

RIDE THE ARTHRITIS FOUNDATION'S

# CALIFORNIA COAST CLASSIC

presented by  
**AMGEN**<sup>®</sup>

**CALIFORNIA DREAMIN'**  
★ 15<sup>TH</sup> CALIFORNIA COAST CLASSIC ★  
"DAY 3: MONTEREY TO BIG SUR"



## 2015 TRAINING CALENDAR



## 2015 California Coast Classic Training Calendar

MONTH	WEEKS UNTIL TOUR	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY TOTALS
April		ENDURANCE RIDE	ENDURANCE RIDE	RECOVERY RIDE / CROSS TRAIN	REST DAY	STRENGTH RIDE	RECOVERY RIDE / CROSS TRAIN	REST DAY	
	26					01 10 MILES RIDE ROLLING HILLS	02 5 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	03	15 MILES
	25	04 15 MILES RIDE FLAT TERRAIN	05 10 MILES RIDE FLAT TERRAIN	06 5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	07	08 10 MILES RIDE ROLLING HILLS	09 5 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	10	45 MILES
	24	11 15 MILES RIDE FLAT TERRAIN	12 10 MILES RIDE FLAT TERRAIN	13 5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	14	15 10 MILES RIDE ROLLING HILLS	16 5 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	17	45 MILES
23	18 20 MILES RIDE FLAT TERRAIN	19 15 MILES RIDE FLAT TERRAIN	20 5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	21	22 15 MILES RIDE ROLLING HILLS	23 7 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	24	62 MILES	
May	22	25 20 MILES RIDE FLAT TERRAIN	26 15 MILES RIDE FLAT TERRAIN	27 5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	28	29 15 MILES RIDE ROLLING HILLS	30 7 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING		62 MILES





## 2015 California Coast Classic Training Calendar

MONTH	WEEKS UNTIL TOUR	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY TOTALS
		<b>ENDURANCE RIDE</b>	<b>ENDURANCE RIDE</b>	<b>RECOVERY RIDE / CROSS TRAIN</b>	<b>REST DAY</b>	<b>STRENGTH RIDE</b>	<b>RECOVERY RIDE / CROSS TRAIN</b>	<b>REST DAY</b>	
August		<b>01</b> 65 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	<b>02</b> 40 MILES RIDE ROLLING HILLS	<b>03</b> 20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	<b>04</b>	<b>05</b> 30 MILES RIDE ROLLING HILLS	<b>06</b> 20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	<b>07</b>	175 MILES
	<b>8</b>								
	<b>7</b>	<b>08</b> 65 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	<b>09</b> 45 MILES RIDE ROLLING HILLS	<b>10</b> 20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	<b>11</b>	<b>12</b> 30 MILES RIDE ROLLING HILLS	<b>13</b> 20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	<b>14</b>	180 MILES
	<b>6</b>	<b>15</b> 70 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	<b>16</b> 45 MILES RIDE ROLLING HILLS	<b>17</b> 20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	<b>18</b>	<b>19</b> 30 MILES RIDE ROLLING HILLS	<b>20</b> 20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	<b>21</b>	185 MILES
	<b>5</b>	<b>22</b> 70 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	<b>23</b> 45 MILES RIDE ROLLING HILLS	<b>24</b> 20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	<b>25</b>	<b>26</b> 30 MILES RIDE ROLLING HILLS	<b>27</b> 20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	<b>28</b>	185 MILES
September	<b>4</b>	<b>29</b> 75 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	<b>30</b> 50 MILES RIDE ROLLING HILLS	<b>31</b> 20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING					195 MILES

