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