

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|-------|--------------------------------------|---------------------------------------|------------------------------------|----------------------------------|----------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|-------------------------------------|---------------------------------------|---------------------------------------|-------------------------------------|
| Day 2 | E1 .5 hrs E1 .5 hrs E1 .75 hrs | E1 .5 hrs E2 .75 hrs E2 .75 hrs | | S .5 hrs S .5 hrs S .5 hrs | S .5 hrs S .5 hrs S .5 hrs | | S .75 hrs S .5 hrs S .5 hrs | S .75 hrs S .5 hrs S .5 hrs | | S .75 hrs S .5 hrs S .5 hrs | S .75 hrs S .5 hrs S .5 hrs | |
| Day 3 | | | | F .5 hrs F .75 hrs | F .5 hrs F .75 hrs | | F .5 hrs F .5 hrs F .75 hrs | F .5 hrs F .5 hrs F .75 hrs | | F .5 hrs F .75 hrs F .75 hrs | F .5 hrs F .75 hrs F .75 hrs | |
| Day 4 | E2 .5 hrs E2 .75 hrs | E2 .5 hrs F .5 hrs F .75 hrs | E1 .5 hrs F .5 hrs F .75 hrs | F .5 hrs | F .5 hrs | E1 .5 hrs E1 .5 hrs E1 .5 hrs | | | E1 .5 hrs E1 .5 hrs E1 .5 hrs | | | F .75 hrs E1 .5 hrs E1 .5 hrs |
| Day 5 | | | | E2 .5 hrs M1 .5 hrs | E2 .75 hrs M1 .5 hrs | | E1 .5 hrs E2 .75 hrs M1 2.5 hrs | E1 .5 hrs E2 .75 hrs M2 .5 hrs | | E1 .5 hrs E2 .75 hrs M2 .75 hrs | E1 .5 hrs E2 .75 hrs M2 .75 hrs | |
| Day 6 | E1 1 hrs E1 1 hrs E1 1.5 hrs | E1 1 hrs E1 1.5 hrs E1 2 hrs | E1 1.5 hrs E1 2 hrs E1 2 hrs | E1 1.5 hrs | E1 1.5 hrs | E2 1.5 hrs E2 2 hrs F 2.5 hrs | | | F 1 hrs F 1.5 hrs F 1.5 hrs | | | E1 1 hrs E1 1 hrs E1 1 hrs |
| Day 7 | | | | E2 2 hrs E2 2.5 hrs | E2 2.5 hrs E2 2.5 hrs | | E2 2 hrs E2 3 hrs F 2.5 hrs | E1 2.5 hrs E2 3 hrs F 3 hrs | | F 3 hrs E2 3.5 hrs F 3.5 hrs | F 2.5 hrs E2 3.5 hrs F 3.5 hrs | |

Key:

Green(*): Use this if you are not currently exercising
 Blue (#): Use this if you are currently doing 1-3 hours of exercise weekly
 Red (^): Use this if you are currently doing 3+ hours of exercise weekly
 Blank day: This is a day off from cycling

Notes:

Day 1 may be any day of the week
 Follow the order as numbered and follow the calendar
 The most important workout days are 6 or 7
 Your tour begins week 13; start 12 weeks prior to the tour
 Each letter/number code refers to a style ride specified on pg. 2

| DAY 1 | How to Ride |
|--------------|--|
| 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 bicycle handling skills. |
| 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 the bike shop about either adding a third chain ring or lower gear sprockets. If this workout hurts your knees substitute for E2. |
| M1 | Following a good warm-up ride, ride non stop for 10-15 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 to effort on a mostly flat course or indoor bike trainer. Then rest by spinning in a low gear for 2 minutes. Repeat this 2-3 times. |
| M+F | Warm up well. Then on a hill that takes 5-6 minutes to ascend, while staying seated, climb 3-5 times at a moderately hard effort. Recover after each climb by coasting and spinning down the hill for 3-4 minutes before starting up again. Cadence should be no less than 60 rpm on each climb. |