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Welcome to the next 3 months of your cycling training for the 3rd Annual Summit Challenge benefitting the National Ability Center Park City, Utah.

We have designed this complimentary training protocol that will set you on a course to prepare for the 100 mile Summit Challenge in late August 2010. If you are choosing to attempt a shorter ride than the century, adjust our suggested rides accordingly or do the ride as prescribed and be that much further ahead.

Within this package of information we have included four main pages. Click the links below to hyperlink to the corresponding page.

#### [How to....](#)

The [How To...](#) page provides vital information about how to get the most out of your training. This page answers many of the most common questions you may have. The page covers how to get started, how to track your training and finally how to prepare for and ride the Summit Challenge.

#### [Training Zone Calculator](#)

The [Training Zone Calculator](#) provides baseline information for your training.

#### [6-8 Hours per week](#)

#### [8-10 Hours per week](#)

The last two pages provide two similar training protocols. The first is designed for a cyclist who has approximately [6 - 8 hours per week](#) to train. The second is designed for a cyclist who has [8 - 10 hours per week](#) to train.

We have designed this general protocol with the average or beginning cyclist in mind. If you would like a plan designed specifically

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**435-649-1901**

for you please contact us to discuss our coaching packages.

At 19 Sports our focus is to help cyclists of all levels reach beyond their current capacities regardless of where they started the improvement process. Through cycling camps, coaching, indoor cycling classes, performance testing, nutrition and our full service bike shop, we have helped a wide range of cyclists and triathletes to achieve outstanding improvements in their performance and enjoyment of the sport. We can help beginners to elite cyclists and everyone in between.

*19 Sports, LLC strongly recommend that you consult with your physician before beginning any exercise program. If you are under 18, pregnant, nursing or have health problems, consult your doctor about specific medical conditions. The content on is provided for informational purposes only and is not intended in any way to take the place of professional medical advice. You should be in good physical condition and be able to participate in the exercise. 19 Sports, LLC is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.*

*You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge 19 Sports, LLC from any and all claims or causes of action, known or unknown, arising out of 19 Sports, LLC's negligence. Your use of the 19 Sports, LLC's program (the "Service") will constitute your agreement to comply with the rules outlined in this document.*

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## How to.....

Below you will find several tutorials that will lead you through this process. Included are How to.....

[Use the Training Zone Calculator](#)

[Fill in your Training Data](#)

[Prepare and ride the day of the Summit Challenge](#)

## Use the Training Zone Calculator

The basis of this century training plan is to target specific energy systems and cycling skills to help you develop your fitness and efficiency in a short time period prior to the Summit Challenge. In order to do this we will first establish a baseline by completing a 20 minute time trial. The time trial is slated to fall on Tuesday, but fit it in whenever you can, hopefully within this first week of training. Choose a nice stretch of relatively traffic-free road for your time trial. To begin, be sure you have a good warmup prior to the effort, your legs should be warm and you should be perspiring. Don't do a full day's work riding as a warmup; 20 minutes that include periods of moderate, hard and recovery efforts should suffice. After warmup go as hard as you can for 20 minutes and record your average heart rate, and/or average power if you have it. Enter those numbers in the boxes above and your training zones will be automatically calculated.

There are several types of workouts we have programmed and the total training volume increases slightly each week as your body adapts, right up to your goal of participating in the Summit Challenge. Always keep the training zones in mind as you exercise and also use the RPE ranges associated with each zone. Importantly, once a week you should try to ride the course or on a course that simulates the terrain of the Summit Challenge. Work a little harder on the difficult sections so that they are not a shock on the day of the ride and you give yourself the ability to self-assess your efforts on ride day. Another day during the week is devoted to improving cycling skills - pedaling mechanics and efficiency. The first part of this training focuses on single-legged pedaling. Simply unclip one foot and pedal with the other, envisioning scraping mud off the bottom of your pedaling shoe. When you finish the interval, clip back in and unclip the other foot to do the same thing until you have completed all of the intervals. A good pedal stroke allows you pedal in a complete circle without a "hitch" and with power. Commonly cyclists push down on the pedal stroke but do not concentrate on pulling up. This exercise is going to get you to think about pulling up in order to smooth your stroke and become more efficient. High cadence pedaling helps to improve efficiency by training the muscles to pedal at a higher rate, which takes some of the workload off of the muscles and shifts it to the heart and lungs which have much greater



Next you can insert the total distance you rode that day, and again it will total to the right. If you have a heart rate monitor or power meter you have up to three more values to insert. We have filled those in so you can see how the program totals to the right.

