

	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 E2 .75 hrs	E1 .75 hrs E2 .5 hrs E2 .75 hrs		S .75 hrs M1 .75 hrs M2 .75 hrs	S .75 hrs M1 .75 hrs M2 .75 hrs		S .75 hrs M1 .75 hrs M+F .75 hrs	S .75 hrs M2 .75 hrs M+F .75 hrs		S .75 hrs M2 .75 hrs M+F .75 hrs	S 1 hrs M2 .75 hrs M+F .75 hrs	
Day 3				S .5 hrs S .5 hrs	S .5 hrs S .5 hrs		F .5 hrs S .5 hrs S .5 hrs	F .5 hrs S .5 hrs S .5 hrs		F .5 hrs S .5 hrs S .5 hrs	F .75 hrs S .5 hrs S .5 hrs	
Day 4	E1 .5 hrs E2 .5 hrs E2 .75 hrs	E2 .5 hrs F .75 hrs F .75 hrs	E2 .5 hrs F .75 hrs F .75 hrs	F .75 hrs F .75 hrs F .75 hrs	F .75 hrs F .75 hrs F .75 hrs	F .75 hrs F .75 hrs F .75 hrs	E1 1 hrs F 1 hrs F 1 hrs	E1 1 hrs F 1 hrs F 1 hrs	F .75 hrs F .75 hrs F .75 hrs	E2 1 hrs F .75 hrs F .75 hrs	E2 1 hrs F .75 hrs F .75 hrs	F .75 hrs F .75 hrs F .75 hrs
Day 5												
Day 6	E1 1 hrs E2 1 hrs	E1 1 hrs E2 1.5 hrs	E1 1.5 hrs E2 2 hrs	E1 1.5 hrs E2 2 hrs	E1 2 hrs E2 2.5 hrs	E2 2 hrs E2 2.5 hrs E2 3 hrs	E2 2.5 hrs	E2 2.5 hrs	E2 1 hrs F 1.5 hrs F 1.5 hrs	F 3 hrs	F 3 hrs	E1 1 hrs E1 1 hrs E2 1 hrs
Day 7				F 2.5 hrs	F 2.5 hrs		E2 3 hrs F 3 hrs	E2 3 hrs F 3.5 hrs		F 3.5 hrs F 3.5 hrs	F 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.