



## 100 KM Metric Century

# 2013 TRAINING PLAN

Your **training program** needs to be designed to **prepare you** for the demands of a **100 km ride**, with the **goal** of finishing in 3-5 hours. **Your training program** consists of a number of **different types of rides** (which are detailed below).

It is the **combination of these rides** in a structured **progression** that will have you **properly prepared** for the **Ride for Karen**. Over time, you will need to **gradually increase the duration and intensity** in certain rides as you **build your endurance**. Ultimately you will achieve the **level of fitness** that you need to complete the **2013 Ride for Karen**.



### Training Plan Overview: You will be striving to achieve different goals throughout your training schedule in order to be ready to successfully complete the 2013 Ride for Karen 100 km Metric Century Ride

- March** (Base)..... Goal: To build base fitness
- April** (Base)..... Goal: To build fitness & strength
- May** (Build)..... Goal: To build base fitness & strength
- June** (Build #2)..... Goal: To build endurance & strength
- July** (Build #2)..... Goal: To build endurance & strength
- August** (Build #3)..... Goal: To build endurance, strength & power
- September** (Peak)..... Goal: Be ready to ride RFK



## Before You Start Training:

Before starting a training program it is recommended that you consult your physician. It is also recommended to have your bike tuned and your position assessed by a qualified bike shop. This will help ensure that your bike is safe and reliable and that your bike position is comfortable and efficient which will minimize your chance of injury and make your long rides more enjoyable.

Custom bike fitting services available at:

**The Toronto Trek Bicycle Store**

2063 Yonge Street - Open 7 days a week

Phone: (416) 481-8735

Online: [www.trektoronto.com](http://www.trektoronto.com)

## March (Base)

Goal: To build base fitness

	<b>BEGINNER</b> average speed 25 km/hr	<b>INTERMEDIATE</b> average speed 30 km/hr	<b>ADVANCED</b> average speed 35 km/hr
<b>Week 1</b>	Ride 2-3 times for 30 minutes (easy pace/flat roads)	Ride 2-3 times for 45 minutes (easy pace/flat roads)	Ride 2-3 times for 60 minutes (easy pace/flat roads)
<b>Week 2</b>	Ride 2-3 times for 35 minutes (easy pace/flat roads)	Ride 2-3 times for 50 minutes (easy pace/flat roads)	Ride 2-3 times for 70 minutes (easy pace/flat roads)
<b>Week 3</b>	Ride 2-3 times for 40 minutes (easy pace/flat roads)	Ride 2-3 times for 55 minutes (easy pace/flat roads)	Ride 2-3 times for 80 minutes (easy pace/flat roads)
<b>Week 4</b>	Ride 2-3 times for 45 minutes (easy pace/flat roads)	Ride 2-3 times for 60 minutes (easy pace/flat roads)	Ride 2-3 times for 90 minutes (easy pace/flat roads)

Each workout should have a proper warm up and warm down: your warm up should last 15-30 minutes and start at a nice comfortable pace to get your muscles warmed up and ready for the harder work ahead



## April (Base)

Goal: To build fitness & strength

	<b>BEGINNER</b> average speed 25 km/hr	<b>INTERMEDIATE</b> average speed 30 km/hr	<b>ADVANCED</b> average speed 35 km/hr
<b>Week 1</b>	Ride 2 times for 45 minutes (easy pace/flat roads & 1 time with hills)	Ride 2 times, for 60 minutes (easy pace/flat roads & 1 time with hills)	Ride 2 times, for 90 minutes (easy pace/flat roads & 1 time with hills)
<b>Week 2</b>	Ride 2 times, for 50 minutes (easy pace/flat roads & 1 time with hills)	Ride 2 times, for 65 minutes (easy pace/flat roads & 1 time with hills)	Ride 2 times, for 90 minutes (easy pace/flat roads & 1 time with hills)
<b>Week 3</b>	Ride 2 times, for 55 minutes (easy pace/flat roads & 1 time with hills)	Ride 2 times, for 70 minutes (easy pace/flat roads & 1 time with hills)	Ride 2 times, for 90 minutes (easy pace/flat roads & 1 time with hills)
<b>Week 4</b>	Ride 2 times, for 60 minutes (easy pace/flat roads & 1 time with hills)	Ride 2 times, for 75 minutes (easy pace/flat roads & 1 time with hills)	Ride 2 times, for 90 minutes (easy pace/flat roads & 1 time with hills)

