

## TdSC 36 Mile Ride – 13 Week Training Calendar

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

## TdSC 36 Mile Ride – 13 Week Training Calendar

7	<b>INTERVAL RIDE</b> 4-5 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 6 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 5 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 15 Miles	<b>REST DAY</b>
8	<b>INTERVAL RIDE</b> 4-5 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 7 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 5-6 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 18 Miles	<b>REST DAY</b>
9	<b>INTERVAL RIDE</b> 5 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 7-8 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 5-6 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 20 Miles	<b>REST DAY</b>
10	<b>INTERVAL RIDE</b> 5-6 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 7 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 7-8 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 22-25 Miles	<b>REST DAY</b>
11	<b>INTERVAL RIDE</b> 6 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 6 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 7-8 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 26-28 Miles	<b>REST DAY</b>
12	<b>INTERVAL RIDE</b> 6 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 7 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 6 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 30 Miles	<b>REST DAY</b>

## TdSC 36 Mile Ride – 13 Week Training Calendar

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