



Suggested Training Program

40-Mile Ride: Beginner Rider Level

Purpose: In order to complete a distance on a bicycle safely, you should complete a minimum amount of time on the bicycle prior to the event.

The purpose of this suggested training schedule is to give a guideline to the **minimum** amount of training time needed on the bicycle to finish the desired distance safely. You may require more or less training time to properly train and be able to complete the ride safely.

Caution: If you have heart disease, have never exercised or you have heart disease symptoms (chest pain, shortness of breath), you should consult your physician prior to beginning an exercise program. If you get any pain while riding a bicycle, you should consult your physician.

Goal: If you can complete the distances on the training schedule you should have enough fitness to be able to safely finish the distance goal.

Suggested Twenty-Four-Week Training Schedule for the Beginner

Monday, Wednesday and Friday always will be off days.

| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total Time |
|------|------|---------|------|---------------|------|---------|-------------------------------------|---------------|
| | Rest | Ride | Rest | Ride | Rest | Ride | Ride | |
| 1 | Off | 20 min. | Off | 20 min. | Off | 20 min. | 30 min. | 1 hr. 30 min. |
| 2 | Off | 20 min. | Off | 30 min. | Off | 20 min. | 40 min. | 1 hr. 50 min. |
| 3 | Off | 30 min. | Off | 40 min. | Off | 20 min. | 60 min. | 2 hr. 30 min. |
| 4 | Off | 30 min. | Off | 50 min. | Off | 20 min. | 1 hr. 30 min. | 3 hr. 10 min. |
| 5 | Off | 40 min. | Off | 60 min. | Off | 20 min. | 2 hr. | 4 hr. |
| 6 | Off | 40 min. | Off | 70 min. | Off | 10 min. | Enjoy 40 miles (or 3 hours) | 5 hr. |
| 7 | Off | 30 min. | Off | 80 min. | Off | 20 min. | 2 hr. | 4 hr. 10 min. |
| 8 | Off | 40 min. | Off | 90 min. | Off | 20 min. | 2 hr. | 4 hr. 30 min. |
| 9 | Off | 50 min. | Off | 1 hr. 40 min. | Off | 20 min. | 2 hr. 30 min. | 5 hr. 20 min. |
| 10 | Off | 40 min. | Off | 1 hr. 30 min. | Off | 20 min. | 1 hr. | 3 hr. 30 min. |
| 11 | Off | 60 min. | Off | 2 hr. | Off | 20 min. | 3 hr. | 6 hr. 20 min. |
| 12 | Off | 40 min. | Off | 1 hr. 30 min. | Off | 20 min. | Enjoy 40 miles | |
| 13 | Off | 30 min. | Off | 80 min. | Off | 20 min. | 2 hr. | 4 hr. 10 min. |
| 14 | Off | 40 min. | Off | 90 min. | Off | 20 min. | 2 hr. | 4 hr. 30 min. |
| 15 | Off | 50 min. | Off | 1 hr. 40 min. | Off | 20 min. | 2 hr. 20 min. | 5 hr. 10 min. |
| 16 | Off | 40 min. | Off | 1 hr. 30 min. | Off | 20 min. | 1 hr. | 3 hr. 30 min. |
| 17 | Off | 60 min. | Off | 2 hr. | Off | 20 min. | 3 hr. | 6 hr. 20 min. |
| 18 | Off | 40 min. | Off | 1 hr. 30 min. | Off | 20 min. | Enjoy 40 miles | |
| 19 | Off | 40 min. | Off | 1 hr. | Off | 20 min. | 2 hr. | 4 hr. |
| 20 | Off | 50 min. | Off | 1 hr. 30 min. | Off | 20 min. | 2 hr. 20 min. | 5 hr. |
| 21 | Off | 60 min. | Off | 1 hr. 30 min. | Off | 20 min. | 2 hr. 30 min. | 5 hr. 20 min. |
| 22 | Off | 60 min. | Off | 1 hr. | Off | 20 min. | 2 hr. | 4 hr. 20 min. |
| 23 | Off | 60 min. | Off | 1 hr. 30 min. | Off | 20 min. | 4 hr. | 6 hr. 50 min. |
| 24 | Off | 40 min. | Off | 1 hr. | Off | 20 min. | Enjoy a much easier 40 miles | |

NOTE: Intermediate riders can add 30-60 min per training day.



Bicycling Safety Tips:

- Automobile CAUTION! Always assume the driver does not see you. Be wary of your vulnerability on the bicycle. Cars coming toward you on the opposite side of the road can turn left into you. Cars coming from behind you can turn right in front of you. Drivers often misjudge the cyclists speed.
- Car doors can open in front of you. Stay a few feet away from a parked car but be careful not to swerve out into traffic.
- Helmets do not prevent a cycling crash. Some think that helmets may create a false sense of confidence creating more risk of crashing. Wear your helmet but be cautious and feel vulnerable.

Bicycling Nutrition Tips:

- Drink approximately two 16-ounce bottles of water over one hour of cycling. In hot or humid weather, you may need more fluids.
- When you exercise, your body needs carbohydrates as fuel. For rides longer than one hour you will need to eat or drink carbohydrates.

Bicycling Training Tips:

- For a 40-mile ride, a beginner cyclist should train enough to be able to ride for 2 to 4 hours. If a rider can average 20 miles per hour, they will complete the ride in 2 hours. If a rider averages only 10 miles per hour the ride will take 4 hours. Plan your ride and training according to your planned speed.
Remember, stops signs, traffic lights, corners and brief rest stops will slow you down.
- Group rides are a fun way to help pass time while on the bike and a good way to improve speed and strength.
- Make sure your bike fits you properly before beginning a long training schedule. This will decrease your risk of an over-use training injury. Any professional bicycle shop can help get you fit to your bike.
- If you begin to feel significant fatigue and do not feel like training, you may need one or two more days off. If fatigue continues, consult your local Sports Medicine Physician.

Bicycling Comfort Tips:

- Longer rides will create shoulder and low back muscle pain. Strengthening the abdominal muscles and stretching the low back muscles, gluteal muscles and hamstrings may help decrease back pain.
- Longer rides will be more comfortable with a good pair of padded cycling shorts and a comfortable seat. In addition, properly padded bicycling gloves may help decrease hand, wrist and shoulder pain plus give protection from abrasions during a fall.

Bicycling Equipment Tips:

- All riders should know how to change a flat tire and should bring a spare tube, tire irons and inflation mechanism. Do not let your hard training go to waste by not being able to finish due to a flat tire!
- Proper saddle height can easily be checked by pedaling backwards with your heels on the pedals without rocking your pelvis. If you can keep your heels on the pedals while pedaling backwards, your knees will have the proper bend when you put your feet on the pedals to ride.