Whether you’re new to a long distance cycling event or just getting back in the saddle after time off, training for Cycle for the Cause is a breeze. The attached will get you ready in just three short months. Either way remember – this event is for everyone of all levels, and it’s not about the miles you finish on the event, but about showing up at all to end AIDS.

**Overall Plan:**
1. You’ll do three to four rides a week in specific heart rate zones and strength train one or two times a week.
2. All the workouts *(except the long rides)* take only one hour to complete, making them easy to fit in to your daily schedule.
3. A heart rate monitor is helpful to ensure training in correct intensities, and note that all rides can be done on an indoor spin bike, except the long rides, which are best done outdoors to practice real cycling and increase bike-handling skills.
4. Recovery rides are optional, but encouraged to get ready for back to back event days. Otherwise they can be replaced by a yoga class, stretch and pilates workouts.

**Training Terminology**
- **Tempo:** Increases lactate threshold, or the intensity at which one can ride before lactic acid builds up in the muscles to the point that it causes fatigue and slows down performance
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**Heart Rate Zones**
- **Zone 1:** Easy, aerobic, 60 to 70% max heart rate, recovery
- **Zone 2:** Moderate, aerobic, 70 to 80% max heart rate
- **Zone 3:** Moderately hard, lactate threshold, 80 to 85% max heart rate
- **Zone 4:** Hard, anaerobic threshold, 85 to 90% max heart rate
Cycle for the Cause
12 Week Training Plan Overview

The Workouts
- **Tempo Ride (1 hour)**
  - Warm-up: 15 to 20 minutes, Zone 1, 80 to 90 rpm
  - Main set: Intervals, Zone 3 to 4, 80 to 100 rpm
  - Cool-down: Remainder of hour in Zone 1, 80 to 90 rpm
- **Cadence Ride (1 hour)**
  - Warm-up: 15 to 20 minutes, Zone 1, 80 to 90 rpm
  - Main set: 20 to 30 min, Zone 2 to 3, 90+ rpm
  - Cool-down: 15 to 20 min, Zone 1, 80 to 90 rpm
- **Hill Repeats (1 hour)**
  - Warm-up: 10 minutes, Zone 1, 80 to 90 rpm
  - Main set: 1- to 6-minute intervals, Zone 4, 60 to 80 rpm
  - Cool-down: Remainder of hour in Zone 1, 80 to 100 rpm
- **Long Ride**
  - Warm-up: 15 to 20 minutes, Zone 1, 80 to 90 rpm
  - Main set: Steady pace, Zone 2 to 3, 80 to 100 rpm
  - Cool-down: Last 20 minutes in Zone 1, 80 to 90 rpm
- **Recovery**
  - Warm-up: 10 minutes, Zone 1, 80 to 90 rpm
  - Main set: Steady pace, Zone 1, 80 to 100 rpm
  - Cool-down: Remainder of time in Zone 1, 80 to 100 rpm

Strength Train Workout
For each circuit, perform each move in order. Rest 1 to 2 minutes. Repeat the entire circuit three times, then move to the next circuit.
- **Circuit 1**
  - Squat jump: 10 reps
  - Front Squat: 15 reps
  - Push-Up: 10 to 20 reps
- **Circuit 2**
  - Split squat: 10 reps each side
  - Alternating side lunge: 30 seconds
  - Dumbbell bent-over row: 10 to 12 reps
- **Circuit 3**
  - Single-leg deadlift 10 to 12 reps per side
  - Single-leg calf raise: 12 to 15 reps per side
  - Russian twist: 30 to 60 seconds
  - Side plank: 30 to 60 seconds per side
## Cycle for the Cause
### 12 Week Training Plan

<table>
<thead>
<tr>
<th>Week</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>Rest Day</td>
<td>Bike 10 mi</td>
<td>Strength Train</td>
<td>Bike 10 mi</td>
<td>Rest/Strength Day</td>
<td>Long Ride Zone 2 20 mi</td>
<td>Recovery 45 min</td>
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<tr>
<td><strong>Week 2</strong></td>
<td>Rest Day</td>
<td>Tempo Zone 3 10 Min Warmup 4 x 5 min, 5 min R</td>
<td>Strength Train</td>
<td>Cadence Zone 2 60 min</td>
<td>Rest/Strength Day</td>
<td>Long Ride Zone 2 25 mi</td>
<td>Recovery 45 min</td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>Rest Day</td>
<td>Tempo Zone 3 10 Min Warmup 5 x 5 min, 5 min R</td>
<td>Strength Train</td>
<td>Cadence Zone 2 60 min</td>
<td>Rest/Strength Day</td>
<td>Long Ride Zone 2 30 mi</td>
<td>Recovery 45 min</td>
</tr>
<tr>
<td><strong>Week 4</strong></td>
<td>Rest Day</td>
<td>Tempo Zone 3 10 Min Warmup 6 x 5 min, 5 min R</td>
<td>Strength Train</td>
<td>Cadence Zone 2 60 min</td>
<td>Rest/Strength Day</td>
<td>Long Ride Zone 2 35 mi</td>
<td>Recovery 45 min</td>
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<th>Week 5</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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</thead>
<tbody>
<tr>
<td>Rest Day</td>
<td>Tempo Zone 3</td>
<td>10 Min Warmup</td>
<td>2 x 10 min, 5 min R</td>
<td>Strength Train</td>
<td>Hill Reps Zone 3</td>
<td>10 Min Warmup</td>
<td>6 x 30 sec, 5 min R</td>
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</tbody>
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<tr>
<th>Week 6</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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<tbody>
<tr>
<td>Rest Day</td>
<td>Tempo Zone 3</td>
<td>10 Min Warmup</td>
<td>3 x 10 min, 5 min R</td>
<td>Strength Train</td>
<td>Hill Reps Zone 4</td>
<td>10 Min Warmup</td>
<td>6 x 1 min, 5 min R</td>
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<tr>
<th>Week 7</th>
<th>Day 1</th>
<th>Day 2</th>
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<td>Tempo Zone 3</td>
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<th>Week 8</th>
<th>Day 1</th>
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# Cycle for the Cause
## 12 Week Training Plan

| Week 9 | Day 1 | Rest Day | Day 2 | Tempo Zone 4 | 20 Min Warmup | 1 x 20 min, 20 min R | Strength Train | Day 3 | Hill Repeats Zone 4 | 10 min Warmup | 5 x 6 min, 2 min R | Rest/Strength Day | Day 5 | Rest Day | Long Ride Zone 3 | 65 mi | Recovery Zone 1 | 60 min |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Week 10 | Rest Day | Tempo Zone 4 | 20 Min Warmup | 1 x 30 min, 10 min R | Strength Train | Day 4 | Hill Repeats Zone 4 | 10 min Warmup | 6 x 6 min, 2 min R | Rest/Strength Day | Day 6 | Long Ride Zone 3 | 75 mi | Recovery Zone 1 | 60 min |
| Week 11 | Rest Day | Tempo Zone 4 | 20 Min Warmup | 1 x 30 min, 2 min R | Strength Train | Day 4 | High Cadence Zone 3 | 10 min Warmup | 10 x 30 sec, 5 min R | Rest/Strength Day | Day 6 | Long Ride Zone 3 | 50 mi | Recovery Zone 1 | 60 min |
| Event Week | Rest Day | Tempo Zone 4 | 10 Min Warmup | 3 x 10 min, 2 min R | Strength Train | Day 4 | Cadence Zone 2 | 60 min | Rest/Strength Day | EVENT DAY | EVENT DAY |

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