Recovery Day	16	1.25 hours on a course with rolling hills. Ride the hills in Zone 3	17	Hump day is Rest Day	18	1.5 hour submax ride in Zones 2/3	19	15-30 minutes of Core Stability work	20	Make up day or Rest Day	21	2.75 hour submax ride in Zone 2	22	Date
Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.	0	Work on perfecting shifting technique to maintain momentum over rolling terrain.	1.20	Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for tomorrow.	0	Include 2 sets of 5x45 seconds single legged pedaling drills for each leg, rest 5 minutes between sets	1.5		0	Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.	0	Practice race day nutrition and even pacing	2.70	Time
	0		20		0		25		45		Distance			
	0		155		0		158		157		Avg. HR			
	0		98.0		0.0		94.0		96		Avg. Watts			
	0		81		0		80		81		Avg. RPM			

In this next example we have filled in numbers for the day under column 19 again so you can see how the program totals your data. We also inserted zeros for the two rest days on Mondays and Wednesdays.

Recovery Day	16	1.25 hours on a course with rolling hills. Ride the hills in Zone 3	17	Hump day is Rest Day	18	1.5 hour submax ride in Zones 2/3	19	15-30 minutes of Core Stability work	20	Make up day or Rest Day	21	2.75 hour submax ride in Zone 2	22	Date
Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.	0	Work on perfecting shifting technique to maintain momentum over rolling terrain.	1.20	Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for tomorrow.	0	Include 2 sets of 5x45 seconds single legged pedaling drills for each leg, rest 5 minutes between sets	1.5		0	Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.	0	Practice race day nutrition and even pacing	2.70	Time
	0		20		0		25		45		Distance			
	0		155		0		158		157		Avg. HR			
	0		98.0		0.0		94.0		96		Avg. Watts			
	0		81		0		80		81		Avg. RPM			



How to.....

## Prepare and ride the day of the Summit Challenge



**Carry extra food.** Fast century riders and early birds have a secret they're keeping from the rest of the century-riding crowd: The first people to the rest stops get the best food. Despite organizers' best intentions, by the time the back-of-the-packers arrive, the rest stops are likely to be picked clean of the best choices. Shoving a few more bars and gels into your pockets at the start or at an early rest stop means carrying a bit more weight, but it'll be well worth it a few hours later when you pull into a rest stop at mile 80 that has only pretzels and orange slices left. Carry cash as well, in case the route passes a convenience store.

**Study Weather.com.** Late starters and riders heading for eight-hour-plus finishing times need to be prepared to ride the majority of their century in the heat of the day. That means consuming more fluids—aim for at least two bottles an hour, and possibly three—and plenty of foods rich in electrolytes to avoid dehydration. Sports drinks, bars and gels are good ways to ensure you're getting enough sodium; try to have sports drink in one out of every two or three bottles you drink. It also means more sunscreen, which breaks down in intense sun and needs to be reapplied every two hours. Riding into the afternoon also increases your chances of encountering stronger winds and/or storms. In Park City calm mornings often give way to windy afternoons. Check weather reports in the days prior to the Summit Challenge looking for patterns. Ask the locals how the weather normally builds this time of year. If a shower has rolled in most afternoons, bring a rain jacket along even if there isn't a cloud in the sky at the start.

**Skip the first rest stop.** The first few rest stops on many century rides quickly become overcrowded. If you're a mid-packer, late-starter, or simply don't like the crowds, begin the ride with plenty of food and fluid so you can bypass early rest stops. You shouldn't need to refill bottles for at least 20 miles, and won't need to stop for calories in the first 30-40 miles of the ride. Skipping early stops can save a lot of time and get you ahead of a lot of other riders, which means better food choices and smaller crowds when you pull into the later stops.

**Don't try to make up for lost time.** If you are running behind just relax and enjoy. Unless you are significantly stronger than those that left you behind don't try to catch them. Pushing harder than normal will just crack you, stories of tortoise' and hares apply here people! Know your pace and ride your pace. If you're a six-hour century rider, you're not going to become a five-hour finisher just

because you started late. Digging too deep catches up with you. The same applies to riders who start out with a group of much faster riders; eventually you will have to repay the high cost of keeping up. Stick with the pace you can sustain and you'll finish strong; ride above your level and you risk falling apart in the last third of the ride and crawling across the finish line.



