

BIKE

trek**women**  TRIATHLON SERIES

an *Xtreme Mile LLC* property

BIKE

8-WEEK BIKE PLAN*

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type**
1	90	1 - 2	1 - 2	15 - 30	SS

Emphasis: Basic bike technique.

Include the skills to start and stop, brake, turn, balance, and you'll gain confidence.

Always wear a helmet and try to ride roads with few cars. Make sure that your bike is tuned up.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
2	140	1 - 3	1 - 2	20 - 40	SS

Emphasis: Bike equipment.

A proper bike fit is important to prevent injury and to gain power.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
3	270	1 - 4	1 - 2	30 - 60	SS, I

Emphasis: Safety.

Learn the rules of the road and how to signal your intentions to cars. Always stay to the right and pass carefully.

Learn to anticipate what is ahead: pedestrians, dogs, stop lights, inclement weather. Ride with a cell phone for emergencies.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
4	310	1 - 4	2 - 3	30 - 70	SS, I, R

Emphasis: Cadence (revolutions per minute, or rpm).

Either use a bike computer or count your cadence and keep cadence between 70-90 rpm when you ride. Consider getting a heart rate monitor.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
5	310	1 - 4	2 - 3	30 - 70	SS, I, R, C

Emphasis: Cardio endurance.

"Time trial" 3 miles at an all-out effort; log your average heart rate and elapsed time. This is a cycling fitness test.

Repeat in week 7 and measure the improvement.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
6	395	1 - 5	2 - 3	45 - 70	SS, I, R, C

Emphasis: Speed.

Two interval sessions this week.

Include a "brick" (either a swim-bike or a bike-run combo workout). Bricks teach you to improve transitions and train your muscles to switch between sports.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
7	410	1 - 5	3 - 4	60 - 70	SS, I, R, C

Emphasis: High training load (LIFT).

Complete the race distance (12 miles) and assess your average heart rate and speed.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
8	210	1 - 3	1 - 2	30 - 60	R

Emphasis: Taper week.

Do low intensity / low zone recovery rides. Inspect your bike for safety.

* **Modifications:** If you are an intermediate cyclist, double the distances, not the frequency, and train in higher zones. If biking is your most challenged sport, add one extra bike workout each week.

** **Workout Types:** SS= Steady State; I=Intervals; R=Recovery; C=Combination