



Road Titans 300 Training Plan

Days until Road Titans 300: 102

Weeks until Road Titans 300: 14.6

Now that there are about 14 weeks left until the Road Titans 300, follow this 7 week plan to prepare. Weeks 1-7 include a progression and build of intensity and volume to prepare you for this epic ride. Week 8 is for the week of the Road Titans ride. For the next 14 weeks until the RT300 go through the Week 1-7 cycle and then repeat the cycle starting in Week 2 and finishing in Week 8. Prepare for some tough, yet rewarding, weeks of training ahead. The training plan is based off of your threshold heart rate/power so in Week 1 you will perform a threshold test. Fill your results into the two orange boxes below to automatically calculate your threshold zones. Soon you will be a Road Titan! (Note: you may need to click on the countdown to the left and press "Enter" to refresh them)

Power Test #1 Results								
Average HR:	180	Average Power:	250					
% of Threshold:	50%	60%	70%	75%	80%	85%	90%	95%
% of FTTHR	90	108	126	135	144	153	162	171
% of FTP	125	150	175	187.5	200	212.5	225	237.5

Week 1 Goal: Build a base, prepare the body and mind for endurance training								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Warm Up		20 min		20 min			20 min	
Main Set	Rest Day	1.5-2.5 hrs @ 60-75% FTTHR, 90-95 rpm	Rest Day	Threshold Test: 1 min all out; 5 min rest/spinning; 20 MINUTES MAX, make sure to accurately measure your HR/Power for these 20 minutes; Please fill the Avg HR and/or PW in the orange cells above	Rest Day	3.5-4 hours either in a local group ride (avg. 20+ mph) or with a small group riding 65-75% FTTHR, 90-95 rpm	Ride for a total of 3 hours. Start with 2x20 min @ 80-85% of threshold; Rest 10 min between intervals. Finish the 3 hours @ 70-75% of threshold	10-12 Hours of Endurance; Completed 20 minute Threshold Test!
Cool Down		15 min		1 hour			15 min	

Week 2 Goal: Continue building the aerobic base adding in simulations of short climbs								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Warm Up		20 min	20 min	20 min			20 min	
Main Set	Rest Day	1.5-2.5 hrs @ 60-75% FTTHR, 90-95 rpm	5x5 min out of saddle in heavy gear (53x13), 5 min recovery between sets. 70 min with 39x15 gear ratio and HR below 70%	1.5-2.5 hrs @ 60-75% FTTHR, 70-75 rpm	90 min easy ride	3.5-4 hours either in a local group ride (avg. 20+ mph) or with a small group riding 65-75% FTTHR, 90-95 rpm	Ride for a total of 3 hours. Start with 3x20 min @ 80-85% of threshold, 90-95 rpm; Rest 10 min between intervals. Finish the 3 hours @ 70-75% of threshold	12-16 Hours of Endurance; Key workout simulating climbing out of the saddle
Cool Down		15 min	15 min	15 min			15 min	

Week 3 Goal: Increase volume of key workouts								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Warm Up		20 min	20 min	20 min			20 min	
Main Set	Rest Day	1 hr @ 60-75% FTTHR, 90-95 rpm; 1 hr @75-85% FTTHR, 90 rpm	6x5 min out of saddle in heavy gear (53x13), 5 min recovery between sets. 60 min with 39x15 gear ratio and HR below 70%	1 hr @ 60-75% FTTHR, 70-75 rpm; 1 hr @75-85% FTTHR, 70 rpm	90 min easy ride	3.5-4 hours either in a local group ride (avg. 20+ mph) or with a small group riding 65-75% FTTHR, 90-95 rpm	Ride for a total of 3 hours. Start with 3x20 min @ 80-85% of threshold 70-75 rpm; Rest 10 min between intervals. Finish the 3 hours @ 70-75% of threshold	12-16 Hours of Endurance; begin to increase volume of near-threshold efforts
Cool Down		15 min	15 min	15 min			15 min	

