

TdSC Metric Century – 13 Week Training Calendar

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	INTERVAL RIDE 5 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 8 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 6 Miles 50% of usual effort	ENDURANCE RIDE 12 Miles	ENDURANCE RIDE 12 Miles
2	INTERVAL RIDE 5 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 9 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 8 Miles 50% of usual effort	ENDURANCE RIDE 12 Miles	REST DAY
3	INTERVAL RIDE 6 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 8 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 8 Miles 50% of usual effort	ENDURANCE RIDE 16 Miles	REST DAY
4	INTERVAL RIDE 7 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 9 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 8 Miles 50% of usual effort	ENDURANCE RIDE 19 Miles	REST DAY
5	INTERVAL RIDE 8 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 9 Miles 50% of usual effort	ENDURANCE RIDE 22 Miles	REST DAY
6	INTERVAL RIDE 8 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 11 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 9 Miles 50% of usual effort	ENDURANCE RIDE 25 Miles	REST DAY

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7	INTERVAL RIDE 9 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 12 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 10 Miles 50% of usual effort	ENDURANCE RIDE 30 Miles	REST DAY
8	INTERVAL RIDE 9 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 14 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 11 Miles 50% of usual effort	ENDURANCE RIDE 35 Miles	REST DAY
9	INTERVAL RIDE 10 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 15 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 11 Miles 50% of usual effort	ENDURANCE RIDE 40 Miles	REST DAY
10	INTERVAL RIDE 11 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 14 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 15 Miles 50% of usual effort	ENDURANCE RIDE 45 Miles	REST DAY
11	INTERVAL RIDE 12 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 12 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 15 Miles 50% of usual effort	ENDURANCE RIDE 50 Miles	REST DAY
12	INTERVAL RIDE 12 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 14 Miles Hill ride/resistance training	CROSS-TRAINING	RECOVERY RIDE 12 Miles 50% of usual effort	ENDURANCE RIDE 55 Miles	REST DAY

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13	INTERVAL RIDE 12 Miles Warm up at easy pace Cool down at easy pace	CROSS-TRAINING	STRENGTH RIDE 11 Miles Hill Ride	MODERATE 12 Miles easy	RECOVERY RIDE Off	ENDURANCE RIDE Riders Choice	OCT. 25 Tour de Summer Camps!
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