

BIKE



DANSKIN[®]
TRIATHLON SERIES

an *Extra Mile* LLC property

BIKE

8-WEEK BIKE PLAN*

| Week | Load = | I (Zones) | x Frequency | x Time (min) | Workout Type** |
|------|--------|-----------|-------------|--------------|----------------|
| 1 | 90 | 1 - 2 | 1 - 2 | 15 - 30 | SS |

Emphasis: Basic bike technique.

Include the skills to start and stop, brake, turn, balance, and you'll gain confidence.

Always wear a helmet and try to ride roads with few cars. Make sure that your bike is tuned up.

| Week | Load = | I (Zones) | x Frequency | x Time (min) | Workout Type |
|------|--------|-----------|-------------|--------------|--------------|
| 2 | 140 | 1 - 3 | 1 - 2 | 20 - 40 | SS |

Emphasis: Bike equipment.

A proper bike fit is important to prevent injury and to gain power.

| Week | Load = | I (Zones) | x Frequency | x Time (min) | Workout Type |
|------|--------|-----------|-------------|--------------|--------------|
| 3 | 270 | 1 - 4 | 1 - 2 | 30 - 60 | SS, I |

Emphasis: Safety.

Learn the rules of the road and how to signal your intentions to cars. Always stay to the right and pass carefully.

Learn to anticipate what is ahead: pedestrians, dogs, stop lights, inclement weather. Ride with a cell phone for emergencies.

| Week | Load = | I (Zones) | x Frequency | x Time (min) | Workout Type |
|------|--------|-----------|-------------|--------------|--------------|
| 4 | 310 | 1 - 4 | 2 - 3 | 30 - 70 | SS, I, R |

Emphasis: Cadence (revolutions per minute, or rpm).

Either use a bike computer or count your cadence and keep cadence between 70-90 rpm when you ride. Consider getting a heart rate monitor.

| Week | Load = | I (Zones) | x Frequency | x Time (min) | Workout Type |
|------|--------|-----------|-------------|--------------|--------------|
| 5 | 310 | 1 - 4 | 2 - 3 | 30 - 70 | SS, I, R, C |

Emphasis: Cardio endurance.

"Time trial" 3 miles at an all-out effort; log your average heart rate and elapsed time. This is a cycling fitness test.

Repeat in week 7 and measure the improvement.

| Week | Load = | I (Zones) | x Frequency | x Time (min) | Workout Type |
|------|--------|-----------|-------------|--------------|--------------|
| 6 | 395 | 1 - 5 | 2 - 3 | 45 - 70 | SS, I, R, C |

Emphasis: Speed.

Two interval sessions this week.

Include a "brick" (either a swim-bike or a bike-run combo workout). Bricks teach you to improve transitions and train your muscles to switch between sports.

| Week | Load = | I (Zones) | x Frequency | x Time (min) | Workout Type |
|------|--------|-----------|-------------|--------------|--------------|
| 7 | 410 | 1 - 5 | 3 - 4 | 60 - 70 | SS, I, R, C |

Emphasis: High training load (LIFT).

Complete the race distance (12 miles) and assess your average heart rate and speed.

| Week | Load = | I (Zones) | x Frequency | x Time (min) | Workout Type |
|------|--------|-----------|-------------|--------------|--------------|
| 8 | 210 | 1 - 3 | 1 - 2 | 30 - 60 | R |

Emphasis: Taper week.

Do low intensity / low zone recovery rides. Inspect your bike for safety.

* **Modifications:** If you are an intermediate cyclist, double the distances, not the frequency, and train in higher zones. If biking is your most challenged sport, add one extra bike workout each week.

** **Workout Types:** SS= Steady State; I=Intervals; R=Recovery; C=Combination