

# PELOTONIA® TRAINING PLAN

These training plans below are skeletal outlines you can use to guide yourself through your preparation for Pelotonia! The cross training options listed (walking, yoga, core strengthening, etc.) are just suggestions to keep you active and moving. There are many other options not listed that could be inserted on the “off bike” days that would also be beneficial. If your schedule is very demanding, aiming to bike at LEAST 2–3x weekly is recommended. Please personalize these suggested training plans to best fit your schedules, needs, weather patterns, and interests.

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## MARCH 2022 TRAINING

### **Beginner; 20 miles in Pelotonia**—sample week for March 2022

Sunday	walk 2 miles
Monday	off/stretch/core strengthening (~15 minutes)
Tuesday	bike 3–5 miles
Wednesday	Alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 3–5 miles
Friday	walk 1–2 miles
Saturday	bike 5–8 miles

### **Beginner and Intermediate; 57 miles in Pelotonia**—sample week for March 2022

Sunday	walk 2 miles or run 3–4 miles
Monday	stretch (~15 minutes); core strengthening (~15 minutes)
Tuesday	bike 15 mile
Wednesday	Alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 10 miles
Friday	walk 1–2 miles or run 2–3 miles
Saturday	bike 15–20 miles

### **Intermediate; 80–100 miles in Pelotonia**—sample week for March 2022

Sunday	walk 2–3 miles or run 3–5 miles
Monday	stretch (~15 minutes); core strengthening (~15 minutes)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	Alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~45 minutes)
Thursday	bike 15–20 miles – tempo
Friday	walk 1–2 miles or run 2–3 miles
Saturday	distance bike 25–35 miles

# PELTONIA TRAINING PLAN

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## MARCH 2022 TRAINING (CONT'D)

**Advanced; 164–200 miles in Pelotonia**—sample week for March 2022

Sunday	bike 20–25 miles – nice and easy
Monday	stretch (~15 minutes); core strengthening (~15 minutes)
Tuesday	bike 15–20 miles—hill repeats
Wednesday	Alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~45–60 minutes)
Thursday	bike 15–20 miles – tempo
Friday	walk 2–3 miles or run 3–5 miles
Saturday	distance bike 35–45 miles

### Hill repeats

- 15 min easy warm up
- outdoor cycling:
  - find a hill that you can safely repeat 4–6 times
- indoor cycling:
  - increase resistance to mimic hill climbing
    - 3–4 minutes of “climbing” and increased resistance
    - 1–2 minutes to “descend” and decreased resistance
  - repeat 4–6 times
- Steady state and/or Cool down remainder of ride

### Tempo

- 15 min easy warm up
  - Harder/faster effort:
    - 3–5 minutes of 6–8/10 effort
  - FOLLOWED BY
    - 2 minute recovery
    - repeat x 4
- Steady state and/or Cool down remainder of ride

## PELTONIA TRAINING PLAN

### APRIL 2022 TRAINING

#### **Beginner; 20 miles in Pelotonia**—sample week for April 2022

Sunday	walk 2 miles
Monday	off/stretch/core strengthening (~15 minutes)
Tuesday	bike 5–6 miles
Wednesday	Alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 3–5 miles
Friday	walk 1–2 miles
Saturday	bike 8–10 miles

#### **Beginner and Intermediate; 57 miles in Pelotonia**—sample week for April 2022

Sunday	walk 2–3 miles or run 4–5 miles
Monday	stretch (~15 minutes); core strengthening (~15 minutes)
Tuesday	bike 15 mile
Wednesday	Alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 10 miles
Friday	walk 1–2 miles or run 2–3 miles
Saturday	bike 25–30 miles

#### **Intermediate; 80–100 miles in Pelotonia**—sample week for April 2022

Sunday	walk 2–3 miles or run 4–5 miles
Monday	stretch (~15 minutes); core strengthening (~15 minutes)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	Alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~45 minutes)
Thursday	bike 15–20 miles – tempo
Friday	walk 1–2 miles or run 2–3 miles
Saturday	distance bike 35–45 miles