# Training Zone Calculator

**0**

<== Enter average HR from Time Trial here

**0**

<== Enter average power from Time Trial here

Training Zone	Heart Rate Range	Power Range	RPE Range
Zone 1: Recovery Ride	< <b>0</b> bpm	< <b>0</b> watts	<b>1 - 4</b>
Zone 2: Submax	<b>0 - 0</b> bpm	<b>0 - 0</b> watts	<b>4 - 6</b>
Zone 3: Tempo	<b>0 - 0</b> bpm	<b>0 - 0</b> watts	<b>6 - 7</b>
Zone 4: Threshold	<b>0 - 0</b> bpm	<b>0 - 0</b> watts	<b>7 - 9</b>
Zone 5: VO <sub>2</sub> Power	<b>0 - 0</b> bpm	<b>0 - 0</b> watts	<b>9 - 10</b>

[Click here to learn to use the Training Zone Calculator](#)



## Summit Challenge Training Plan

June	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals	
	<p>Training begins tomorrow. Get excited to change the way you ride and focus on this important goal, finishing the Summit Challenge benefitting the National Ability Challenge!</p>	<p><b>6</b> Time Trial: Warmup for 20 minutes and then do 20 minutes as hard as you can!</p> <p>See the Zone Calculator for how to use the time trial and how to follow this plan.</p>	<p><b>7</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for</p>	<p><b>8</b> 1.5 hour submax ride in Zones 2/3</p> <p>Include 2 sets of 5x30 seconds single legged pedaling drills for each leg, rest 5 minutes between sets</p>	<p><b>9</b> 15-30 minutes of Core Stability work</p> <p>A strong core is crucial for cycling because it allows efficient power transfer and helps to reduce upper body movement.</p>	<p><b>10</b> <b>Make up day or Rest Day</b> Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.</p>	<p><b>11</b> 2.5 hour submax ride in Zone 2</p> <p>Practice race day nutrition and even pacing</p>	<p><b>12</b></p>	0.0
<p>Recovery Day Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.</p>	<p><b>13</b> 1.25 hours on a course with rolling hills. Ride the hills in Zone 3</p> <p>Work on perfecting shifting technique to maintain momentum over rolling terrain.</p>	<p><b>14</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for</p>	<p><b>15</b> 1.5 hour submax ride in Zones 2/3</p> <p>Include 2 sets of 5x45 seconds single legged pedaling drills for each leg, rest 5 minutes between sets</p>	<p><b>16</b> 15-30 minutes of Core Stability work</p>	<p><b>17</b> <b>Make up day or Rest Day</b> Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.</p>	<p><b>18</b> 2.5 hour submax ride in Zone 2</p> <p>Practice race day nutrition and even pacing</p>	<p><b>19</b></p>	0.00	Date
<p>Recovery Day Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.</p>	<p><b>20</b> 1.5 hours on a course with rolling hills. Ride the hills in Zone 3</p> <p>Work on perfecting shifting technique to maintain momentum over rolling terrain.</p>	<p><b>21</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for</p>	<p><b>22</b> 1.5 hour submax ride in Zones 2/3</p> <p>Include 2 sets of 5x1 minute single legged pedaling drills for each leg, rest 5 minutes between sets</p>	<p><b>23</b> 15-30 minutes of Core Stability work</p>	<p><b>24</b> <b>Make up day or Rest Day</b> Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.</p>	<p><b>25</b> 2.75 hour submax ride in Zone 2</p> <p>Practice race day nutrition and even pacing</p>	<p><b>26</b></p>	0.0	Date
<p>Recovery Day Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.</p>	<p><b>27</b> 1.5 hours on a course with rolling hills. Ride the hills in Zone 3/4</p> <p>Work on perfecting shifting technique to maintain momentum over rolling terrain.</p>	<p><b>28</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for</p>	<p><b>29</b> 1.75 hour submax ride in Zones 2/3</p> <p>Throughout the ride focus on pedaling smoothly with both legs as you have practiced with the single-legged drills</p>	<p><b>30</b> 15-30 minutes of Core Stability work</p>	<p><b>1</b> <b>Make up day or Rest Day</b> Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.</p>	<p><b>2</b> 2.75 hour submax ride in Zone 2</p> <p>Practice race day nutrition and even pacing</p>	<p><b>3</b></p>	0.0	Date
								0	Time
								0	Distance
								0	Avg. HR
								0	Avg. Watts
								0	Avg. RPM