## May (Build)

Goal: To build base fitness & strength

	<b>BEGINNER</b> average speed 25 km/hr	<b>INTERMEDIATE</b> average speed 30 km/hr	<b>ADVANCED</b> average speed 35 km/hr
<b>Week 1</b>	Ride 2 times, easy pace for 60 minutes (Ride RFK 80km pre-ride)	Ride 2 times, easy pace for 60 minutes (Ride RFK 80km pre-ride)	Ride 2 times, easy pace for 60 minutes (Ride RFK 80km pre-ride)
<b>Week 2</b>	Ride 3 times, 45 minutes each (easy pace/flat roads)	Ride 3 times, 60 minutes each (easy pace/flat roads)	Ride 3 times, 60 minutes each (easy pace/flat roads)
<b>Week 3</b>	Ride 2 times, for 55 minutes (Ride RFK 80km pre-ride)	Ride 2 times, for 60 minutes (Ride RFK 80km pre-ride)	Ride 3 times, for 90 minutes (Ride RFK 80km pre-ride)
<b>Week 4</b>	Ride 2 times, for 60 minutes (medium pace/flat roads & 1 time with hills)	Ride 2 times, for 60 minutes (medium pace/flat roads & 1 time with hills)	Ride 3 times, for 90 minutes (medium pace/flat roads & 1 time with hills)

**The long ride is the key workout to get you ready for the Ride for Karen, but you must follow a proper progression—you can't just jump into training and do a 4-hour ride**



## June (Build #2)

Goal: To build endurance & strength

	<b>BEGINNER</b> average speed 25 km/hr	<b>INTERMEDIATE</b> average speed 30 km/hr	<b>ADVANCED</b> average speed 35 km/hr
<b>Week 1</b>	Ride 2 times, for 55 minutes (medium pace/flat roads & 1 time with hills)	Ride 2 times, for 60 minutes (medium pace/flat roads & 1 time with hills)	Ride 3 times, for 90 minutes (medium pace/flat roads & 1 time with hills)
<b>Week 2</b>	Ride 2 times, easy pace, 90 minutes	Ride 3 times, easy pace, 90 minutes	Ride 3 times, easy pace, 60 minutes
<b>Week 3</b>	Ride 3 times for 90 minutes (easy pace)	Ride 3 times for 90 minutes (easy pace)	Ride 3 times for 90 minutes (easy pace)
<b>Week 4</b>	Ride 2 times for 90 minutes, easy pace (RFK Training Ride 2 120km)	Ride 2 times for 120 minutes, easy pace (RFK Training Ride 2 120km)	Ride 2 times for 150 minutes, easy pace (RFK Training Ride 2 120km)