#### **Advanced; 164–200 miles in Pelotonia**—sample week for April 2022

Sunday	bike 20–25 miles – nice and easy
Monday	stretch (~15 minutes); core strengthening (~15 minutes)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	Alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~45–60 min)
Thursday	bike 15–20 miles – tempo
Friday	walk 2–3 miles or run 3–5 miles
Saturday	distance bike 40–50 miles

# PELTONIA TRAINING PLAN

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## APRIL 2022 TRAINING (CONT'D)

### Hill repeats

- 15 min easy warm up
- outdoor cycling:
  - find a hill that you can safely repeat 4–6 times
- indoor cycling:
  - increase resistance to mimic hill climbing
    - 3–4 minutes of “climbing” and increased resistance
    - 1–2 minutes to “descend” and decreased resistance
  - repeat 4–6 times
- Steady state and/or Cool down remainder of ride

### Tempo

- 15 min easy warm up
  - Harder/faster effort:
    - 3–5 minutes of 6–8/10 effort
- FOLLOWED BY
  - 2 minute recovery
    - repeat x 4
- Steady state and/or Cool down remainder of ride

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## MAY 2022 TRAINING

### Beginner; 20 miles in Pelotonia—sample week for May 2022

Sunday	walk 2–3 miles or run 1–2 miles
Monday	off/stretch/core strengthening (~15 minutes)
Tuesday	bike 6–8 miles
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 5–6 miles
Friday	walk or run 1–2 miles
Saturday	bike 10–12 miles

### Beginner and Intermediate; 57 miles in Pelotonia—sample week for May 2022

Sunday	walk 2–3 miles or run 4–5 miles
Monday	stretch (~15 minutes); core strengthening (~15 minutes)
Tuesday	bike 15 mile
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 10 miles
Friday	walk 1–2 miles or run 2–3 miles
Saturday	bike 30–35 miles

## PELOTONIA TRAINING PLAN

### MAY 2022 TRAINING (CONT'D)

#### Intermediate; 80–100 miles in Pelotonia—sample week for May 2022

Sunday	walk 2–3 miles or run 4–5 miles
Monday	stretch and core strengthening (~15–20 minutes each)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~45 minutes)
Thursday	bike 15–20 miles – tempo
Friday	walk 2–3 miles or run 3–5 miles
Saturday	distance bike 45–55 miles

#### Advanced; 164–200 miles in Pelotonia—sample week for May 2022

Sunday	bike 20–30 miles – nice and easy
Monday	stretch and core strengthening (~15–20 minutes each)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~60 minutes)
Thursday	bike 15–20 miles – tempo
Friday	walk 2–4 miles or run 4–5 miles
Saturday	distance bike 50–65 miles

#### Hill repeats

- 15–30 min easy warm up
- outdoor cycling:
  - find a hill that you can safely repeat 5–8 times
- indoor cycling:
  - increase resistance to mimic hill climbing
    - 3–4 minutes of “climbing” and increased resistance
    - 1–2 minutes to “descend” and decreased resistance
      - repeat 5–7 times
- Steady state and/or Cool down remainder of ride

#### Tempo

Note: During the “hard/faster” effort, you should not be able to maintain a conversation with your neighbor. Use the “recovery” to catch your breath and allow your heart rate to return to normal workout rates for you.

- 15 min easy warm up
  - Harder/faster effort:
    - 3–5 minutes of 6–8/10 effort
  - FOLLOWED BY
    - 2 minute recovery
      - repeat x 5–7
- Steady state and/or Cool down remainder of ride

## PELOTONIA TRAINING PLAN

### JUNE 2022 TRAINING

#### **Beginner; 20 miles in Pelotonia**—sample week for June 2022

Sunday	walk 2–3 miles or run 1–2 miles
Monday	off/stretch/core strengthening (~15 minutes)
Tuesday	bike 8–10 miles
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 5–6 miles
Friday	walk or run 1–2 miles
Saturday	bike 12–15 miles – try to incorporate a few hills (see “Hill repeats” section below)

