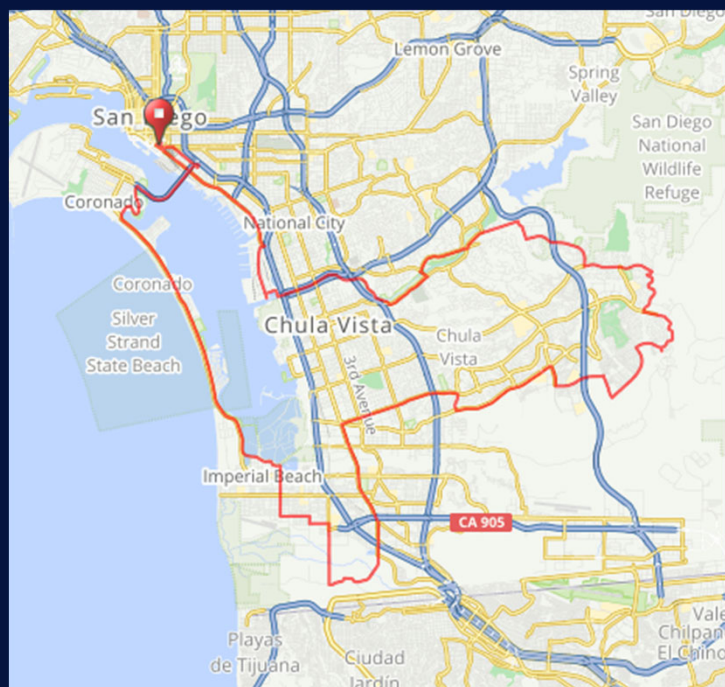


## 55-MILE TRAINING PLAN

A PEDAL SPECIFIC TRAINING PLAN TO GET YOU READY TO RIDE 55 MILES IN 18 WEEKS!

### Olympic Challenge Ride



This 55 mile hilly route challenges riders as you start over the **Coronado Bridge** and down the Silver Strand before turning south to ride along the border. Make it to the Olympic Training Center before turning back west to meet up at the Bay Shore Bike Way.

Elevation +2,790 ft.  
3 Refueling Stations

### Training Principles

- The plan below outlines the minimum recommended training, with one long ride per week
- The long ride distances are based on the concept of gradual progression & recovery
- In addition to the long-ride, we suggest you ride a minimum of 2 other times per week for 60-90 minutes
- Add hills once a week so you practice climbing
- Yoga, strength training, core work and flexibility help
- Any training on top of this and before July 8 is a bonus

### 18 Week Training Plan Beginning the week of July 8th

We recommend riding or spinning three times per week as:

- 1x long ride in calendar below
- 1x 60 minute ride or spin class
- 1x 90 minute ride or spin class

Distances for long rides:

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9
<b>15 mi.</b>	<b>20 mi.</b>	<b>25 mi.</b>	<b>15 mi.</b>	<b>25 mi.</b>	<b>30 mi.</b>	<b>35 mi.</b>	<b>20 mi.</b>	<b>35 mi.</b>
Wk 10	Wk 11	Wk 12	Wk 13	Wk 14	Wk 15	Wk 16	Wk 17	Wk 18
<b>40 mi.</b>	<b>45 mi.</b>	<b>20 mi.</b>	<b>50 mi.</b>	<b>55 mi.</b>	<b>20 mi.</b>	<b>55 mi.</b>	<b>25 mi.</b>	<b>20 mi.</b>
<b>Week 19 – Event Day November 16th</b>								