



DAY	1	2	3	4	5	6	7
SUGGESTED SCHEDULE	Monday	Tuesday Newport Coast	Wednesday PCH River Trail	Thursday Newport Coast	Friday	Saturday Coach Ride	Sunday Fast Fun Group Ride
PROGRAM	REST DAY	WARMUP & LPHR	Base Fitness	WARMUP & LPHR	REST DAY	PACE	RACE PACE
RIDING GOAL FOR THE DAY	CORE BODY PROGRAM Walk the bike if your legs are tight	Encourage blood flow over fatigued muscles. Low Power Hill Repeat (see folder for instruction)	Long Steady Distance - MUST be heart rate controlled.	Encourage blood flow over fatigued muscles. Low Power Hill Repeat (see folder for instruction)	CORE BODY PROGRAM Light spin on the bike if your legs are tight	Small Chaining Spin. Max gear 39/14. Heart rate below AT at all times	Fast Group ride. Leave early and meet THE group at top of the 1st big climb. Jam in group for 45 minutes then ride home.
SKILL GOAL		Relaxed Climb	Base Fitness	Relaxed Climb		Relaxed speed spin	Energy Conservation
TERRAIN		1-2 MILE HILL	FLATTISH	1-2 MILE HILL		FLATTISH	ROLLING
CADENCE		85-95	85-95	85-95		95 to 105	90 >
H.R.ZONE		DON'T LOOK	AEROBIC	DON'T LOOK		DON'T LOOK	CONTROLLED
SPEED						+20 mph	
DISTANCE						Min 60 Max 100 miles	