



# Long Ride: 8 Week Preparation Program Design

Endurance - Conditioning - Strength - Mobility

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## Long Ride - 8 Week Preparation Program Design

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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

## Long Ride - 8 Week Preparation Program Design

**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

## Long Ride - 8 Week Preparation Program Design

### 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

## Long Ride - 8 Week Preparation Program Design

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

## Long Ride - 8 Week Preparation Program Design

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**

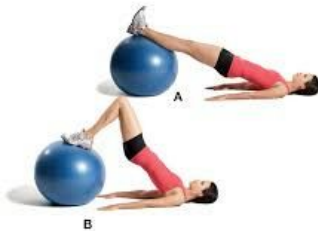


### **STRENGTH 3**

**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**



## Long Ride - 8 Week Preparation Program Design

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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

