

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

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7	<b>INTERVAL RIDE</b> 30 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 10 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 53 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 5 Miles	<b>REST DAY</b>
8	<b>INTERVAL RIDE</b> 30 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 10 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 30 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 70 Miles	<b>REST DAY</b>
9	<b>INTERVAL RIDE</b> 30 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 15 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 35 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 75 Miles	<b>REST DAY</b>
10	<b>INTERVAL RIDE</b> 35 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 15 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 40 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 85 Miles	<b>REST DAY</b>
11	<b>INTERVAL RIDE</b> 35 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 15 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 45 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 90 Miles	<b>REST DAY</b>
12	<b>INTERVAL RIDE</b> 35 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 15 Miles Hill ride/resistance training	<b>CROSS-TRAINING</b>	<b>RECOVERY RIDE</b> 45 Miles 50% of usual effort	<b>ENDURANCE RIDE</b> 55 Miles	<b>REST DAY</b>

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13	<b>INTERVAL RIDE</b> 40 Miles Warm up at easy pace Cool down at easy pace	<b>CROSS-TRAINING</b>	<b>STRENGTH RIDE</b> 15 Miles Hill Ride	<b>MODERATE</b> 5 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>
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