

TdSC Century Ride – 8 Week Training Calendar

| WEEK | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|------|---|-----------------|---|-----------------|--|--------------------------------------|-----------------------------------|
| 1 | INTERVAL RIDE 15-20 Miles Warm up at easy pace Cool down at easy pace | TRAINING | STRENGTH RIDE 15 Miles Uphill ride/resistance training | TRAINING | RECOVERY RIDE 10-20 Miles 50% of usual effort | ENDURANCE RIDE 30 Miles | ENDURANCE RIDE 30 Miles |
| 2 | INTERVAL RIDE 15-20 Miles Warm up at easy pace Cool down at easy pace | TRAINING | STRENGTH RIDE 15-20 Miles Uphill ride/resistance training | TRAINING | RECOVERY RIDE 10-20 Miles 50% of usual effort | ENDURANCE RIDE 30-35 Miles | REST DAY |
| 3 | INTERVAL RIDE 20 Miles Warm up at easy pace Cool down at easy pace | TRAINING | STRENGTH RIDE 20 Miles Uphill ride/resistance training | TRAINING | RECOVERY RIDE 10-20 Miles 50% of usual effort | ENDURANCE RIDE 30-35 Miles | REST DAY |
| 4 | INTERVAL RIDE 20 Miles Warm up at easy pace Cool down at easy pace | TRAINING | STRENGTH RIDE 20 Miles Uphill ride/resistance training | TRAINING | RECOVERY RIDE 10-20 Miles 50% of usual effort | ENDURANCE RIDE 35-40 Miles | REST DAY |

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|---|-----------------|--|-----------------|--|--------------------------------------|---|
| INTERVAL RIDE 15-20 Miles Warm up at easy pace Cool down at easy pace | TRAINING | STRENGTH RIDE 20-25 Miles Uphill ride/resistance training | TRAINING | RECOVERY RIDE 10-20 Miles 50% of usual effort | ENDURANCE RIDE 35-40 Miles | ENDURANCE RIDE 30 Miles |
| INTERVAL RIDE 15-20 Miles Warm up at easy pace Cool down at easy pace | TRAINING | STRENGTH RIDE 20-25 Miles Uphill ride/resistance training | TRAINING | RECOVERY RIDE 10-20 Miles 50% of usual effort | ENDURANCE RIDE 45-50 Miles | REST DAY |
| INTERVAL RIDE 20 Miles Warm up at easy pace Cool down at easy pace | TRAINING | STRENGTH RIDE 25-30 Miles Uphill ride/resistance training | TRAINING | RECOVERY RIDE 10-20 Miles 50% of usual effort | ENDURANCE RIDE 50-70 Miles | REST DAY |
| EASY RIDE 15 Miles | TRAINING | STRENGTH RIDE 30 Miles | TRAINING | RECOVERY RIDE 10-20 Miles | RIDER'S CHOICE | OCT. 25 Tour de Summer Camps! |