Week 4 Goal: Recovery week to make sure you reap all of the benefits of your training so far								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Warm Up		20 min	20 min	20 min			20 min	
Main Set	Rest Day	1.5-2 hours @ 50% threshold, easy spinning / coffee ride	Rest Day	1.5-2 hours @ 50% threshold, easy spinning / coffee ride	Rest Day	3.5-4 hour Group Ride	Rest Day	6.5-8 Hours: Recover and refresh both mind and body
Cool Down		15 min	15 min	15 min			15 min	

Week 5 Goal: Get the body back up to speed after rest week with more climbing and longer rides								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Warm Up		20 min	20 min	20 min				
Main Set	Rest Day	2.5-3 hrs @ 60-75% FTTHR, 90-95 rpm	7x5 min climbing @ 85% of threshold (if in flat area perform these intervals on the grass), Rest 5 min between intervals	2.5-3 hrs: 1 hr @ 60-75% FTTHR, 90-95 rpm; 3x7 min @ 60-65 rpm HR 80-85%	1 hour easy ride	Ride for a total of 4-5 hours. Start with 3x20 min @ 80-85% of threshold 70-75 rpm; Rest 10 min between intervals. Finish the 4-5 hours @ 70-75% of threshold	4-5 hours either in a local group ride (avg. 20+ mph) or with a small group riding 65-75% FTTHR, 90-95 rpm	15-18 Hours; add in longer rides on the weekends -- remember Road Titans is 100 miles EACH DAY!
Cool Down		15 min	15 min	15 min				

Week 6 Goal: Very tough and fast workout on Tuesday to change things up a little bit								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Warm Up		20 min	20 min	20 min				
Main Set	Rest Day	3-5x5 min: 15 sec hard/15 sec easy; 5 min rest between sets; 1 hour tempo (70-75% threshold)	8x5 min climbing @ 85% of threshold (if in flat area perform these intervals on the grass), Rest 5 min between intervals	1.5-2.5 hrs @ 60-75% FTTHR, 70-75 rpm	2.5-3 hrs: 1 hr @ 60-75% FTTHR, 90-95 rpm; 4x7 min @ 60-65 rpm HR 80-85%	4-5 hours tempo (70-75% threshold)	4-5 hours either in a local group ride (avg. 20+ mph) or with a small group riding 65-75% FTTHR, 90-95 rpm	16-20 Hours of Endurance; Keep those climbing muscles engaged
Cool Down		15 min	15 min	15 min				

Week 7: Longest rides of the training cycle, get those miles in!								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Warm Up		20 min	20 min	20 min				
Main Set	Rest Day	4-6x5 min: 15 sec hard/15 sec easy; 5 min rest between sets; 1 hour tempo (70-75% threshold)	7x5 min out of saddle in heavy gear (53x13), 5 min recovery between sets. 60 min with 39x15 gear ratio and HR below 70%	1.5-2.5 hrs @ 60-75% FTTHR, 70-75 rpm	2.5-3 hrs: 1 hr @ 60-75% FTTHR, 90-95 rpm; 4x7 min @ 60-65 rpm HR 80-85%	5-6 hours tempo (70-75% threshold)	5-6 hours either in a local group ride (avg. 20+ mph) or with a small group riding 65-75% FTTHR, 90-95 rpm	18-22.5 Hours of Endurance; Increase to max volume for the training cycle
Cool Down		15 min	15 min	15 min				

Week 8 Goal: Road Titans 300 Ride Week!								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Warm Up		20 min	20 min	20 min				
Main Set	Rest Day	1.5-2 hrs easy spin	1.5-2 hrs with 2x7 min @ 60-65 rpm HR 80-85%	1.5-2 hrs easy spin	Road Titans Day 1	Road Titans Day 2	Road Titans Day 3	4.5-6 Hours of Training before the Road Titans Ride -- HAVE A GREAT RIDE! Be confident in your training up to this point and stay mentally strong through out the ride. You will do great!
Cool Down		15 min	15 min	15 min				

