

	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 .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	S .75 hrs S .5 hrs S .5 hrs	
Day 3				F .75 hrs F .75 hrs	F .75 hrs F .75 hrs		F .5 hrs F .75 hrs F .75 hrs	F .5 hrs F .75 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 .75 hrs E2 .75 hrs	E2 .5 hrs F .75 hrs F .75 hrs	E1 .5 hrs F .75 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 .5 hrs M1 .5 hrs		E1 .5 hrs E2 .75 hrs M1 .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 1.5 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 2 hrs	E2 1.5 hrs E2 2 hrs F 2.5hrs			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 2.5 hrs E2 3 hrs F 2.5 hrs	E2 2.5 hrs E2 3 hrs F 3.5 hrs		F 3 hrs F 3.5 hrs F 3.5 hrs	F 3 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.