## Summit Challenge Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals	Date
<b>1</b> Recovery Day Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.	<b>2</b> 1.5 hours on a course with rolling hills. Ride the hills in Zone 3/4  Try to find some longer or steeper hills and focus on finding your optimum climbing rhythm.	<b>3</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for	<b>4</b> 2 hour submax ride in Zones 2/3  Mix in 3 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	<b>5</b> 15-30 minutes of Core Stability work	<b>6</b> <b>Make up day or Rest Day</b> Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.	<b>7</b> 4.25 hour submax ride in Zone 2  Practice race day nutrition and even pacing	<b>8</b> 0.0 0 0 0	Date Time Distance Avg. HR Avg. Watts Avg. RPM
<b>9</b> Recovery Day Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.	<b>10</b> 1.75 hours on a course with rolling hills. Ride the hills in Zone 3/4  Use hills that take around 1 min or more to climb and focus on finding your optimum climbing rhythm.	<b>11</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for	<b>12</b> 2 hour submax ride in Zones 2/3  Mix in 4 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	<b>13</b> 15-30 minutes of Core Stability work	<b>14</b> <b>Make up day or Rest Day</b> Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.	<b>15</b> 4.5 hour submax ride in Zone 2  Practice race day nutrition and even pacing	<b>16</b> 0.0 0 0 0	Date Time Distance Avg. HR Avg. Watts Avg. RPM
<b>16</b> Recovery Day Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.	<b>17</b> 2 hours on a course with rolling hills. Ride the hills in Zone 3/4  Ride the hilliest course available and put all of your skills together.	<b>18</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for	<b>19</b> 2 hour submax ride in Zones 2/3  Mix in 5 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	<b>20</b> 15-30 minutes of Core Stability work	<b>21</b> <b>Make up day or Rest Day</b> Use this day to make up any time you couldn't fit in during the week, stay in Zones 2/3.	<b>22</b> 4.5 hour submax ride in Zone 2  Practice race day nutrition and even pacing	<b>23</b> 0.0 0 0 0	Date Time Distance Avg. HR Avg. Watts Avg. RPM
<b>23</b> Recovery Day Take this day off completely. Rest, you will get stronger when you give your body time to rebuild.	<b>24</b> 2 hour submax ride with a few hills.  This is the last big ride before the race, do a few hill climbs and focus on good form and proper nutrition.	<b>25</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for	<b>26</b> 1 hour submax ride in Zone 1/2  This is your last ride before the big event, you should finish feeling fresh and confident in your abilities.	<b>27</b> Rest Day or a light spin just to help your legs feel loose and fresh	<b>28</b> <b>EVENT DAY</b> The 3rd annual Summit Challenge to Benefit the National Ability Center, Park City, Utah	<b>29</b> Recover and Enjoy your Accomplishment	<b>30</b> 0.0 0 0 0	Date Time Distance Avg. HR Avg. Watts Avg. RPM