## 2015 California Coast Classic Training Calendar

MONTH	WEEKS UNTIL TOUR	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY TOTALS
July		<b>ENDURANCE RIDE</b>	<b>ENDURANCE RIDE</b>	<b>RECOVERY RIDE / CROSS TRAIN</b>	<b>REST DAY</b>	<b>STRENGTH RIDE</b>	<b>RECOVERY RIDE / CROSS TRAIN</b>	<b>REST DAY</b>	
	<b>13</b>					<b>01</b> 30 MILES RIDE ROLLING HILLS	<b>02</b> 15 MILES 45 MINUTES CROSS TRAINING. RIDE FLAT TERRAIN OR ROLLING HILLS.	<b>03</b>	135 MILES
	<b>12</b>	<b>04</b> 50 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMBS (20-30 MINUTES TO TOP)	<b>05</b> 30 MILES RIDE ROLLING HILLS	<b>06</b> 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	<b>07</b>	<b>08</b> 30 MILES RIDE ROLLING HILLS	<b>09</b> 15 MILES 45 MINUTES CROSS TRAINING. RIDE FLAT TERRAIN OR ROLLING HILLS. NO STEEP CLIMBS	<b>10</b>	140 MILES
	<b>11</b>	<b>11</b> 50 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMBS (20-30 MINUTES TO TOP)	<b>12</b> 35 MILES RIDE ROLLING HILLS	<b>13</b> 17 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	<b>14</b>	<b>15</b> 30 MILES RIDE ROLLING HILLS	<b>16</b> 17 MILES 45 MINUTES CROSS TRAINING. RIDE FLAT TERRAIN OR ROLLING HILLS. NO STEEP CLIMBS	<b>17</b>	149 MILES
	<b>10</b>	<b>18</b> 55 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMBS (20-30 MINUTES TO TOP)	<b>19</b> 35 MILES RIDE ROLLING HILLS	<b>20</b> 17 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	<b>21</b>	<b>22</b> 30 MILES RIDE ROLLING HILLS	<b>23</b> 17 MILES 45 MINUTES CROSS TRAINING. RIDE FLAT TERRAIN OR ROLLING HILLS. NO STEEP CLIMBS	<b>24</b>	154 MILES
<b>9</b>	<b>25</b> 55 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMBS (20-30 MINUTES TO TOP)	<b>26</b> 40 MILES RIDE ROLLING HILLS	<b>27</b> 17 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	<b>28</b>	<b>29</b> 30 MILES RIDE ROLLING HILLS	<b>30</b> 17 MILES 1 HOUR CROSS TRAINING. RIDE FLAT TERRAIN OR ROLLING HILLS. NO STEEP CLIMBS	<b>31</b>	159 MILES	

## 2015 California Coast Classic Training Calendar

MONTH	WEEKS UNTIL TOUR	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY TOTALS
		ENDURANCE RIDE	ENDURANCE RIDE	RECOVERY RIDE / CROSS TRAIN	REST DAY	STRENGTH RIDE	RECOVERY RIDE / CROSS TRAIN	REST DAY	
September					01	02	03	04	195
	4					30 MILES RIDE ROLLING HILLS	20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS		
	3	05 75 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	06 55 MILES RIDE ROLLING HILLS	07 20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	08	09 30 MILES RIDE ROLLING HILLS	10 20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	11	200
	2	12 65 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	13 30 MILES RIDE ROLLING HILLS	14 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	15	16 30 MILES RIDE ROLLING HILLS	17 15 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	18	155
	1	19 55 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	20 30 MILES RIDE ROLLING HILLS	21 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	22	23 30 MILES RIDE ROLLING HILLS	24 0 MILES	25 CALIFORNIA COAST CLASSIC TRAVEL DAY AND KICK-OFF	130
October		26	27	28	29	30	01	02	
	0	85 MILES CALIFORNIA COAST CLASSIC - DAY 1 - SAN FRANCISCO TO SANTA CRUZ	53 MILES CALIFORNIA COAST CLASSIC - DAY 2 - SANTA CRUZ TO MONTEREY	46 MILES CALIFORNIA COAST CLASSIC - DAY 3 - MONTEREY TO BIG SUR	70 MILES CALIFORNIA COAST CLASSIC - DAY 4 - BIG SUR TO CAMBRIA	58 MILES CALIFORNIA COAST CLASSIC - DAY 5 - CAMBRIA TO OCEANO	66 MILES CALIFORNIA COAST CLASSIC - DAY 6 - OCEANO TO BUELLTON	86 MILES CALIFORNIA COAST CLASSIC DAY 7 - BUELLTON TO VENTURA	464 MILES
		03 60 MILES CALIFORNIA COAST CLASSIC - DAY 8 - VENTURA TO LOS ANGELES	04	05	06	07	08	09	60 MILES

