

APRIL

CYCLE THE CAMPUS TRAINING PLAN

2024

SAT	SUN	MON	TUE	WED	THU	FRI
	BIKE INSPECTION & REPAIR WEEK	¹ CROSS TRAINING	²	³ TESTING 10-20MIN RIDE	⁴	⁵ CROSS TRAINING
⁶ REST	⁷ EASY 20-30MIN RIDE	⁸ 	⁹ 	¹⁰ CROSS TRAINING	¹¹ STEADY 20-30MIN RIDE	¹²
¹³ REST	¹⁴ EASY RIDE 45-60MIN ~5 MI	¹⁵	¹⁶ STEADY 45MIN RIDE	¹⁷ CROSS TRAINING	¹⁸	¹⁹ STEADY 45MIN RIDE
²⁰ REST	²¹ STEADY RIDE 60-75MIN ~10-15 MI	²²	²³ STEADY 45MIN RIDE	²⁴ CROSS TRAINING	²⁵	²⁶ STEADY 1 HOUR RIDE
²⁷ REST	²⁸ PACED RIDE 1.5HR ~18 MI	²⁹	³⁰ EASY 1 HOUR RIDE			

EASY - ABLE TO CARRY ON CONVERSATION
STEADY - FOCUSED ON RIDING

CROSS TRAINING - ANY FORM OF ACTIVITY
PACED - MEETING YOUR TARGET SPEED

MAY

CYCLE THE CAMPUS TRAINING PLAN

2024

SAT	SUN	MON	TUE	WED	THU	FRI
				1 CROSS TRAINING	2	3 FAST 30 MIN RIDE ~8 MI
4 REST	5 PACED RIDE 2HR ~20 MI	6	7	8 45-60 MIN HILLS OR INTERVALS	9 CROSS TRAINING	10 STEADY 1 HOUR RIDE
11 REST	12 PACED RIDE 2HR ~22 MI	13	14 FAST 1-1.5 HOUR RIDE ~15-20MI	15 CROSS TRAINING	16	17 STEADY 1.5 HOUR RIDE
18 REST	19 PACED RIDE 2.25HR ~25-28 MI	20	21 STEADY 1 HOUR RIDE	22 CROSS TRAINING	23	24 STEADY 2.5 HOUR RIDE
25 REST	26 PACED RIDE 2HR ~28 MI	27	28 STEADY 45MIN RIDE	29 	30 EASY 45MIN RIDE	May 31 June 1 CTC!

FAST - FOCUSED UNABLE TO HAVE CONVERSATION
HILLS/INTERVALS - SET TIME OR DISTANCE OF
VARIED EFFORT

CTC GOAL PACE 23MI IN
1.75HRS