

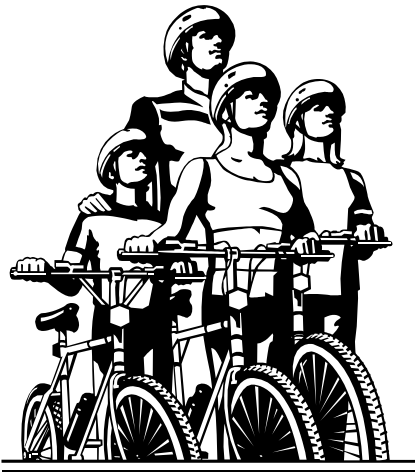


Performance Multisports

Jakson Badenhoop, Coach & Director
Coach@PerformanceMultisports.com or (904) 285-1552

BICYCLE TRAINING PROGRAM – KATIE RIDE FOR LIFE

How to Begin Now for Your Katie Ride for Life in April



Before embarking on a serious training, it is a good idea for everyone to get checked out by their doctor program to address any current or potential physical problems, and to make sure you're ready to start riding.

To determine how to begin, you need to answer some questions about your own cycling ability and physical endurance.

Each person is different. Very few people have ever ridden 100 kilometers (62 miles) or even 60 kilometers in a day. No matter what your cycling ability you need to plan your training in ever increasing incremental stages. The Katie Ride for Life is not a race, but it *is* an endurance event. Your goal in training should be focused on gaining the strength and endurance to ride 50-60 miles consecutively. You will enjoy the ride more if you pace yourself and listen to your body. "Injury Prevention" should become part of your daily mantra while training. Pushing yourself to limits that cause you bodily pain will only take the enjoyment out of your experience.

Once you have determined what your cycling ability is you will need to map out a training program to make you as strong as you possibly can be. If you have not been on a bike for years, regardless of your physical shape, you need to start by riding mostly flat terrain and very few miles. Each subsequent ride you should increase your mileage in small increments. You need to get your body use to this type of exercise.

Planning Your Training Program

Your goal is to train on a regular basis increasing your mileage each week. Riding your bike is the best way to get your body ready. However, we all have demanding schedules and the weather is not always conducive to riding outside. A full training program should include cross training. Remember the goal is to gain strength and endurance. Your training should be geared toward this end. Also, you should like what you are doing. You are more likely to participate regularly if you like the cross training you have chosen. Indoor Cycle/spinning programs at the YMCA and Swimming are wonderful for endurance training but if you don't like either one, you most likely won't do it that often. So choose what sounds and feels good to you.

Cross Training

❖ Indoor Cycle classes	❖ Running	❖ Walking	❖ Swimming
❖ Stairmasters	❖ Kayaking	❖ Hiking	❖ Treadmills
❖ Aerobic classes, step classes	❖ Dancing	❖ Karate or Tae Kwon Do	❖ Weight training (use less weight and higher).

Any sport that increases your lung capacity and keeps your muscles toned and limber is a great exercise to use when supplementing your weekly cycling.



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Remember, there is no better way to train your body for this event then spending time in the bike saddle and on the road. But to alternate and enhance your training, you should add one or more of the above exercises to your program.

The graph below will give you a basis to work from. It is designed with the beginner in mind. You will need to adjust this plan to your own level of physical endurance and cycling ability. Of course, not everyone will be able to devote the ideal amounts of time to training. In that case you will need to adjust your training to bring you to your own optimum performance based on the time you have available to train.

The Training Plan

Weeks to Go	Total weekly miles	Longest ride in miles	Days a Week	Total Training Hours / Week
8	10-25	5-10	1-2	2-3
7	20-35	10-15	1-2	3-4
6	25-55	15-20	2-3	4-6
5	50-75	20-30	3-4	6-8
4	60-100	25-40	3-4	8-10
3	75-110	45-50	4-5	10-12
2	90-125	55-65	4-5	12-14
1	45-70	20-30	2-4	4-8

Graph, Courtesy of Jakson Badenhoop, Coach

These times include cross training which is vital to prevent overuse injuries, burnout, and muscle flexibility and strength imbalances. The mileages should include one long ride per week in the beginning. Your second longest ride should be 1/2 to 3/4 the distance of your current longest ride.

We recommend two to three rides a week, including your long ride(s), at your "pace" speed. This is the approximate speed at which you'll be doing the Katie Ride for Life. These rides will build your base endurance. One to two rides per week should be at a "brisk" pace or working on hills. These rides should be 45 to 60 minutes in length. These rides will increase your speed and ability to climb hills. And we will have a few hills and bridges to conquer in during the Ride.

In simple terms, increase your mileage incrementally for 7 weeks, and cut back your training by almost half during your rest week (#1-to-go). Here is a very simplistic formula based on your first 5 weeks of your training program.

• Week one: 15-20 miles total	• Week two: 25 miles total
• Week three: 40 miles total	• Week four: 60 miles total
• Week five: 80 miles total	• Week six: 90 miles total
• Week seven: 110 miles total	• Week eight: 55 miles total - tapering



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It is important that most of your riding be done on the bike you are planning to use for the ride in June. However, taking an Indoor Cycle class at the YMCA or purchasing an indoor trainer will go a long way in improving your endurance and speed. If this is not possible, a brisk aerobic walk outside or on a treadmill will have significant benefits. These aerobic activities count, and as mentioned above are very important in other ways! You can exchange an hour of ride time for an hour of cross training. This is good for 1-2 workouts a week through March.

Don't forget to take some rest days. While it is important that you invest a good amount of time in training, it is equally important that you give your body a chance to recover between workouts. If you don't take a minimum of one or two days off per week you risk burning yourself out, over-training and injury. You will probably find that by taking a day or two off per week, you come back to your bike feeling refreshed and energized.

Your last big weekend of training should be a week or ten days before the Ride. That last week before the ride, you should rest up. This means no *strenuous* exercise! Get plenty of rest, drink lots of water and make sure you're eating a well-balanced diet. Your body needs this down time to gear up for the big weekend ahead!

These recommendations are meant to be VERY general. Each person will do their best with a tailored individual plan. Please use your best judgment! Your **Cycle Coach** will help you develop the specifics of your plan around your goals, health issues, riding endurance, strengths and weaknesses.

We are often asked how fast you should ride to be able to finish the event in April. The routes are designed in terms of terrain, mileage and total hours anticipated, so that anyone who has trained on a regular basis, following the guidelines above, will be able to finish each day. Remember, Katie Ride for Life is NOT a Race; it is a Ride and an experience that will challenge you physically, mentally and emotionally. For most, riding in the Katie Ride for Life means riding every mile. We understand and appreciate that dedication and support you in your goal. But your health and well-being is also important to us. As you measure your own success and set your own goals, remember, your success is not necessarily about riding every mile, it is about riding every mile you can while remaining healthy and injury-free.

Another general piece of advice, we have found that most people who can ride 25-45 miles and wake up on the next day feeling strong enough to ride again... are ready for The Katie Ride for Life! This is a great goal to shoot for and your training should culminate with this type of two-day riding by the beginning of April.

Your anxiety about riding up to 62 miles in a day will be with you until you achieve it. But if you dedicate yourself to training consistently over the next months you will have a FUN and HEALTHY time in the Katie Ride for Life.

Start today and train gradually and deliberately. As you prepare, feel free to call with any questions you may have about your training.

Jakson Badenhoop, Coach

www.PerformanceMultisports.com

Phone: (904) 285-1552