

TRAINING SCHEDULE & TIPS...



- January Training Schedule
- February Training Schedule
- March/April Training Schedule
- May/June Training Schedule

Consult your physician or medical care provider before starting this, or any other exercise or training program!

About this Training Schedule

These schedules are an example of what may work for you. Please incorporate your own interests, schedule and physical condition. Based on your current physical condition, you may need to vary the frequency and intensity of the schedule. Also, vary your exercise routine to keep your interest level up.

Quick Tip:

Train and condition on the same bike you will ride on the Trek.

Stretching/Cool Down

Before and after any type of exercise, stretch the muscles that you'll be using. Stretching prior to exercise helps to prevent injury. When using stationary bikes, concentrate on your legs. Stretching and cooling down after exercise returns oxygen to muscles and helps tone them. Hamstring and quad stretches, side stretches, and arm stretches all help you finish a successful training session, pain free and ready for the next time.

Weight Training

We encourage you to visit your local fitness center to consult with a weight trainer. A trainer can best determine your fitness level and tailor a weight training program to fit your needs. Weight training is based on progressive resistance. As your body adapts to a training weight load, you must increase resistance to continue improving. Regular and steady workouts are more important than the amount of weight. As in any form of exercise, weight lifting should be challenging, but *never* painful.

Example of Weight Training Program: 1 to 2 times per week, do one set in each of four areas: Choose one: pushups, dips, bench presses Choose one: pull-ups, bent rows, upright rows, crunches for abdominals, back extensions, lunges and squats

JANUARY TRAINING SCHEDULE – TREK ACROSS MAINE

DAY	TRAINING ACTIVITY
Sunday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary Bike - <i>Warm Up</i>: Light pedaling for 15 min.
Monday	<ul style="list-style-type: none"> ◆ Stretch ◆ Weight Lift - Begin with 5 lb. weights – 8-12 reps for 2-3 sets.
Tuesday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary Bike - <i>Warm Up</i>: Light pedaling for 15 min.
Wednesday	<ul style="list-style-type: none"> ◆ Stretch ◆ Weight Lift - 8-12 reps for 2-3 sets ◆ Stretch
Thursday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary Bike-<i>Warm Up</i>: Light pedaling for 15 min. 12 min. set – moderate pedaling of 85-9, heart rate (75% max)
Friday	<p>Day Off or Activity of Preference Move your day off or activity of preference around the schedule to decrease boredom.</p>
Saturday	<ul style="list-style-type: none"> ◆ Stretch ◆ Weight Lift - 8-12 reps for 2-3 sets ◆ Stretch

FEBRUARY TRAINING SCHEDULE

DAY	TRAINING ACTIVITIES
Sunday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary Bike: Time for Speed Work <i>Warm Up:</i> pedal for 15 min. 10 Full Force sprints of 20 seconds in your highest gear and fastest cadence. Easy spinning between sprints. 3 min. recovery with easy pedaling ◆ Cool Down: pedal for 15 min. Stretch
Monday	<ul style="list-style-type: none"> ◆ Stretch ◆ Weight Lift: Time to build muscle 6-10 reps for 3-4 sets. In the lifting phase, lift quickly. ◆ Stretch
Tuesday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary Bike: Time for Speed Work <i>Warm Up:</i> pedal for 15 min. 10 Full force sprints of 20 seconds in your highest gear and fastest cadence. Easy spinning between sprints. 3 min. recovery with easy pedaling ◆ Cool Down: pedal for 15 min. Stretch
Wednesday	<ul style="list-style-type: none"> ◆ Stretch ◆ Weight Lift: Time to build muscle 6-10 reps for 3-4 sets. In the lifting phase, lift quickly. ◆ Stretch
Thursday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary Bike: Time for Speed Work <i>Warm Up:</i> pedal for 15 min. 10 Full force sprints of 20 seconds in your highest gear and fastest cadence. Easy spinning between sprints. 3 min. recovery with easy pedaling ◆ Cool Down: pedal for 15 min. Stretch
Friday	<ul style="list-style-type: none"> ◆ Day Off or Activity of Preference Avoid boredom, move your day off or activity of preference around the schedule.
Saturday	<ul style="list-style-type: none"> ◆ Stretch ◆ Weight Lift: Time to build muscle 6-10 reps for 3-4 sets. In the lifting phase, lift quickly. ◆ Stretch