August



## Summit Challenge Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals	
June	Training begins tomorrow. Get excited to change the way you ride and focus on this important goal finishing the Summit Challenge benefiting the National Ability Challenge!	<b>6</b> Time Trial: Warmup for 20 minutes and then do 20 minutes as hard as you can!  See the Zone Calculator for how to use the time trial and how to follow this plan.	<b>7</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for tomorrow.	<b>8</b> 2 hour ride with threshold work  Include 2x10 minutes in Zone 4 based on the results of your time trial	<b>9</b> 15-30 minutes of Core Stability work	<b>10</b> 1.5 hour submax ride in Zones 2/3  Include 2 sets of 5x30 seconds single legged pedaling drills for each leg, rest 5 minutes between sets	<b>11</b> 2.5 hour submax ride in Zone 2  Practice race day nutrition and even pacing	<b>12</b>	Date
								0.0	Time
								0	Distance
								0.0	Avg. HR
								0.0	Avg. Watts
								0.0	Avg. RPM
	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	<b>13</b> 1.25 hours on a course with rolling hills. Ride the hills in Zone 3  Work on perfecting shifting technique to maintain momentum over rolling terrain.	<b>14</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for tomorrow.	<b>15</b> 2 hour ride with threshold work  Include 2x12 minutes in Zone 4, try to feel relaxed and comfortable when working hard	<b>16</b> 15-30 minutes of Core Stability work	<b>17</b> 1.5 hour submax ride in Zones 2/3  Include 2 sets of 5x45 seconds single legged pedaling drills for each leg, rest 5 minutes between sets	<b>18</b> 2.75 hour submax ride in Zone 2  Practice race day nutrition and even pacing	<b>19</b>	Date
								0.00	Time
								0	Distance
								0.0	Avg. HR
								0.0	Avg. Watts
								0.0	Avg. RPM
	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	<b>20</b> 1.5 hours on a course with rolling hills. Ride the hills in Zone 3  Work on perfecting shifting technique to maintain momentum over rolling terrain.	<b>21</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for tomorrow.	<b>22</b> 2 hour ride with threshold work  Include 2x15 minutes in Zone 4, try to feel relaxed and comfortable when working hard	<b>23</b> 15-30 minutes of Core Stability work	<b>24</b> 1.5 hour submax ride in Zones 2/3  Include 2 sets of 5x1 minute single legged pedaling drills for each leg, rest 5 minutes between sets	<b>25</b> 3 hour submax ride in Zone 2  Practice race day nutrition and even pacing	<b>26</b>	Date
								0.0	Time
								0	Distance
								0.0	Avg. HR
								0.0	Avg. Watts
								0.0	Avg. RPM
	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	<b>27</b> 1.5 hours on a course with rolling hills. Ride the hills in Zones 3/4  Work on perfecting shifting technique to maintain momentum over rolling terrain.	<b>28</b> <b>Hump day is Rest Day</b> Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for tomorrow.	<b>29</b> 2 hour submax ride in zone 2  Don't do any hard efforts this week, just have a good ride and allow your body to adjust to the training	<b>30</b> 15-30 minutes of Core Stability work	<b>1</b> 1.75 hour submax ride in Zone 2  Throughout the ride focus on pedaling smoothly with both legs as you have practiced with the single-legged drills	<b>2</b> 3.25 hour submax ride in Zone 2  Practice race day nutrition and even pacing	<b>3</b>	Date
								0.0	Time
							0	Distance	
							0.0	Avg. HR	
							0.0	Avg. Watts	
							0.0	Avg. RPM	



## Summit Challenge Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals	
July	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	4 1.5 hours on a course with rolling hills. Ride the hills in Zones 3/4  Try to find some longer or steeper hills and focus on finding your optimum climbing rhythm.	5 Hump day is Rest Day Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for tomorrow.	6 2 hour ride with threshold work  Include 2x15 minutes in Zone 4, try to feel relaxed and comfortable when working hard	7 15-30 minutes of Core Stability work	8 2 hour submax ride in Zones 2/3  Mix in 3 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	9 3.5 hour submax ride in Zone 2  Practice race day nutrition and even pacing	10	Date
								0.0	Time
								0	Distance
								0.0	Avg. HR
								0.0	Avg. Watts
								0.0	Avg. RPM
	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	11 1.75 hours on a course with rolling hills. Ride the hills in Zones 3/4  Use hills that take around 1 min or more to climb and focus on finding your optimum climbing rhythm.	12 Hump day is Rest Day Rest well but consider some light aerobic activity like walking or core training to keep the motor running. The focus however should be on feeling fresh for tomorrow.	13 2 hour ride with threshold work  Include 2x20 minutes in Zone 4, try to feel relaxed and comfortable when working hard	14 15-30 minutes of Core Stability work	15 2 hour submax ride in Zones 2/3  Mix in 4 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	16 3.75 hour submax ride in Zone 2  Practice race day nutrition and even pacing	17	Date
								0.0	Time
								0	Distance
								0.0	Avg. HR
								0.0	Avg. Watts
								0.0	Avg. RPM
	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	18 2 hours on a course with rolling hills. Ride the hills in Zones 3/4  Ride the hillest course available and put all of your skills together.	19 Rest Day Include some light aerobic activity like walking or core training but the focus should be on feeling fresh for tomorrow.	20 2 hour ride with threshold work  Include 1x30 minutes in Zone 4, try to feel relaxed and comfortable when working hard	21 15-30 minutes of Core Stability work	22 2 hour submax ride in Zones 2/3  Mix in 5 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	23 3.75 hour submax ride in Zone 2  Practice race day nutrition and even pacing	24	Date
								0.0	Time
								0	Distance
								0.0	Avg. HR
								0.0	Avg. Watts
							0.0	Avg. RPM	
Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	25 2 hour submax ride with a few hills.  This is the last big ride before the race, do a few hill climbs and focus on good form and proper nutrition.	26 Rest Day Include some light aerobic activity like walking or core training but the focus should be on feeling fresh for tomorrow.	27 1 hour submax ride in Zones 1/2  This is your last ride before the big event, you should finish feeling fresh and confident in your abilities.	28 Rest Day or a light spin just to help your legs feel loose and fresh	29 TREK 100 RACE DAY!  Use all the things you've learned and all the fitness you've gained to have a great experience!	30 4 hour submax ride in Zone 2  Practice race day nutrition and even pacing	31	Date	
							0.0	Time	
							0	Distance	
							0.0	Avg. HR	
							0.0	Avg. Watts	
							0.0	Avg. RPM	