#### **Beginner and Intermediate; 57 miles in Pelotonia**—sample week for June 2022

Sunday	walk 2–3 miles or run 4–5 miles
Monday	stretch and core strengthening (~15–20 minutes each)
Tuesday	bike 15 mile
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 10 miles
Friday	walk 1–2 miles or run 2–3 miles
Saturday	bike 30–35 miles – try to incorporate a few hills (see “Hill repeats” section below)

#### **Intermediate; 80–100 miles in Pelotonia**—sample week for June 2022

Sunday	walk 2–3 miles or run 4–5 miles
Monday	stretch and core strengthening (~20–30 minutes each)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~45–60 min)
Thursday	bike 15–20 miles – tempo
Friday	walk 2–3 miles or run 3–5 miles
Saturday	distance bike 50–60 miles

#### **Advanced; 164–200 miles in Pelotonia**—sample week for June 2022

Sunday	bike 35–45 miles – nice and easy
Monday	stretch and core strengthening (~20–30 minutes each)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~60–75 min)
Thursday	bike 15–20 miles – tempo
Friday	walk 2–4 miles or run 4–5 miles
Saturday	distance bike 60–75 miles

# PELOTONIA TRAINING PLAN

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## JUNE 2022 TRAINING (CONT'D)

### Hill repeats

Note: Hill repeats allow for a great opportunity to become comfortable with changing gears. You want to try to keep the speed you are pedaling your feet fairly constant (to the best of your ability) and you need to feel comfortable changing your gears to do so. This is also a perfect time to take your bike in to the shop for a tune-up if you find you have a gear that is “sticky” or doesn’t transition smoothly.

- 15–30 min easy warm up
- outdoor cycling:
  - find a hill that you can safely repeat 5–8 times
- indoor cycling:
  - increase resistance to mimic hill climbing
    - 3–4 minutes of “climbing” and increased resistance
    - 1–2 minutes to “descend” and decreased resistance
  - repeat 5–7 times
- Steady state and/or Cool down remainder of ride

### Tempo

Note: During the “hard/faster” effort, you should not be able to maintain a conversation with your neighbor. Use the “recovery” to catch your breath and allow your heart rate to return to normal workout rates for you.

- 10–15 min easy warm up
- Choose one of the options below depending on your fitness level:
  - 1 min HARD followed by 3 minute recovery; repeat x 7
  - 2 min HARD, 2 min recovery; repeat x 7
  - 3 min HARD, 1 min recovery; repeat x7
- Steady state and/or Cool down remainder of ride

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## JULY 2022 TRAINING

There are five weekends in July. Weather and schedule permitting, try to push towards the higher level distances on your longer cycling days in preparation for the even the first weekend in August (8/7 and 8/8). If possible, try to decrease your distance ride the weekend before the BIG DAY to allow for a week of relative rest and recovery.

### Beginner; 20 miles in Pelotonia—sample week for July 2022

Sunday	walk 2–3 miles or run 1–2 miles
Monday	off/stretch/core strengthening (~15 minutes)
Tuesday	bike 8–10 miles
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 5–6 miles
Friday	walk or run 1–2 miles
Saturday	bike 15–20 miles – try to incorporate a few hills (see “Hill repeats” section below)

## PELOTONIA TRAINING PLAN

### JULY 2022 TRAINING (CONT'D)

#### **Beginner and Intermediate; 57 miles in Pelotonia**– sample week for July 2022

Sunday	walk 2–3 miles or run 4–5 miles
Monday	stretch and core strengthening (~15–20 minutes each)
Tuesday	bike 15 mile
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)
Thursday	bike 10 miles
Friday	walk 1–2 miles or run 2–3 miles
Saturday	bike 35–45 miles – try to incorporate a few hills (see “Hill repeats” section below)

#### **Intermediate; 80–100 miles in Pelotonia**– sample week for July 2022

Sunday	walk 2–3 miles or run 4–5 miles
Monday	stretch and core strengthening (~20–30 minutes each)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~45–60 min)
Thursday	bike 15–20 miles – tempo
Friday	walk 2–3 miles or run 3–5 miles
Saturday (per each of the 5 weekends in July)	<b>80 milers:</b> bike 60, 65, 70, 75–80, 70 miles <b>100 milers:</b> bike 65, 70, 80, 85–90, 80 miles

