



An Arthritis Foundation Special Event

The 15th Anniversary

California Coast Classic

Bicycle Tour

Training Calendar

Thank you for joining the Arthritis Foundation's 15th Anniversary California Coast Classic Bicycle Tour. This training plan is a guide that will assist you to build your physical strength, aerobic endurance and mental fortitude. The training plan is designed to build your stamina progressively and have you prepared to take on the challenge of riding California's most beautiful coastline. **Remember that consistency is the key to preparation.** You're cycling skills, endurance and confidence will increase with every ride.

Whether you have ridden a bike all your life or haven't ridden in 30 years, it is possible for you to successfully train for and ride the Arthritis Foundation's California Coast Classic Bicycle Tour. Remember, like with any strenuous physical training program; **consult with your doctor before beginning.** The California Coast Classic training plan is a tool to prepare your body and mind to ride the California Coast.

If it has been many months or years since you have ridden a bicycle the mileage you are required to ride may look overwhelming. You may find it difficult at first but, with consistency, your body will quickly adapt to the training in just a few weeks. For those cyclists that have been riding for many years, the first few weeks of the training plan may be too easy. Once you meet the point in the calendar that matches where you are physically, then start following the schedule. Remember, whether you are a season veteran or newbie, training each week is built upon the previous week's foundation, learning new skills and achieving greater challenges.

To be successful, it is important to **train consistently**, progressively building your ability to ride the long distances (50-85 miles) of the California Coast Classic each day. As your fitness grows you will be fit enough to recover from each day's miles and, although tired, you will be comfortable enough to ride again the next day. It is possible to ride a long distance, such as a century ride, with very little training and complete that challenge. People that do that will be sore and tired, but they did finish that one day's ride. The problem with this type of preparation is their body is so tired they couldn't even think about riding again the next day. Increasing the time spent in the saddle by building your mileage progressively, will help prepare your body for the 8 days of riding the California Coast Classic.

Everyone has busy lives, family and work obligations, so there will be times that you will have to miss or shorten a ride. It is okay to miss a ride once in a while, cross train if you can. However, if you have been away from your training for more than a few days, try to ease back into the schedule as soon as possible. It is okay to shorten the day's training ride once in a while, such as after a hard day at work, listen to your body. As your body adapts you will find that some weeks will be harder than others, just remember not to give up. Training should be fun not punishment, ride with friends, cycling clubs or join other CCC tour riders whenever you can. California Coast Classic Veterans and experienced cyclists can give helpful advice to make your training experience better.

The ability to ride long distances requires physical strength and aerobic capacity. Your physical strength is built with every pedal stroke; every flat road and hill needs power to push you along.

Aerobic capacity is built by pushing your body just a little harder or longer during your rides progressively building endurance. Long weekend rides teach you how to fuel your body and conserve energy. Mental toughness is *knowing* you have the capacity, physical and aerobic, to ride for the time necessary to finish each day's mileage. "The Ride of a Lifetime" is a challenge but can be accomplished when prepared sufficiently.

Each day of the training calendar is broken into three sections; length, type and pace of workout. To train your body effectively, you should challenge yourself. Experience different types of terrain at varying pace. As you plan your training rides, think about what the roads are nearby that resembles the flat, rolling and long climbs descriptions. Most likely you will find all types of terrain close by. Try different routes because variety is important to keep you from getting bored or feeling like the training is work. Discover your neighborhood or try riding the same loop backwards, you might find the route even more challenging that way!

To make the most of your time training it is best to focus on what is important to make your body strong; endurance, strength, recovery and rest. All are needed to make your training time and the California Coast Classic an enjoyable experience. Your training plan has been created to build endurance and strength and certain days are planned for each of those skills.

The weekends are for the long rides. Building a base of endurance fitness takes time in the saddle. Wednesdays are the days to challenge your strength. Push yourself a little harder on these shorter rides. Monday and Thursday is active recovery days. Riding a shorter distance at a very easy pace or cross training. If your work schedule is different than a Monday through Friday, weekends off it is okay to change days around. Just make sure that you are resting before endurance and strength rides and recovering after them.

If you can't ride because of weather, family or work commitments try to make the best of your time. A ride that is missed cannot be made up but you can cross train to minimize the impact to your building endurance and strength.

Sometimes distance doesn't matter, such as when you are cross training, first starting to adapt your body to riding or when you are recovering from a hard days ride.

How fast should I be riding? It depends on the day. Endurance rides are your normal speed. Strength rides are to push the speed a little and recovery is an easy speed, slower than your normally ride.

