



RIDE THE ROCKIES

Key:
Endurance:
Tempo: moderate aerobic intervals
Steady State: max sustainable efforts near lactate threshold
RBI: Recovery Between Intervals

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Off	45min Endurance	Off	45min Endurance	Off	60 min Endurance	Off
Week 2	Off	60 min Endurance	Off	60 min Endurance	Off	60 min Endurance	Off
Week 3	Off	60 min Endurance	Off	60 min Endurance	Off	90min Endurance	45min Endurance
Week 4	Off	30min Recovery	Off	30min Recovery	Off	60 min Endurance	Off
Week 5	Off	60min:2x10min Tempo/5min RBI	Off	60min:2x10min Tempo/5min RBI	Off	90min Endurance	60 min Endurance
Week 6	Off	60min:2x15min Tempo/7min RBI	Off	60min:2x15min Tempo/7min RBI	Off	120min Endurance	60 min Endurance
Week 7	Off	60min:1x25min Tempo	Off	60min:1x25min Tempo	Off	120min Endurance	60 min Endurance w/ 1x30min Tempo
Week 8	Off	45min Recovery	Off	45min Recovery	Off	60 min Endurance w/ 1x30min Tempo	60 min Endurance w/ 1x40min Tempo
Week 9	Off	90min:3x6min SS, 4min RBI	60 min Endurance	90min:3x6min SS, 4min RBI	Off	120min Endurance	90min Endurance
Week 10	Off	90min:3x8min SS, 4min RBI	60 min Endurance	90min:3x8min SS, 4min RBI	Off	150min Hilly Ride	90min Endurance
Week 11	Off	90min:3x10min SS, 5min RBI	60 min Endurance	90min:3x10min SS, 5min RBI	Off	150min Hilly Ride	90min Endurance
Week 12	Off	30-60 min Recovery	30-60 min Recovery	30-60 min Recovery	Off	90min:3x10min SS, 5min RBI	90min Endurance
Week 13	Off	90min:3x8min SS, 4min RBI	90min Endurance	90min:3x8min SS, 4min RBI	Off	180min Hilly Ride	120min Hilly Ride
Week 14	Off	90min:3x10min SS, 5min RBI	120min EM	120min Endurance	Off	240min Hilly Ride	120min Hilly Ride
Week 15	Off	90min:3x12min SS, 6min RBI	120min EM	120min Endurance	Off	240min Hilly Ride	120min Hilly Ride
Week 16	Off	30-60 min Recovery	60 min Endurance	60 min Endurance	30min Recovery	Ride The Rockies Begins!!!	