## Summit Challenge Training Plan

								Totals		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
August	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	<b>1</b> 1.5 hours on a course with rolling hills. Ride the hills in Zones 3/4  Try to find some longer or steeper hills and focus on finding your optimum climbing rhythm.	<b>2</b> Rest Day Include some light aerobic activity like walking or core training but the focus should be on feeling fresh for tomorrow.	<b>3</b> 2 hour ride with threshold work Include 2x15 minutes in Zone 4, try to feel relaxed and comfortable when working hard	<b>4</b>	<b>5</b> 15-30 minutes of Core Stability work	<b>6</b> 2 hour submax ride in Zones 2/3 Mix in 3 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	<b>7</b> 4 hour submax ride in Zone 2 Practice race day nutrition and even pacing	0.0	Date
									0	Time
									0.0	Distance
									0.0	Avg. HR
									0.0	Avg. Watts
									0.0	Avg. RPM
	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	<b>8</b> 1.75 hours on a course with rolling hills. Ride the hills in Zones 3/4  Use hills that take around 1 min or more to climb and focus on finding your optimum climbing rhythm.	<b>9</b> Rest Day Include some light aerobic activity like walking or core training but the focus should be on feeling fresh for tomorrow.	<b>10</b> 2 hour ride with threshold work Include 2x20 minutes in Zone 4, try to feel relaxed and comfortable when working hard	<b>11</b>	<b>12</b> 15-30 minutes of Core Stability work	<b>13</b> 2 hour submax ride in Zones 2/3 Mix in 4 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	<b>14</b> 4.25 hour submax ride in Zone 2 Practice race day nutrition and even pacing	0.0	Date
									0	Time
									0.0	Distance
									0.0	Avg. HR
									0.0	Avg. Watts
									0.0	Avg. RPM
	Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	<b>15</b> 2 hours on a course with rolling hills. Ride the hills in Zones 3/4  Ride the hillest course available and put all of your skills together.	<b>16</b> Rest Day Include some light aerobic activity like walking or core training but the focus should be on feeling fresh for tomorrow.	<b>17</b> 2 hour ride with threshold work Include 1x30 minutes in Zone 4, try to feel relaxed and comfortable when working hard	<b>18</b>	<b>19</b> 15-30 minutes of Core Stability work	<b>20</b> 2 hour submax ride in Zones 2/3 Mix in 5 efforts of high cadence pedaling, each 5 minutes long (aim for 100+ rpm)	<b>21</b> 4.5 hour submax ride in Zone 2 Practice race day nutrition and even pacing	0.0	Date
									0	Time
								0.0	Distance	
								0.0	Avg. HR	
								0.0	Avg. Watts	
								0.0	Avg. RPM	
Recovery Day Take this day completely off except for possibly some light stretching. You get stronger when you rest and your body has time to rebuild!	<b>22</b> 2 hour submax ride with a few hills.  This is the last big ride before the race, do a few hill climbs and focus on good form and proper nutrition.	<b>23</b> Rest Day Include some light aerobic activity like walking or core training but the focus should be on feeling fresh for tomorrow.	<b>24</b> 1 hour submax ride in Zones 1/2 This is your last ride before the big event, you should finish feeling fresh and confident in your abilities.	<b>25</b>	<b>26</b> Rest Day or a light spin just to help your legs feel loose and fresh	<b>27</b> <b>EVENT DAY</b> The 3rd annual Summit Challenge to Benefit the National Ability Center, Park City, Utah	<b>28</b> Recover and Enjoy your Accomplishment	0.0	Date	
								0	Time	
								0.0	Distance	
								0.0	Avg. HR	
								0.0	Avg. Watts	
								0.0	Avg. RPM	