TdSC 36 Mile Ride – 13 Week Training Calendar

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	INTERVAL RIDE 2-3 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 4 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 3 Miles 50% of usual effort	ENDURANCE RIDE 6 Miles	ENDURANCE RIDE 6 Miles
2	INTERVAL RIDE 2-3 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 4-5 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 4 Miles 50% of usual effort	ENDURANCE RIDE 6 Miles	REST DAY
3	INTERVAL RIDE 3 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 4 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 4 Miles 50% of usual effort	ENDURANCE RIDE 8 Miles	REST DAY
4	INTERVAL RIDE 3-4 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 4-5 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 4 Miles 50% of usual effort	9-10 Miles	REST DAY
5	INTERVAL RIDE 4 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 5 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 4-5 Miles 50% of usual effort	ENDURANCE RIDE 11 Miles	REST DAY
6	INTERVAL RIDE 4 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 5-6 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 4-5 Miles 50% of usual effort	ENDURANCE RIDE 12-13 Miles	REST DAY

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7	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
	4-5 Miles		6 Miles		5 Miles	15 Miles	
	Warm up at easy		Hill ride/resistance		50% of usual		
	pace		training		effort		
	Cool down at easy						
	pace						
8	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
	4-5 Miles		7 Miles		5-6 Miles	18 Miles	
	Warm up at easy		Hill ride/resistance		50% of usual		
	pace		training		effort		
	Cool down at easy						
	pace						
9	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
	5 Miles		7-8 Miles		5-6 Miles	20 Miles	
	Warm up at easy		Hill ride/resistance		50% of usual		
	pace Cool down at easy		training		effort		
	•						
	pace	CDOCC TRAINING	CERENCELL RIDE	CDOCC TRAINING	DECOVEDY DIDE	ENDURANCE DIDE	DECT DAY
10	INTERVAL RIDE 5-6 Miles	CROSS-TRAINING	STRENGTH RIDE 7 Miles	CROSS-TRAINING	RECOVERY RIDE 7-8 Miles	ENDURANCE RIDE 22-25 Miles	REST DAY
	Warm up at easy		Hill ride/resistance		50% of usual	ZZ-Z5 WIIIeS	
	pace		training		effort		
	Cool down at easy		training		CHOIL		
	pace						
11	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
11	6 Miles		6 Miles		7-8 Miles	26-28 Miles	11201 2711
	Warm up at easy		Hill ride/resistance		50% of usual		
	pace		training		effort		
	Cool down at easy						
	pace						
12	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
	6 Miles		7 Miles		6 Miles	30 Miles	
	Warm up at easy		Hill ride/resistance		50% of usual		
	pace		training		effort		
	Cool down at easy						
	pace						

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13	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	MODERATE	RECOVERY RIDE	ENDURANCE RIDE	OCT. 25
	6 Miles		5-6 Miles	6 Miles easy	Off	Riders Choice	Tour de
	Warm up at easy		Hill Ride				Summer
	pace						Julilliei
	Cool down at easy						Camps!
	pace						