



California Coast Classic 2017

Training Calendar 2017

Updated Info: May 25, 2017





The 17th anniversary California Coast Classic is going to be a collector's edition event, with new sights, cities and a small increase in the miles we will ride. Whether you are a new rider or veteran of the CCC you might be thinking to yourself, "Can I do this?" My answer to that question is a resounding, "Yes, you can!"

The most significant change is Monday, Day Three, when we head inland to King City. What would be a 47-mile recovery day before the challenge of Two Turn Tuesday will be an 83 mile day nearly as long as Day One but full of new sights. Day Four will hold challenges too. Missing will be the challenging sister climbs before Ragged Point, but we will be on new roads with new experiences, don't put your head down and grind out the miles! Day Five will have us roll out of Paso Robles and back to the coast and familiar roads.

Training plan – Tackling the Extra Miles

I know you want to ride very mile so you need to be prepared and that takes time in the saddle. I have modified the CCC training calendar with modest increases in training miles through July and August to help condition yourself for this additional time in the saddle. The increase in weekly training miles is minor, about 20-30 miles. What is more important is to prepare yourself for several long days back to back. In late July, start doing long rides on both weekend days. You'll want to gradually increase to 75 miles on Saturday and 50 to 60 miles on Sunday. These rides will accustom you to the daily distances you'll experience on the tour. If you can do a 3-day weekend training camp, do it. This type of weekend will give you an even greater assessment of your condition. Remember that this is not a race and there will be plenty of support along the tour to give you a bump up the road, over a steep section or all the way to camp, if needed. **REMEMBER:** We want to emphasize that there is absolutely zero shame in catching a bump from our comfortable, air-conditioned SAG wagons if you are just not feeling it on a particular stretch of this ride. We provide a full-service tour, so take advantage of all the amenities to make your ride the most enjoyable experience possible!

Riding in the Heat

We will be heading inland on day three and four. This could bring us more heat than we usually experience. Veterans know that when we ride into Buellton on day six, it can get hot. Sometimes very hot and you should be familiar with riding in the heat. Also, be familiar with the symptoms of heat exhaustion and heat stroke. These health conditions can come on quickly, be serious and can impact your training for weeks afterward.

Heat Prevention while Exercising

- Drink plenty of fluid, cool liquids (avoid caffeine and alcohol, they are diuretics).
 - Use insulated bottles (Camelbak)
 - Fill your bottles half full and freeze the night before
- Light colored clothing
 - The vintage CCC jerseys are great, you can purchase them for a discounted price in the [CCC Store](#)





Heat Prevention while Exercising (cont.)

- SolSkins
 - Light colored protection for the skin
- Consider investing in a cooling towel/neck wrap
- If it going to be extremely hot
 - Save the hard training rides for another day
 - Shorten the ride

Nutrition – Fuel for the Road

Food is fuel, it is especially important on multi day tours like the CCC. Practice your nutrition plan, a bonk is not pleasant and can take days to recover from, some suggestions are: breakfast should be 1-2 hours before riding; 300-400 calories for rides longer than an hour, 200-300 calories for a weekday morning ride before work, an afternoon ride during the week, 2-3 hours after lunch, just go. On the bike, you should be drinking at least one 21 oz. bottle per hour, more when it is hot. For rides, longer than 1 to 1 1/2 hours should include additional nutrition. 200-300 calories per hour of a balance of carbs and protein. There are rest stops on the tour, about every 25 miles or so. These are where you should stop and replenish, but always carry a few energy bars in your jersey pocket just in case. When training, carry an extra bar or two and stop when you feel you need too. Stopping at a convenience food stores will give you plenty of sugary snacks options to keep you going but look for options that have some protein content to help keep that full feeling going.

After the day's ride replenish with good recovery food, whether it be recovery drinks or what you are used to having after a long day in the saddle. Eat just enough to hold you over until a good, healthy evening meal. Don't over eat at your meals because it's not like overloading yourself with food will get you further the next day.

Recovery

A key to riding strong day after day is rest. There is an old saying out there: Don't stand when you can sit. Don't sit when you can lay down. This holds true for cyclists. Besides proper training and nutrition, the most important thing to do is recover well. To some, the most important thing is rest, after a long training day, finish your recovery drink or meal, take a shower, and, if you can, get a massage.

Get to bed early because sleep is a very, very important factor for recovery, just as important as important as your diet.

Consistency in the frequency of your training and modest increases weekly to the miles you ride WILL prepare you for the California Coast Classic. I hope that this advice will help guide you in your training and build your confidence that you can do the California Coast Classic.

See you in San Francisco!