MARCH/APRIL TRAINING SCHEDULE

DAY	TRAINING ACTIVITIES
Sunday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary bike – Preparing for the Road (We're adding one more day on the Stationary Bike) ◆ Warm Up – 15 min. 15 Full force sprints of 30 seconds in your highest gear and the fastest cadence you can manage. Easy spinning between sprints. ◆ Cool Down – 15 min. <i>Stretch</i>
Monday	<ul style="list-style-type: none"> ◆ Stretch ◆ Weight Lift – Lift lighter weights to Help with Endurance Use the weight you started with in January/February, 12 to 15 reps for 1-2 sets ◆ Stretch
Tuesday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary bike ◆ Warm Up – 15 min. 15 Full force sprints of 30 seconds in your highest gear and the fastest cadence you can manage. Easy spinning between sprints. ◆ Cool Down – 15 min. <i>Stretch</i>
Wednesday	<ul style="list-style-type: none"> ◆ Stretch ◆ Weight Lift – Lighter weights to help with Endurance Use the weights you started with in January/February, 12 to 15 reps for 1-2 sets. ◆ Stretch
Thursday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary Bike ◆ Warm Up – 15 min. 15 Full force sprints of 30 seconds in your highest gear and the fastest cadence you can manage. Easy spinning between sprints. ◆ Cool Down: 15 min. <i>stretch</i>
Friday	<ul style="list-style-type: none"> ◆ Day Off or Activity of Preference (The day off or activity of preference can be moved around within the schedule to decrease boredom. On these days consider including friends.)
Saturday	<ul style="list-style-type: none"> ◆ Stretch ◆ Stationary Bike ◆ Warm Up – 15 min. 15 Full force sprints of 30 seconds in your highest gear and the fastest cadence you can manage. Easy spinning between sprints. ◆ Cool Down: 15 min. <i>Stretch</i>

MAY AND JUNE TRAINING						
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Sunday	Bike ride 30 minutes	Bike ride 1 hour	Bike ride 1.5 hours	Bike ride 2 hours	Bike ride 2 hours	Bike ride 2 hours
Monday	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference
Tuesday	Strength training as described in chart below	Strength training as described in chart below	Strength training as described in chart below	Strength training as described in chart below	Strength training as described in chart below	Strength training as described in chart below
Wednesday	Bike ride 1 to 1 ½ hr.	Bike ride 1 to 1 ½ hr.	Bike ride 1 to 1 ½ hr.	Bike ride 1 to 1 ½ hr.	Bike ride 1 to 1 ½ hr.	Bike ride 1 to 1 ½ hr.
Thursday	Bike ride ½ to 1 hr.	Bike ride ½ to 1 hr.	Bike ride ½ to 1 hr.	Bike ride ½ to 1 hr.	Bike ride ½ to 1 hr.	Bike ride ½ to 1 hr.
Friday	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference	Day off or walk, swim or activity of preference
Saturday	Group ride 1 hr. plus	Group ride 1 hr. plus	Group ride 2 hr. plus	Group ride 2 hr. plus	Group ride 3 hr. plus	Group ride 3 hr. plus

Sources for training schedule and tips: article "Peak Performance" by Fred Matheny, Bicycling magazine, February 1997; article "Strength Training" by Jim Martin, Bicycle Guide magazine, December 1996; article "Peak Performance" by Fred Matheny, Bicycling magazine, Oct/Nov. 1996.

As June approaches and you have progressed to longer rides, **experienced Trek riders strongly suggest you complete back-to-back 50-mile rides two weeks before the Trek.** This will help you understand what it feels like to ride 50 + miles two days in a row and still allow you some time to recover before the Trek. The Trek is a fun, healthy experience made easier with proper training and a minimum of 400 miles of road ride training.