



Closer to Free **40 MILE RIDE** **8 WEEK TRAINING PLAN**

The goal of this training plan is to slowly build your riding endurance in order to complete 40 miles in 8 weeks! It's set up with 3 rides a week. The Tuesday and Thursday rides are short supporting rides that will help you build your riding foundation and Saturday is the long ride which will help build your muscular endurance and confidence as you head towards your 40 mile goal! You can move rides around as needed within the week to suit your schedule.

Courtesy of



CLOSER TO FREE 40 MILE RIDE 8 WEEK TRAINING PLAN:

Week	Week Starting	Monday Mileage	Tuesday Mileage	Wednesday Mileage	Thursday Mileage	Friday Mileage	Saturday Mileage	Sunday Mileage	Weekly Mileage Total
1	7/15	5	Rest Day	5	Rest Day	Rest Day	10	Rest Day	20
2	7/22	8	Rest Day	8	Rest Day	Rest Day	15	Rest Day	31
3	7/29	10	Rest Day	10	Rest Day	Rest Day	20	Rest Day	40
4	8/5	10	Rest Day	15	Rest Day	Rest Day	25	Rest Day	50
5	8/12	10	Rest Day	10	Rest Day	Rest Day	10	Rest Day	30
6	8/19	10	Rest Day	10	Rest Day	Rest Day	30	Rest Day	50
7	8/26	15	Rest Day	15	Rest Day	Rest Day	35	Rest Day	65
8	9/2	10	Rest Day	5	Rest Day	Rest Day	40	Party!	55

CLOSER TO FREE RIDE!

The intensity of the rides should be moderate. You should be able to talk with your riding partners and not feel too exhausted after any one ride. If you are feeling exhausted, adjust the intensity of future rides simply by slowing down and enjoying the scenery.

It's a good idea to take multiple routes. Having one hilly route is a good idea to help you gain a little bit of strength as you are riding. The other routes can be flat. If you're in the New Haven, CT area, the Farmington Rail Trail would be a fantastic place for some of your rides because there is no vehicle traffic.

Note that nutrition is important! Make sure you have fueled well about 60-90 minutes before each ride with 30-60g of carbohydrate rich foods such as fresh fruit or a handful of pretzels. On the rides, you might consider drinking 24 oz of fluid per hour. If the ride is shorter than one hour, water is fine. If the ride will go longer than one hour, you will want to use a sports drink such as Gatorade that has some sugar, salt, and fluid to help fuel your ride and stave off cramps. Note that if you lose even 3% of the fluid in your body due to sweat loss, you won't feel as well and your body won't perform as well. We don't want that, so bottles up!

Ideally, you take in 40-80g of carbs per hour to help maintain your blood sugar and carb storages. If you feel low energy during a ride, it's often because you haven't eaten enough carbohydrate before or during the ride. Carbohydrates can come in the form of gu's, gels, sports drinks, and even whole food. Check the label or google the food to see how many carbs it contains.

HAVE A GREAT RIDE AND DON'T FORGET WHY YOU ARE DOING THIS!

Training Plans are powered by Zane's Cycles and designed by Fecik Coaching. Jon Fecik is a Professional Triathlete and Certified Coach who lives in Branford, CT. For more info about Jon, please check out jonfecik.com or follow him on Instagram @jonfecikracing. Contact Jon at jafecik@gmail.com for any question about individualized cycling or multisport coaching.