

# Tour De Pink East 2019 Training Plan

Wk	M	T	W	R	F	S	S	Total	Goals for week
11	7/15 Rest	7/16 1:00 Easy	7/17 Rest	7/18 1:15 Easy	7/19 Rest	7/20 1:30 Endurance	7/21 1:00 Easy	4:45	Getting on the bike regularly; getting acclimated to multiple trainings per week
10	7/22 Rest	7/23 1:15 Easy	7/24 Rest	7/25 1:15 Easy	7/26 Rest	7/27 1:30 Endurance	7/28 1:15 Easy	5:15	Ride at a pace that you could talk to a partner, but you don't necessarily want to. Sustain this pace throughout the ride - not easy, but not too hard
9	7/29 Rest	7/30 1:15 Easy	7/31 Rest	8/1 1:15 Easy	8/2 Rest	8/3 1:45 Endurance	8/4 1:30 Easy	5:45	Add Intervals: On a moderate ride - pick a city block, distance between power lines, or up a short hill. Go HARD for 45-60 seconds. Allow 3-5 minutes easy spin between these efforts to allow the heart rate to drop back down. Do 4-6 of these "attacks" throughout the ride.
8	8/5 Rest	8/6 1:00 Easy	8/7 Rest	8/8 1:00 Easy	8/9 Rest	8/10 2:00 Endurance	8/11 1:00 Easy	5:00	Recovery Week
7	8/12 Rest	8/13 1:00 Easy	8/14 1:00 Easy	8/15 1:15 Interval	8/16 Rest	8/17 2:00 Endurance	8/18 1:30 Endurance	6:45	Amp up intervals
6	8/19 Rest	8/20 1:30 Short Efforts	8/21 1:00 Easy	8/22 1:30 Hill	8/23 Rest	8/24 2:00 Endurance	8/25 1:30 Endurance	7:30	Add Short Efforts: Warm up well. On a flat route, do 3 sets of 60 seconds HARD and FAST followed by 60 seconds of easy spinning. Ride 5 minutes very easy between each of the sets. Steady pace for the rest of the ride
5	8/26 Rest	8/27 1:30 Short Efforts	8/28 1:00 Easy	8/29 1:30 Interval	8/30 Rest	8/31 2:30 Endurance	9/1 2:00 Endurance	8:30	Short Effort AND intervals
4	9/2 Rest	9/3 1:00 Easy	9/4 Rest	9/5 1:00 Easy	9/6 Rest	9/7 2:00 Endurance	9/8 1:00 Easy	5:00	Recovery Week - do it...it matters
3	9/9 Rest	9/10 1:15 Steady	9/11 1:00 Easy	9/12 1:30 Interval	9/13 Rest	9/14 3:00 Endurance	9/15 2:00 Easy	8:45	On Steady Ride Days - Select a route with rolling terrain and some hills. On the hills, push the effort and go hard up them. Recover well before you go hard again. Push the efforts on the climbs 4-6 times throughout the ride.
2	9/16 Rest	9/17 1:30 Steady	9/18 1:00 Easy	9/19 1:30 Interval	9/20 Rest	9/21 3:30 Endurance	9/22 2:30 Easy	10:00	The long rides are getting longer...but you're almost there
1	9/23 Rest	9/24 1:30 Short Efforts	9/25 1:00 Easy	9/26 1:30 Race Efforts	9/27 Rest	9/28 4:00 Endurance	9/29 3:00 Easy	11:00	Longest saddle week yet - but you are ready!
-	9/30 Rest	10/1 1:15 Steady	10/2 1:15 Easy	10/3 Rest	10/4 Tdp Day #1	10/5 Tdp Day #2	10/6 Tdp Day #3	2:30	This is it...enjoy the rides - you have earned it!