#### **Advanced; 164–200 miles in Pelotonia**– sample week for July 2022

Sunday (per each of the 5 weekends in July)	bike 35, 40, 45, 45–50, 30–40 miles – nice and easy
Monday	stretch and core strengthening (~30 minutes each)
Tuesday	bike 15–20 miles – hill repeats
Wednesday	alternate “day off”/stretch/yoga/upper and lower body resistance training by week as desired (~60–75 min)
Thursday	bike 15–20 miles – tempo
Friday (per each of the 5 weekends in July)	walk 2–4 miles or run 4–5 miles distance bike 65, 70, 80, 85–90, 80 miles

*July training continued on next page*



## PELTONIA TRAINING PLAN

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### JULY 2022 TRAINING (CONT'D)

#### Hill repeats

Note: Hill repeats allow for a great opportunity to become comfortable with changing gears. You want to try to keep the speed you are pedaling your feet fairly constant (to the best of your ability) and you need to feel comfortable changing your gears to do so. This is also a perfect time to take your bike in to the shop for a tune-up if you find you have a gear that is “sticky” or doesn’t transition smoothly.

- 30 min easy warm up
- outdoor cycling:
  - find a hill that you can safely repeat 8–10 times
- indoor cycling:
  - increase resistance to mimic hill climbing
    - 5–6 minutes of “climbing” and increased resistance
    - 2 minutes to “descend” and decreased resistance
  - repeat 5–7 times
- Steady state and/or Cool down remainder of ride

#### Tempo

Note: During the “hard/faster” effort, you should not be able to maintain a conversation with your neighbor. Use the “recovery” to catch your breath and allow your heart rate to return to normal workout rates for you.

- 15–30 min easy warm up
- Choose one of the options below depending on your fitness level:
  - 1 min HARD followed by 3 minute recovery; repeat x 8–10
  - 2 min HARD, 2 min recovery; repeat x 8–10
  - 3 min HARD, 1 min recovery; repeat x 8–10
- Steady state and/or Cool down remainder of ride

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### AUGUST 2022 TRAINING

Follow the July training schedule through Sunday, July 31st, then begin this “Recovery Week” training on Monday, August 1st.

You’ve already put in the training miles, so the focus this week is rest and recovery. Try to maintain hydration levels, get quality sleep, and eat healthy nutrition this week. If you need to add an extra day of rest (or two) this week, you should.

#### Beginner; 20 miles in Pelotonia—last week before Pelotonia

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Monday	off/stretch/core strengthening (~15 minutes)
Tuesday	bike 4–5 miles
Wednesday	“day off”/stretch/yoga (~15–30 minutes)
Thursday	bike 4–5 miles
Friday	day off and/or stretch
Pelotonia	Be safe and enjoy!
Weekend	

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## PELTONIA TRAINING PLAN

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### AUGUST 2022 TRAINING (CONT'D)

#### **Beginner and Intermediate; 57 miles in Pelotonia**—last week before Pelotonia

Monday	stretch and core strengthening (~10 minutes each)
Tuesday	bike 10–15 miles
Wednesday	“day off”/stretch/yoga (~15–30 minutes)
Thursday	bike 10–15 miles
Friday	day off and/or stretch
Pelotonia Weekend	Be safe and enjoy!

#### **Intermediate; 80–100 miles in Pelotonia**—last week before Pelotonia

Monday	stretch and core strengthening (~20–30 minutes each)
Tuesday	bike 15–20 miles
Wednesday	“day off”/stretch/yoga (~30 minutes)
Thursday	bike 15–20 miles
Friday	day off and/or stretch
Pelotonia Weekend	Be safe and enjoy!

#### **Advanced; 164–200 miles in Pelotonia**—last week before Pelotonia

Monday	stretch and core strengthening (~20–30 minutes each)
Tuesday	bike 15–20 miles
Wednesday	“day off”/stretch/yoga (~30–45 minutes)
Thursday	bike 15–20 miles
Friday	day off and/or stretch
Pelotonia Weekend	Be safe and enjoy!