

YOUR 100 MILE SPORTIVE TRAINING PLAN

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1 (Easy)	1 hr Tempo Session Cadence - High/Med Intensity Rating - 4/10		1 hr Strength Endurance Cadence - Low/Med Intensity Rating - 6/10			2 hr Ride Outdoor Cadence - Med/High Intensity Rating - 3/10	
Week 2 (Medium)	1 hr Tempo Session Cadence - High Intensity Rating - 5/10		1 hr Strength Endurance Cadence - Low Intensity Rating - 7/10		1 hr Easy Spin Cadence - High Intensity Rating - 4/10	2.5 hr Ride Outdoor Cadence - Med/High Intensity Rating - 4/10	
Week 3 (Hard)	1 hr Tempo Session Cadence - High Intensity Rating - 8/10		1 hr Threshold Session Cadence - High Intensity Rating - 7/10			2 hr Ride Outdoor Cadence - Med/High Intensity Rating - 6/10	Endurance ride 3 - 4 Hours Outdoor Cadence - Med/High Intensity Rating 3/10
Week 4 (recovery)	1 hr Tempo Session Cadence - medium Intensity Rating - 4/10			1 hr Easy Spin Cadence - High Intensity Rating - 4/10			Endurance ride 3 Hours Outdoor Cadence - Med/High Intensity Rating 3/10
Week 5 (Easy)	1 hr Tempo Session Cadence - High/Med Intensity Rating - 5/10		1 hr Strength Endurance Cadence - Low/Med Intensity Rating - 6/10			3 hr Ride Outdoor Cadence - Med/High Intensity Rating - 4/10	
Week 6 (Medium)	1 hr Tempo Session Cadence - High Intensity Rating - 6/10		1 hr Strength Endurance Cadence - Low Intensity Rating - 7/10		1 hr Easy Spin Cadence - High Intensity Rating - 4/10	3.5 hr Ride Outdoor Cadence - Med/High Intensity Rating - 5/10	

Week 7 (Hard)	1 hr Tempo Session Cadence - High Intensity Rating - 6/10		1 hr Threshold Session Cadence - High/Med Intensity Rating - 8/10			2 hr Ride Outdoor Cadence - Med/High Intensity Rating - 4/10	Endurance ride 4-5 Hours Outdoor Cadence - Med/High Intensity Rating 4/10
Week 8 (recovery)	1 hr Tempo Session Cadence - Low Intensity Rating - 5/10			1 hr Easy Spin Cadence - High Intensity Rating -4/10			Endurance ride 3 - 4 Hours Outdoor Cadence - Med/High Intensity Rating 5/10
Week 9 (Easy)	1 hr Threshold Session Cadence - High/Med Intensity Rating - 7/10		1 hr Strength Endurance Cadence - Low/Med Intensity Rating - 6/10			3.5 hr Ride Outdoor Cadence - Med/High Intensity Rating - 5/10	
Week 10 (Medium)	1 hr Tempo Session Cadence - High Intensity Rating - 6/10		1 hr Strength Endurance Cadence - Low Intensity Rating - 7/10		1 hr Threshold Session Cadence - High Intensity Rating - 6/10		2.5 hr Ride Outdoor Cadence - Med/High Intensity Rating - 5/10
Week 11 (Hard)	1 hr Tempo Session Cadence - High Intensity Rating - 6/10		1 hr Strength Endurance Cadence - Low Intensity Rating - 7/10			2.5 hr Ride Outdoor Cadence - Med/High Intensity Rating - 5/10	Endurance ride 6 Hours Outdoor Cadence - Med/High Intensity Rating 4/10
Week 12 (recovery /taper)	1 hr Tempo Session Cadence -High/Med Intensity Rating - 5/10			1 hr Easy Spin Cadence - High Intensity Rating - 4/10			Endurance ride 3 Hours Outdoor Cadence - Med/High Intensity Rating 3/10