TdSC Century Ride – 13 Week Training Calendar

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	INTERVAL RIDE 15 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 10 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 15 Miles 50% of usual effort	ENDURANCE RIDE 40 Miles	REST DAY
2	INTERVAL RIDE 15 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 10 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 20 Miles 50% of usual effort	ENDURANCE RIDE 45 Miles	REST DAY
3	INTERVAL RIDE 15 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 10 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 53 Miles 50% of usual effort	ENDURANCE RIDE 50 Miles	REST DAY
4	INTERVAL RIDE 20 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 10 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 25 Miles 50% of usual effort	ENDURANCE RIDE 55 Miles	REST DAY
5	INTERVAL RIDE 20 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 10 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 30 Miles 50% of usual effort	ENDURANCE RIDE 60 Miles	REST DAY
6	INTERVAL RIDE 25 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 10 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 30 Miles 50% of usual effort	ENDURANCE RIDE 65 Miles	REST DAY

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7	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
	30 Miles		10 Miles		53 Miles	5 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
	30 Miles		10 Miles		30 Miles	70 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
	30 Miles		15 Miles		35 Miles	75 Miles	
	Warm up at easy		Hill ride/resistance		50% of usual		
	pace		training		effort		
	Cool down at easy						
	pace						
10	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
	35 Miles		15 Miles		40 Miles	85 Miles	
	Warm up at easy		Hill ride/resistance training		50% of usual effort		
	pace Cool down at easy		training		enort		
	pace						
4.4	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
11	35 Miles	CROSS-TRAINING	15 Miles	CROSS-I KAIIVIING	45 Miles	90 Miles	REST DAT
	Warm up at easy		Hill ride/resistance		50% of usual	30 Willes	
	pace		training		effort		
	Cool down at easy		B		55.1		
	pace						
12	INTERVAL RIDE	CROSS-TRAINING	STRENGTH RIDE	CROSS-TRAINING	RECOVERY RIDE	ENDURANCE RIDE	REST DAY
14	35 Miles		15 Miles		45 Miles	55 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
	40 Miles		15 Miles	5 Miles easy	Off	Riders Choice	Tour de
	Warm up at easy		Hill Ride				Summer
	pace						
	Cool down at easy						Camps!
	pace						