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 weekly training mileage you should be riding 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 experienced cyclists, the first few weeks of the training plan may be too easy. Take advantage of your conditioning base and when the weekly mileage 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 your body will be conditioned to recover from each day's miles and, although tired, you will be comfortable enough to ride again the next day. Although it is possible to ride a long distance, such as a century ride, with inconsistent training and complete that challenge. By training progressively, increasing the time in the saddle and distance ridden, you will 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%. Your 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.

We Ride for a Cure!

Darren D. Gonser

16-year CCC veteran rider

Rider #1



March 2017 Training Calendar

WEEKS UNTIL TOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
	ENDURANCE RIDE 01	RECOVERY RIDE / CROSS TRAIN 02	REST DAY 03	STRENGTH / INTERVAL RIDE 04	RECOVERY RIDE / CROSS TRAIN 05	REST DAY 06	ENDURANCE RIDE 07	
	05	06	07	08	09	10	11	
26	10 MILES RIDE FLAT TERRAIN	5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	14	10 MILES RIDE ROLLING HILLS	5 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	17	15 MILES RIDE FLAT TERRAIN	45
	12	13	14	15	16	17	18	
25	10 MILES RIDE FLAT TERRAIN	5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	21	10 MILES RIDE ROLLING HILLS	5 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	24	15 MILES RIDE FLAT TERRAIN	45
	19	20	21	22	23	24	25	
24	10 MILES RIDE FLAT TERRAIN	5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	28	10 MILES RIDE ROLLING HILLS	5 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	31		50
	26	27	28	29	30	31		

April 2017 Training Calendar

WEEKS UNTIL TOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
24	26 10 MILES RIDE FLAT TERRAIN	27 5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	28 REST DAY	29 10 MILES RIDE ROLLING HILLS	30 5 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	31 REST DAY	01 20 MILES RIDE FLAT TERRAIN	50
23	02 15 MILES RIDE FLAT TERRAIN	03 5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	04 REST DAY	05 15 MILES RIDE ROLLING HILLS	06 7 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	07 REST DAY	08 20 MILES RIDE FLAT TERRAIN	62
22	09 15 MILES RIDE FLAT TERRAIN	10 5 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	11 REST DAY	12 15 MILES RIDE ROLLING HILLS	13 7 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	14 REST DAY	15 20 MILES RIDE ROLLING HILLS	62
21	16 15 MILES RIDE ROLLING HILLS	17 10 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR CROSS TRAINING	18 REST DAY	19 20 MILES RIDE ROLLING HILLS	20 7 MILES RIDE FLAT TERRAIN OR ROLLING HILLS OR CROSS TRAINING	21 REST DAY	22 25 MILES RIDE ROLLING HILLS	77
20	23 20 MILES RIDE ROLLING HILLS	24 10 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 45 MINUTES CROSS TRAINING	25 REST DAY	26 20 MILES RIDE ROLLING HILLS	27 10 MILES 30 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS	28 REST DAY	29 25 MILES RIDE ROLLING HILLS	85



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May 2017 Training Calendar



WEEKS UNTIL TOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
19	30 20 MILES RIDE ROLLING HILLS	01 10 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 45 MINUTES CROSS TRAINING	02 REST DAY	03 20 MILES RIDE ROLLING HILLS	04 10 MILES 30 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS	05 REST DAY	06 30 MILES RIDE ROLLING HILLS	90
18	07 25 MILES RIDE ROLLING HILLS	08 10 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 45 MINUTES CROSS TRAINING	09 REST DAY	10 25 MILES RIDE ROLLING HILLS	11 10 MILES 30 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS	12 REST DAY	13 35 MILES RIDE ROLLING HILLS	105
17	14 25 MILES RIDE ROLLING HILLS	15 10 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 45 MINUTES CROSS TRAINING	16 REST DAY	17 25 MILES RIDE ROLLING HILLS	18 12 MILES 30 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS	19 REST DAY	20 40 MILES RIDE ROLLING HILLS	112
16	21 25 MILES RIDE ROLLING HILLS	22 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	23 REST DAY	24 25 MILES RIDE ROLLING HILLS	25 12 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS,	26 REST DAY	27 40 MILES RIDE ROLLING HILLS	117
15	28 25 MILES RIDE ROLLING HILLS	29 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	30 REST DAY	31 25 MILES RIDE ROLLING HILLS	01 12 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS	02 REST DAY	03 45 MILES RIDE ROLLING HILLS	122