Endurance - Riding on flat ground at a speed of 12-15 mph. This is a pace you will ride to complete the day's mileage in the time you want to finish. Push a little harder on the small hills to keep your speed up. Use gears to maintain a cadence of 80-90 rpm. This is the pace that you want to be comfortable riding through varied terrain for long periods, faster on the flats and slower in the hills. Climb at a cadence of 60 rpm or more using your gears. Speed on hills will

increase as your strength grows. Average speed on a tour pace ride will be 10-12 mph. On past tours, the riders average speeds ranged from 8 mph and up. Do not get discouraged about your speed. The tour is about enjoying yourself; it is not a race! Most of all remember that you are getting healthier with every ride and helping the Arthritis Foundation.

Strength - Riding on flat ground at 15+ mph. These are shorter rides that are more intense. Keep the cadence up!! (90+ rpm) Push even harder over the small hills or try to ride with faster riders. This exercise helps develop speed for times that you need it, such as sprinting through stoplights that change too fast or a dog that may be chasing you! Make sure to warm up for 10-15 minutes before a fast pace ride. Average speed on these short rides should be high 12-15+ mph.

Recovery - Riding on flat ground at a speed of about 8-12 mph. At the start of this program, an easy pace will ease your body into training. Your body will quickly adapt, sit bones won't hurt as often and your leg strength will build. Easy pace riding later in the calendar will be most important for recovery. Pedal easy, light pressure on the pedals at a cadence of about 75 to 90 rpm. "Soft-pedaling" helps promote blood flow to the legs to help reduce the soreness of a hard effort. Average speed at the end of an easy ride should be about 8 to 10 mph.

Cross Training - Any aerobic activity that elevates your heart rate: spinning, running, swimming, aerobics, Pilates, roller skating, even fast paced walking, etc. When work or family commitments cause you to miss a ride here or there, don't stress, a 30-45 minute spin class or jog can help keep you on track. The more time spent in the saddle, the more fit you will be, not to mention more comfortable. Cross training can't take the place of actual riding. Riding allows you to practice your bike handling skills and builds your endurance.

Each day that is planned for riding has a suggested distance to cover. The length of your progressively longer rides will help to build up your body and mind to handle the mileage that you will see when riding the California Coast. These longer rides will be when you learn to fuel your body, drinking and eating is necessary, especially drinking. Sports drinks or water, hydration is important. Remember to drink before you are thirsty and eat before you are hungry.

To train successfully you need to experience a variety of terrain; flat roads, rolling hills and long climbs. During the California Coast Classic you will experience all of these, mostly rolling hills because you will be winding your way down Highway 1 just above the Pacific Ocean!

What type of roads or terrain should I ride? It depends on the day and how early you are in your training plan just remember that the California Coast is not flat!

Rolling Hills – This is what you will experience the most on the California Coast. Seek this type of riding as often as possible so you are prepared for the California Coast hills. This is the most

common type of roads that you will encounter. Look for gentle hills, steep hills short in length, false flats, all of them will challenge your legs and endurance. Make your bike work for you, use your gears and brakes. You will use these rides to concentrate on practicing good riding form and techniques: pedal in circles, pushing and pulling during each pedal stroke. Ride relaxed, no tense shoulders or hunched back. Be confident and prepared for the unexpected.

Long Climbs - Any climb that is over a mile in length. Seek out some climbs that take 20-30 minutes to ride in your climbing rhythm. They can range in grade from 5 to 15%. You're speed on hills like these can be from 10 mph to barely able to keep the bike up! Just use your gears to keep the cadence up. Don't concentrate on the top of the hill, focus part way up the hill and before you know it you'll be up and over it. For every climb there is a decent! Enjoy them but be careful, control your speed and don't over use your brakes. Expect the unexpected.

Flat -This is the type of roads or bike paths that you start out on, consisting of mostly flat rides with gentle rises and drops. This is where you need to start learning to build you bike skills; braking, shifting, turning, using clipless pedals (if so equipped). It's also a chance to refresh you with group riding skills; signaling stops and turns, pointing out road hazards and stop signals.

Consistency is the key to a successful training program. Don't be discouraged because you have missed a ride or two or started a little later in the training program. You are getting ready for the ride of a lifetime and the journey that gets you there is part of the fun!

Think about all those that you are helping that are suffering from Arthritis and know that they appreciate what you are doing for them. Enjoy your time on the bike, in the sun and making yourself a little healthier.