## July (Build #2)

Goal: To build endurance & strength

	<b>BEGINNER</b> average speed 25 km/hr	<b>INTERMEDIATE</b> average speed 30 km/hr	<b>ADVANCED</b> average speed 35 km/hr
<b>Week 1</b>	Ride 4 times: (2 rides - long easy, 180 minutes) (1 ride - hard pace, flat, 60 minutes) (1 ride - med pace, hills, 45 minutes)	Ride 4 times: (2 rides - long easy, 180 minutes) (1 ride - hard pace, flat, 75 minutes) (1 ride - med pace, hills, 45 minutes)	Ride 4 times: (2 rides - long easy, 180 minutes) (1 ride - hard pace, flat, 90 minutes) (1 ride - med pace, hills, 45 minutes)
<b>Week 2</b>	Ride 4 times: (2 rides - long easy, 180 minutes) (1 ride - hard pace, flat, 70 minutes) (1 ride - med pace, hills, 45 minutes)	Ride 4 times: (2 rides - long easy, 180 minutes) (1 ride - hard pace, flat, 85 minutes) (1 ride - med pace, hills, 45 minutes)	Ride 4 times: (2 rides - long easy, 180 minutes) (1 ride - hard pace, flat, 60 minutes) (1 ride - med pace, hills, 60 minutes)
<b>Week 3</b>	Ride 4 times: (1 ride - long easy, 180 minutes) (1 ride - hard pace, flat, 80 minutes) (1 ride - med pace, hills, 45 minutes)	Ride 4 times: (1 ride - long easy, 180 minutes) (1 ride - hard pace, flat, 60 minutes) (1 ride - med pace, hills, 45 minutes)	Ride 4 times: (1 ride - long easy, 180 minutes) (1 ride - hard pace, flat, 60 minutes) (1 ride - med pace, hills, 90 minutes)
<b>Week 4</b> Recovery	Ride 3 times, 60 minutes each (easy pace)	Ride 3 times, 60 minutes each (easy pace)	Ride 3 times, 60 minutes each (easy pace)

**Endurance rides should be at the same intensity as your long ride—after warming up aim for a steady effort level—but of a shorter duration**



## August (Build #3)

Goal: To build endurance, strength & power

	<b>BEGINNER</b> average speed 25 km/hr	<b>INTERMEDIATE</b> average speed 30 km/hr	<b>ADVANCED</b> average speed 35 km/hr
<b>Week 1</b>	Ride 4 times: (1 ride - long easy, 180 minutes) (1 ride - med pace, flat, 60 minutes) (1 ride - hard pace, hills, 45 minutes) (1 ride - easy, 40 minutes)	Ride 4 times: (1 ride - long easy, 180 minutes) (1 ride - med pace, flat, 60 minutes) (1 ride - hard pace, hills, 60 minutes) (1 ride - easy, 40 minutes)	Ride 4 times: (1 ride - long easy, 180 minutes) (1 ride - med pace, flat, 60 minutes) (1 ride - hard pace, hills, 90 minutes) (1 ride - easy, 60 minutes)
<b>Week 2</b>	Ride 2 times, easy pace, 90 minutes (RFK Training Ride 3 120km)	Ride 2 times, easy pace, 90 minutes (RFK Training Ride 3 120km)	Ride 2 times, easy pace, 90 minutes (RFK Training Ride 3 120km)
<b>Week 3</b>	Ride 4 times: (1 ride - med pace, flat, 60 minutes) (1 ride - hard pace, hills, 45 minutes) (1 ride - easy, 40 minutes)	Ride 4 times: (1 ride - med pace, flat, 60 minutes) (1 ride - hard pace, hills, 160 minutes) (1 ride - easy, 40 minutes)	Ride 4 times: (1 ride - med pace, flat, 60 minutes) (1 ride - hard pace, hills, 90 minutes) (1 ride - easy, 60 minutes)
<b>Week 4</b> Recovery	Ride 3 times, 60 minutes each (easy pace)	Ride 3 times, 90 minutes each (easy pace)	Ride 3 times, 90 minutes each (easy pace)

## September (Peak for RFK)

Goal: Be ready to ride RFK

	<b>BEGINNER</b> average speed 25 km/hr	<b>INTERMEDIATE</b> average speed 30 km/hr	<b>ADVANCED</b> average speed 35 km/hr
<b>Week 1</b>	Ride RFK 25 km/hr Group Ride (1 ride - easy pace, 90 minutes)	Ride RFK 30km/hr Group Ride (2 rides - easy pace, 90 minutes)	Ride RFK 35 km/hr Group Ride (2 rides - easy pace, 90 minutes)

Near the end of your training plan is where you start to back off on your training to allow your body to rest and recuperate for the big weekend; this phase will last 1-2 weeks and your longest ride should occur at least 2 weeks before the Ride weekend