



Long Ride: 8 Week Preparation Program Design

Endurance - Conditioning - Strength - Mobility

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Long Ride - 8 Week Preparation Program Design

Objective - To build strength and conditioning while at the same time improving mobility and balancing under trained muscles to improve overall performance for a century ride.

Materials Needed:

1. Road Bike
2. HR Monitor
3. Med size stability ball
4. 15-25 lb kettlebell (select weight based on current strength, need moderate resistance)
5. Med resistance band
6. 3-10 lb hand weights (may improvise with small household items)
7. 6-10 lb medicine ball
8. Sliders (paper plates on a carpet surface, or felt on a hard surface will work)
9. Bench or flat surface about 2ft high
10. Med density foam roller
11. Tennis ball
12. Yoga mat

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Training Schedule: Long rides may be performed either Saturday or Sunday depending on the athlete's preference.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Foam Roll Long Ride 1 Stretch	Strength 1 HIIT 1	Foam Roll Steady Ride 1 Stretch	Off	Strength 2	Foam Roll Core 1 Speed Ride 1 Stretch	Off
Week 2	Foam Roll Long Ride 1 Stretch	Strength 1 HIIT 1	Foam Roll Steady Ride 1 Stretch	Off	Strength 2	Foam Roll Core 1 Speed Ride 1 Stretch	Off
Week 3	Foam Roll Long Ride 2 Stretch	Strength 1 HIIT 1	Foam Roll Steady Ride 2 Stretch	Off	Strength 2	Foam Roll Core 1 Speed Ride 2 Stretch	Off
Week 4	Foam Roll Long Ride 2 Stretch	Strength 1 HIIT 1	Foam Roll Steady Ride 2 Stretch	Off	Strength 2	Foam Roll Core 1 Speed Ride 2 Stretch	Off
Week 5	Foam Roll Long Ride 3 Stretch	Strength 3 HIIT 2	Foam Roll Steady Ride 3 Stretch	Off	Strength 4	Foam Roll Core 2 Speed Ride 3 Stretch	Off
Week 6	Foam Roll Long Ride 3 Stretch	Strength 3 HIIT 2	Foam Roll Steady Ride 3 Stretch	Off	Strength4	Foam Roll Core 2 Speed Ride 3 Stretch	Off
Week 7	Foam Roll Long Ride 4 Stretch	Strength 3 HIIT 2	Foam Roll Steady Ride 4 Stretch	Off	Strength 4	Foam Roll Core 2 Speed Ride 4 Stretch	Off
Week 8	Foam Roll Long Ride 4 Stretch	Strength 3 HIIT 2	Foam Roll Steady Ride 4 Stretch	Off	Strength 4	Foam Roll Core 2 Speed Ride 4 Stretch	Off

Max Heart Rate Formula: $210 - 1/2$ your age - 5% of your weight and men add 4

Heart Rate monitoring will help determine intensity, but is not an exact measure of effort. 65-70 % effort is a low intensity, 70-85% is a moderate intensity, and above 85% is a high intensity. Modify cardiovascular exercise accordingly.

Long Rides:

Long rides are designed to improve endurance over long distances. I would suggest using a slower pace when first training for endurance, as it is more important to get the time and distance in than it is to work at a quick speed.

Long Ride 1 - 2-3 hours at 65-70% of max heart rate

Long Ride 2 - 3-4 hours at 65-70% of max heart rate

Long Ride 3 - 4-6 hours at 65-70% of max heart rate

Long Ride 4 - 6-8 hours at 65-70% of max heart rate

Speed Rides:

Speed rides will help with short-quick burst activity.

Speed Ride 1 - 20 min

30 sec at 90% max heart rate, 2 min recovery

Speed Ride 2 - 30 min

30 sec at 90% max heart rate, 90 sec recovery down to 65% max heart rate

Speed Ride 3- 30 min

45 sec at 90% max heart rate, 1 min recovery down to 65% max heart rate

Speed Ride 4 - 30 min

30 sec at 90% max heart rate, 45 second recovery down to 65% max heart rate

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Steady Rides:

Steady rides should be considered active recovery rides.

Steady Ride 1- 30 min at 70-80% max heart rate

Steady Ride 2 - 40 min at 70-80% max heart rate

Steady Ride 3 - 50 min at 70-80% max heart rate

Steady Ride 4 - 60 min at 70-80% max heart rate

Strength - Performing these specific exercises will not only help you through hills and speed bursts but will also balance under trained muscles.

