



SIX WEEK TRAINING PLAN

-You "CAN" Do It!-

By Andreas Hestler

Chances are you wouldn't be considering this event if you weren't at least in some shape (pear, zucchini, circle or square) or were at some time in your past life f it (16 years old on the soccer team).

Okay, so the truth is the BC Bike Race is not the hardest event, and nor do we want it to be! We want this experience to be tough for sure, but not so tough that you see God, puke and die. We believe that a journey through the forests and mountains of BC should be a pleasure, a joy! Don't fret the name: 'Race' is a state of being. Our goal is to create an adventure and a challenge.

With that in mind, we want to show you that 4-6-8 or 11 weeks training time are relative; doing this event is truly possible for everyone.

During race week, most days are 50 -70km (30-45mi) which translates to between 3 and 7 hours on the bike. We start most days at 9am, which should provide plenty of time to ride those distances.

So here's a 6-week crash course training program designed around a weekend warrior's schedule. The basic goal is to spend enough time on your bike to adjust your 'sit bones' and your legs to the position and repetition of cycling. Then you'll be good to go for BCBR!

Week 1 11 hours	Week 2 13 hours	Week 3 12 hours	Week 4 15 hours	Week 5 18 hours	Week 6 20 hours	Pre - Race Week Easy spins 6-10 hrs – Then let the good times roll.
					Rest Week 8-10 hours	

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Start Here!	Welcome! The timing of this program should be at least 8 weeks out from event.	And one would have some miles already in the legs – we hope... Goals: - Short hills - Rapid Accelerations	Think about one thing on easy days: “Easy” Goal: - Easy Pedaling Flat	Goal: Long Hills, get comfortable, effort is low, heart rate is low, just get up in a sustained fashion, no big efforts yet	Ahh we rest, hydrate and eat for the weekend	Goal: Mileage Go out and explore, get to know your neighborhood and area – eat and drink	Goal: Bum on Seat Try to be continuous with your rides, not too much stopping, none if possible, eat regularly every 30-45min
Wk 1	Off Core? - suggested, only	2 hours MTB - short hills and quick trails – have fun as you bomb your regulars in short bursts and slow pedal the rest. Think about between 6 and 8 quick accelerations of 20-30 seconds.	2 hours Easy pedal on the road.	2 hours Warm up 30min – ride twice up a long hill – 20min, rest 20min repeat, cool down 20min	Off Core?	3 hours Road Ride Easy Longish	2 hour MTB Have fun, look for groups to get out with, up and down, mixed everything - FUN
Notes							11 hours congratulations – week 1
Wk 2	Off Core?	2 hours MTB Short hills and quick trails – skills are coming along now	2.5 hours Easy pedal on the road.	2 hours Same as above – in the hills – can be done on mtb, off-road, apply principle	1 hour Easy spin Core?	3 hours Road Ride Easy Longish w/leg speed at the end	2.5 hours MTB Have fun, look for groups to get out with, Trails, singletrack
Notes		Think about between 6 and 8 quick accelerations of 20-30 seconds	Think about Wednesday joining Tues and Thurs, but it is the easy between the hards	2 x 20min hill, w/ 20min between.		3 x 2min fast circles w/ 5min rest between –20min to ride home easy	If tired ride slow, but stay the course 13 hours – Awesome!

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Wk 3	Off Core?	1.5 hours MTB Short hills and quick skills on the trails.	3 hours Easy pedal on the road	2 hours Same as above – in the hills	Off Core?	2.5 hours Same as above	3 hours MTB MTB Sunday, this is out in the woods
Notes		Think about 8-10 quick accelerations of 20-30 seconds	Easy Bridge between two hard days	3 x 20min – can be a series of hills, but the principle is in the hills with equal rest		Sat Sun can be switched around based on groups or your needs	Bring your buddies out, try to keep all rides consistent without too much stopping, bring food and equipment 12 hours – That was Easy!
Wk 4	1.5 hours Easy on the Road, by all means use your MTB	2 hours Short hills and quick skills, take your favorite area and give'er, small accelerations	4 hours Long easy eating and drinking,	1.5 hours To the hills, this time no set menu, just up and down for 1.5hrs easy using your gears, spin up cruise down	Off	3 hours Steady long Road Ride, enjoy the saddle time	3 hours MTB Building strength, up and down, mixed tempos not too much stopping. Eat and drink
Notes		Think about 6 efforts for 30-40min				3 x 2min fast circles w/ 5min rest between –leave 20min to ride home easy	15 hours – Hump week, see the end of the tunnel?
Wk 5	Off Core?	Off Hydrate for this upcoming block	5 hours Start easy and let the miles roll out – could do on Tues as schedule permits	2 hours Hills, spend you time in the hills, easy to med gears, pushing a bit	2 hours This day joins, so ride easy Core?	5 hours Start easy, stay flat and just roll it out	4 hours MTB Group ride, having fun, with a few leg speed sessions and some intensity
Notes			Ride easy, & you'll feel ok the next day, yes tired, but comfortable		Napping is good after rides, after lunch		18 hours – almost there, whew?

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Wk 6	<u>Off</u> <u>Core?</u>	2 hours MTB Short hills and quick skills, take your favorite area and give'er, small accelerations You may want to do your Thursday 6 hours here, your choice.	<u>Off</u> <u>Core?</u>	6 hours Easy flat and long. Eat drink and enjoy the sunshine – bring powder or stop and get electrolyte mix.	<u>Off</u> <u>Core?</u>	6 hours As Thursday, maybe do some hills at the end, easy light gears	6 hours MTB As every Sunday, but by now you will feel good. Ride quickly for the first 3 hours, then cruise the last 3
Notes		6 x 40 second rips on your favorite pieces of trail, some roll up, some roll down, recovery between, 3-4 minutes	You can ride if you want to, but easy			Using your MTB on the road is fine, or Rail-Trail	MTB by its very nature will go up and down 20 hours – Wow!!!!!!
Rest Week	Rest week! Put in 8-10 hours total on your bike this week but don't go too hard. Rest up!		Use Week 1 as default guideline.				8-10 hours – Ahhh Sweet Rest!
Pre-Race Week	Pre-Race Week! Easy Spins this week for a total of 6-10 hours. Just keep the wheels turning and dream of the Start Line!		Air on the side of caution, 6 hours will be plenty this week!				6-10 hours – Pre-Race Week Easy Spins!