Training for the Ride

BikeMaine is grateful for the support of County Physical Therapy for developing this helpful training plan for riding BikeMaine.

Over the course of seven days, the BikeMaine route will cover 330 miles of rolling hills and some breathtaking views of the Maine landscape. A multiday ride event such as this takes preparation and training to complete successfully. Those who ride regularly and train according to the outlined plan below should be more than ready to tackle the Maine roads.

It is important to take into consideration the recovery aspect of your training. Remember that you are not getting stronger during times of riding, but during times of recovery. Active recovery can assist in getting your body ready for the demands of your next training session. Utilizing self-massage techniques can accelerate muscle recovery and target restrictions that could lead to injury.

A very important component to success with longer rides is a properly fitted bicycle. Aches and pains in the neck, low back, and knees are all common complaints from cyclists who simply are not set up in an ideal position. To maximize efficiency and minimize your injury risk, it is advisable that all cyclists have a professional fitter assess your dynamic fit.

Always make sure to consult with your physician before beginning a new training program. Below is a sample 3-month program that will get riders prepared for the demands of riding 350 miles over seven days. The program describes the amount of time recommended that you ride at a specific level of exertion. This program can be modified (omitting the Wednesday base ride is optional) if more recovery is needed or time restraints limit your ability to ride as frequently. Getting on your indoor trainer a few times a week until spring arrives or doing other sorts of cardiovascular exercise is advisable prior to beginning this program so that a base is set. You should be comfortable riding your bike for 25 miles at a time before beginning this training program in June.
Terminology:

- **Base**: Easy effort riding where you are able to carry on a conversation. This should be steady and relaxed. On a 0-10 level of exertion this is a 4-5.

- **Tempo**: This is level above base with quicker breathing and a harder pace. On a 0-10 level of exertion this is a 6-7.

- **Threshold**: Quick breathing and your legs will likely be burning. On a 0-10 level of exertion that is an 8-9.

- **RI**: rest interval (continue riding in base zone for recovery)
<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Rest</td>
<td>1:30 Base with 2 x30 min tempo (3 min RI)</td>
<td>1:15 Base</td>
<td>1:30 Base with two 30 min efforts (15 min tempo, 15 min threshold) 3 min RI</td>
<td>Easy ride</td>
<td>2:00 Base with 50 min tempo and 4 x10 min threshold (2 min RI)</td>
<td>4:30 Long ride/ group ride</td>
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<tr>
<td>8</td>
<td>Rest</td>
<td>1:00 Base with 2 x10 min tempo (2 min RI)</td>
<td>Rest day</td>
<td>1:00 Base with 2 x5 min tempo, 2 x5 min threshold (3 min RI between each)</td>
<td>Rest</td>
<td>1:00 Base with 2 x3 min tempo and 2 x3 min threshold (3 min RI between each)</td>
<td>Century Day, incorporate a series of rolling hills</td>
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<tr>
<td>9</td>
<td>Rest</td>
<td>1:45 Base with 3 x 20 min tempo (3 min RI)</td>
<td>1:30 Base</td>
<td>1:30 Base with two 30 min efforts (20 min tempo, 10 min threshold) 2 min RI</td>
<td>Rest or active recovery</td>
<td>2:30 Base with 45 min tempo, 4 x15 min threshold (5 min RI)</td>
<td>4:00 Long ride/ group ride</td>
</tr>
<tr>
<td>10</td>
<td>Rest</td>
<td>1:45 Base with 2 x 25 min tempo (5 min RI)</td>
<td>1:30 Base</td>
<td>1:30 Base with three 20 min efforts (10 min tempo, 10 min threshold) 2 min RI</td>
<td>Rest or active recovery</td>
<td>3:00 Hilly route, Base with 50 min tempo, attack the uphill at threshold effort</td>
<td>5:00 Long ride/ group ride</td>
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<tr>
<td>11</td>
<td>Rest</td>
<td>1:30 Base with 4 x10 min tempo (2 min RI)</td>
<td>1:30 Base</td>
<td>1:30 with two 30 min efforts (25 min tempo, 5 min threshold) 3 min RI</td>
<td>Easy ride 30 min and active recovery</td>
<td>3:00 Base with 1:00 tempo and 4 x 10 min threshold (5 min RI between each)</td>
<td>4:00 Long Ride/ Group Ride</td>
</tr>
<tr>
<td>12</td>
<td>Rest</td>
<td>1:00 Base with 2 x10 min tempo (2 min RI)</td>
<td>Rest and Active Recovery</td>
<td>1:00 with 10 min tempo, 2 x 5 min threshold (2 min RI)</td>
<td>Active recovery</td>
<td>START of BIKE MAINE!!</td>
<td>ENJOY!!</td>
</tr>
</tbody>
</table>
