flush rides - keep HR low!		
Weekend as volume back to back rides to build endurance		



## Cancervive Cycle Tour Training Plan

	General Prep	Recovery week
	July 2-8	July 9-15
Monday	Day off!!	Day off!!
Tuesday	Weekday ride - try to go hard on the hills and maintain hard over the top	Weekday ride - ride a nice easy social pace
Wednesday	Try to get out for say 45- 60 min all really EZ	Try to get out for say 45- 60 min all really EZ
Thursday	try for 45-60 min, push the effort on the hills	try for 45 min, push the effort on the hills
Friday	Day off!!	Day off!!
Saturday	Long ride - 70k	Long ride - 50k
Sunday	Long ride - 40k	Long ride - 40k
Theme of plan... Tues as tempo work, learning to ride hard for a sustained period		
Wed/Thurs as flush rides - keep HR low!		
Weekend as volume back to back rides to build endurance		



## Cancervive Cycle Tour Training Plan

	Volume build	Volume build
	July 16-22	July 23-29
Monday	Day off!!	Day off!!
Tuesday	Weekday ride - try to go hard on the hills and maintain hard over the top	Weekday ride - try to go hard on the hills and maintain hard over the top
Wednesday	Try to get out for say 60 min all really EZ	Try to get out for say 60 min all really EZ
Thursday	try for 60 min, push the effort on the hills	try for 60 min, push the effort on the hills
Friday	Day off!!	Day off!!
Saturday	Long ride - 70k	Long ride - 80k
Sunday	Long ride - 40k	Long ride - 40k
Theme of plan... Tues as tempo work, learning to ride hard for a sustained period		
Wed/Thurs as flush rides - keep HR low!		
Weekend as volume back to back rides to build endurance		



## Cancervive Cycle Tour Training Plan

	Volume build	Recovery week
	July 30-Aug5	Aug6-12
Monday	Day off!!	Day off!!
Tuesday	Weekday ride - try to go hard on the hills and maintain hard over the top	Weekday ride - ride a nice easy social pace
Wednesday	Try to get out for say 60 min all really EZ	Try to get out for say 45 min all really EZ
Thursday	try for 60 min, push the effort on the hills	try for 45 min, push the effort on the hills
Friday	Day off!!	Day off!!
Saturday	Long ride - 80k	Long ride - 60k
Sunday	Long ride - 50k	Long ride - 40k
Theme of plan... Tues as tempo work, learning to ride hard for a sustained period		
Wed/Thurs as flush rides - keep HR low!		
Weekend as volume back to back rides to build endurance		



## Cancervive Cycle Tour Training Plan

	Big volume prep week	Big volume prep week
	Aug13-19	Aug20-26
Monday	Day off!!	Day off!!
Tuesday	Weekday ride - try to go hard on the hills and maintain hard over the top	Weekday ride - try to go hard on the hills and maintain hard over the top
Wednesday	Try to get out for say 60 min all really EZ	Try to get out for say 60 min all really EZ
Thursday	try for 60 min, push the effort on the hills	try for 60-75 min, push the effort on the hills
Friday	Day off!!	Day off!!
Saturday	Long ride - 100k	Long ride - 100k
Sunday	Long ride - 70k	Long ride - 80k
Theme of plan... Tues as tempo work, learning to ride hard for a sustained period		
Wed/Thurs as flush rides - keep HR low!		
Weekend as volume back to back rides to build endurance		



## Cancervive Cycle Tour Training Plan

	Big volume prep week	Taper week
	Aug 27-Sept2	Sept3-9
Monday	Day off!!	Day off!!
Tuesday	Weekday ride - try to go hard on the hills and maintain hard over the top	Weekday ride - try to go hard on the hills and maintain hard over the top
Wednesday	Try to get out for say 60 min all really EZ	Try to get out for say 40-60 min all really EZ
Thursday	try for 75 min, push the effort on the hills	try for 60 min, push the effort on the hills
Friday	Day off!!	Day off!!
Saturday	Long ride - 110k	Long ride - 75k
Sunday	Long ride - 90k	Long ride - 50-60k
Theme of plan... Tues as tempo work, learning to ride hard for a sustained period		
Wed/Thurs as flush rides - keep HR low!		
Weekend as volume back to back rides to build endurance		