June 2017 Training Calendar

WEEKS UNTIL TOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
15	ENDURANCE RIDE 28 25 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 29 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY 30	STRENGTH / INTERVAL RIDE 31 25 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 01 12 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS	REST DAY 02	ENDURANCE RIDE 03 45 MILES RIDE ROLLING HILLS	122
14	ENDURANCE RIDE 04 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAINING 05 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY 06	STRENGTH / INTERVAL RIDE 07 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAINING 08 15 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS	REST DAY 09	ENDURANCE RIDE 10 45 MILES RIDE ROLLING HILLS	135
13	ENDURANCE RIDE 11 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAINING 12 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY 13	STRENGTH / INTERVAL RIDE 14 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAINING 15 15 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS,	REST DAY 16	ENDURANCE RIDE 17 50 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMBS (20-30 MINUTES TO TOP)	140
12	ENDURANCE RIDE 18 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAINING 19 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY 20	STRENGTH / INTERVAL RIDE 21 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAINING 22 15 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY 23	ENDURANCE RIDE 24 50 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMBS (20-30 MINUTES TO TOP)	140
11	ENDURANCE RIDE 25 35 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAINING 26 17 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY 27	STRENGTH / INTERVAL RIDE 28 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAINING 29 17 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY 30	ENDURANCE RIDE 01 55 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMBS (20-30 MINUTES TO TOP)	154



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July 2017 Training Calendar *UPDATED*



WEEKS UNTIL TOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
11	ENDURANCE RIDE 35 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 17 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	STRENGTH / INTERVAL RIDE 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 17 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	ENDURANCE RIDE 55 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMB (20-30 MINUTES TO TOP)	154
10	ENDURANCE RIDE 35 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 17 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	STRENGTH / INTERVAL RIDE 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 17 MILES 45 MINUTES CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	ENDURANCE RIDE 55 MILES RIDE ROLLING HILLS WITH ONE LONG CLIMB (20-30 MINUTES TO TOP)	154
9	ENDURANCE RIDE 40 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 17 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	STRENGTH / INTERVAL RIDE 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 17 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	ENDURANCE RIDE 65 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	169
8	ENDURANCE RIDE 45 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	STRENGTH / INTERVAL RIDE 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	ENDURANCE RIDE 70 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	175
7	ENDURANCE RIDE 45 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	STRENGTH / INTERVAL RIDE 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	ENDURANCE RIDE 75 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	185

July 2017

CALIFORNIA COAST



August 2017 Training Calendar *UPDATED*



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WEEKS UNTIL TOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
6	50 MILES RIDE ROLLING HILLS	25 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	30 MILES RIDE ROLLING HILLS	20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	70 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	185
5	55 MILES RIDE ROLLING HILLS	25 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	30 MILES RIDE ROLLING HILLS	20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	75 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	190
4	55 MILES RIDE ROLLING HILLS	25 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	30 MILES RIDE ROLLING HILLS	20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	75 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	195
3	50 MILES RIDE ROLLING HILLS	20 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	30 MILES RIDE ROLLING HILLS	20 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	65 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	190
2	30 MILES RIDE ROLLING HILLS	15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	30 MILES RIDE ROLLING HILLS	15 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	55 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	145

August 2017

September 2017 Training Calendar

UPDATED



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WEEKS UNTIL TOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
2	ENDURANCE RIDE 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	REST DAY	STRENGTH / INTERVAL RIDE 30 MILES RIDE ROLLING HILLS	RECOVERY RIDE / CROSS TRAIN 15 MILES 1 HOUR CROSS TRAINING, RIDE FLAT TERRAIN OR ROLLING HILLS, NO STEEP CLIMBS	REST DAY	ENDURANCE RIDE 55 MILES RIDE ROLLING HILLS WITH LONG CLIMBS (20-30 MINUTES EACH)	145
1	30 MILES RIDE ROLLING HILLS	15 MILES RIDE FLAT TERRAIN OR ROLLING HILL OR 1 HOUR CROSS TRAINING	20 MILES RIDE ROLLING HILLS	0 MILES	CALIFORNIA COAST CLASSIC - TRAVEL DAY AND KICK-OFF	CALIFORNIA COAST CLASSIC - DAY 1 - SAN FRANCISCO TO SANTA CRUZ	160	
0	8 MILES CALIFORNIA COAST CLASSIC - DAY 2 - SANTA CRUZ TO MONTEREY	11 MILES CALIFORNIA COAST CLASSIC - DAY 3 - MONTEREY TO KING CITY	8 MILES CALIFORNIA COAST CLASSIC - DAY 4 - KING CITY TO PASO ROBLES	8 MILES CALIFORNIA COAST CLASSIC - DAY 5 - PASO ROBLES TO OCEANO	8 MILES CALIFORNIA COAST CLASSIC - DAY 6 - OCEANO TO BUELLTON	15 MILES CALIFORNIA COAST CLASSIC - DAY 7 - BUELLTON TO VENTURA	8 MILES CALIFORNIA COAST CLASSIC - DAY 8 - VENTURA TO LOS ANGELES	439
	17							0
								0

September 2017