STRENGTH 1

Exercise	Sets	Reps	Weight	Rest
Front Load KB Stab Ball Squat	3	20	5-15 lbs	90 Sec
Stab Ball Bridge	3	Muscle Failure	Body Weight	1 Min
Bench Dips	3	Muscle Failure	Body Weight	
Stab Ball "YTW"	3	20	3-5 lbs	1 min

STRENGTH 2

Exercise	Sets	Reps	Weight	Rest
Slider Rev. Lunge	2	Muscle Failure	Body Weight	1 min
Pushup (modify if needed)	3	15 or Until Muscle Failure	Body Weight	90 seconds
KB Row	3	20	15-25 lb kettlebell	1 min
Band Face Pull	3	1 Min Time Under Tension	Med Tension Band	1 min

STRENGTH 3

Exercise	Sets	Reps	Weight	Rest
Sumo Squat	4	10-12	15-25 lb Kettlebell	90 sec
Stab Ball Leg Curl	4	Muscle Failure	Body Weight	1 min

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Triceps Pushup (modify if needed)	4	15 or Muscle Failure	Body Weight	1 min
Kettlebell Plank Row	4	12	15-25 lb Kettlebell	1 min

STRENGTH 4

Exercise	Sets	Reps	Weight	Rest
Skater Lunge	3	8/side	5 lbs	1 min
Single Leg kettlebell Romanian Deadlift	3	15/side	15-25 lb kettlebell	1 min
Side plank w/ Resistance Band Row	3	20/side	Med Resistance Band	1 min
Kettlebell Pullovers w/ Stability Ball	4	1 minute pulse	15-25 lb Kettlebell	1 min

Core - These core exercises target stabilizing muscles. Strengthening these muscles will help both with balance and posture.

Core 1

Exercise	Sets	Reps	Weight	Rest
Plank	2	Muscle failure (try for min 30 sec)	Body	1 min
Leg Raise	2	10-15	Body	1 min
Medicine Ball Twist	2	10-15/side	10 lb Medicine Ball	1 min
Resistance Band Crunch	2	30 sec pulse	Med resistance band	1 min

Core 2

Exercise	Sets	Reps	Weight	Rest
Side plank	2	30 sec-1min /side	body	1 min

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Stab Ball Pike	2	15	Body	1 min
Sliders - Alternating Oblique Twist	2	10-15/side	Body	1 min
Kettlebell Windmill	2	10-15/side	15-25 lb Kettlebell	1 min

Conditioning - High intensity interval training will help with power, speed bursts and general conditioning. Perform exercises in a circuit. Take longer rest times if necessary. Make sure Heart rate is down to 60% of max heart rate before moving on to the next exercise.

HIIT 1

Exercise	Sets	Reps	Weight	Rest
Foot Fires	3	30 sec	Body	1 min
Slider Mountain Climbers	3	30 sec	Body	1 min
Medicine Ball Squat Throws	3	20	Body	1 min
High Knees	3	30 seconds	Body	1 min

HIIT 2

Exercise	Sets	Reps	Weight	Rest
Burpees	3	15-25	Body	1 min
KB Swing	3	20-30	15-25 lb Kettlebell	1 min
Plyo Rev Lunge	3	10-15/side	Body	1 min
Renegade Row	3	10-15/side	5-10 lbs	1 min

Foam Rolling - Foam rolling is designed to help break up adhesions in your tissue. Roll each muscle group 10x. Perform 2 sets per muscle group. Roll as frequently as desired, sticking with minimum requirements.

IT Bands



Quads



Glute



Adductors



Subscapular Muscles



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Rear Delt



Lats/Teres



Pec Minor



Upper Traps



Stretching - Always perform stretches warm. Hold each stretch for 30 seconds. Perform each stretch twice. Stretch as frequently as desired after exercising, adhering to minimum requirements.

Hamstrings



Glutes



Lower Back



Hip Flexor

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Quad



Chest



Tricep/Lat



Neck/Traps



Exercise Photo Library

STRENGTH 1

Stab Ball Squat:



Stab Ball Bridge:



Bench Dip

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YTW



STRENGTH 2

Sliding Rev Lunge



Pushup



Kettlebell Row

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Band Face Pull



STRENGTH 3

Sumo Squat



Stab Ball Leg Curl



Triceps Pushup



Kettlebell Plank Row



STRENGTH 4

Skater Lunge



Single Leg Romanian Deadlift



Resistance Band Side Plank Row



Kettlebell Pullover w/ Stab Ball



**CORE 1
Plank**



Leg Raise



Med Ball Twist

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Resistance Band Crunch



**CORE 2
Side Plank**



Stab Ball Pike



Slider Oblique Twist



Kettlebell Windmill



HIIT 1

Foot Fires - Move feet as fast as possible while keeping hips low



Slider Mountain Climbers



Med Ball Squat Throws



High Knees



HIIT 2

Burpees



Kettlebell Swing



Plyometric Rev Lunge



Renegade Row

