



# ExperiencePlus!™

Bicycle and Walking Tours since 1972

## ExperiencePlus! Bicycle Training Calendar for those:

- \* Under age 50 & preparing for a 301-level tour.
- \* Doing no exercise currently.

## How to use this calendar:

- \* "Day 1" may be any day of the week.
- \* Be sure to follow the order of the days as numbered.
- \* Complete the workouts on the following calendar.
- \* The most important workouts are on days 6 or 7.
- \* "Day off" means no exercise that day.
- \* Calendar starts 12 weeks prior to your tour.

Designed by Joe Friel of UltraFit & Associates

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Day off	Type: E1 Time: 0.5 hrs Done _____	Day off	Type: E1 Time: 0.5 hrs Done _____	Day off	Type: E1 Time: 1.0 hr Done _____	Day off
2	Day off	Type: E1 Time: 0.75 hrs Done _____	Type: E1 (opt) Time: 0.5 hrs Done _____	Type: E2 Time: 0.5 hrs Done _____	Day off	Type: E1 Time: 1.0 hr Done _____	Day off
3	Day off	Type: E1 (opt) Time: 0.5 hrs Done _____	Day off	Type: E2 Time: 0.75 hrs Done _____	Day off	Type: E1 Time: 1.5 hrs Done _____	Day off
4	Day off	Type: S Time: 0.75 hrs Done _____	Type: E1 (opt) Time: 0.5 hrs Done _____	Type: F Time: 0.75 hrs Done _____	Day off	Type: E1 Time: 1.5 hrs Done _____	Day off
5	Day off	Type: S Time: 0.75 hrs Done _____	Type: E1 (opt) Time: 0.5 hrs Done _____	Type: F Time: 0.75 hrs Done _____	Day off	Type: E1 Time: 2.0 hrs Done _____	Day off
6	Day off	Type: E1 (opt) Time: 0.5 hrs Done _____	Day off	Type: F Time: 0.75 hrs Done _____	Day off	Type: E2 Time: 2.5 hrs Done _____	Day off
7	Day off	Type: S Time: 0.75 hrs Done _____	Type: F Time: 0.5 hrs Done _____	Type: E1 Time: 1.0 hr Done _____	Day off	Type: E2 Time: 2.5 hrs Done _____	Day off
8	Day off	Type: S Time: 0.75 hrs Done _____	Type: F Time: 0.5 hrs Done _____	Type: E1 Time: 1.0 hr Done _____	Day off	Type: E2 Time: 3.0 hrs Done _____	Day off
9	Day off	Type: E1 (opt) Time: 0.5 hrs Done _____	Day off	Type: F Time: 0.75 hrs Done _____	Day off	Type: E2 Time: 1.0 hr Done _____	Day off
10	Day off	Type: S Time: 0.75 hrs Done _____	Type: F Time: 0.5 hrs Done _____	Type: E2 Time: 1.0 hr Done _____	Day off	Type: F Time: 3.5 hrs Done _____	Day off
11	Day off	Type: S Time: 1.0 hr Done _____	Type: F Time: 0.75 hrs Done _____	Type: E2 Time: 1.0 hr Done _____	Day off	Type: F Time: 3.0 hrs Done _____	Day off
12	Day off	Type: E1 (opt) Time: 0.5 hrs Done _____	Day off	Type: F Time: 0.75 hrs Done _____	Day off	Type: E1 Time: 1.0 hr Done _____	Day off
13	Week of tour						

## Key to ExperiencePlus! Bicycle Training Calendar:

- E1** Ride very easily on a mostly flat course or indoor bike trainer. Use a low gear and keep cadence comfortably high.
- E2** Ride a road course with small rolling hills. Or ride an indoor bike trainer shifting between high and low gears frequently.
- S** [Work on pedaling and bike-handling skills \(see "Developing Bicycle Handling Skills" \(http://www.experienceplus.com/reading\\_room/archives/000373.html\)\)](http://www.experienceplus.com/reading_room/archives/000373.html)
- F** Ride a hilly course staying seated on most climbs at a moderately hard effort. Cadence should be no lower than 60 rpm (count right foot for 15 seconds and multiply by 4 for cadence). If you cannot maintain at least 60 rpm on the steepest hills, talk with a bike shop about either adding a third chain ring or lower gear sprockets. If this workout hurts your knees substitute "E2."
- M1** Following a good warm-up ride non-stop for 10 to 15 minutes at a moderate effort on a mostly flat course or indoor bike trainer.
- M2** After warming up well, ride 5 minutes at a moderately hard effort on a mostly flat course or indoor bike trainer. Then rest by spinning in a low gear for 2 minutes. Repeat this 2 to 3 more times.
- M+F** Warm-up well. Then on a hill that takes 5 to 6 minutes to ascend, while staying seated, climb 3 to 5 times at a moderately hard effort. Recover after each climb by coasting and spinning down the hill for 3 to 4 minutes before starting up again. Cadence should be no less than 60 rpm on each climb.