



→ PELOTONIA<sup>®</sup>

# RIDE WEEKEND TRAINING PLANS

These training plans are outlines to guide you through your preparation for Pelotonia. To help you build performance, we have broken down key workout routines like hill repeats and tempo. The cross training options listed on off bike days are simply suggestions. There are many other activities that would be equally beneficial. Please personalize these plans to best fit your schedule, needs, weather patterns and interests.



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BEGINNER</b> 17–27 miles in Pelotonia	Walk 2 miles	Off bike day: Stretch/core strengthening (~15 minutes)	Bike 3–5 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 3–5 miles	Walk 1–2 miles	Bike 5–8 miles
<b>BEGINNER AND INTERMEDIATE</b> 46 miles in Pelotonia	Walk 2 miles or run 3–4 miles	Off bike day: Stretch/core strengthening (~15 minutes each)	Bike 15 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 10 miles	Walk 1–2 miles or run 2–3 miles	Bike 15–20 miles
<b>INTERMEDIATE</b> 66–100 miles in Pelotonia	Walk 2–3 miles or run 3–5 miles	Off bike day: Stretch/core strengthening (~15 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~45 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 1–2 miles or run 2–3 miles	Bike 25–35 miles
<b>ADVANCED</b> 131–165 miles in Pelotonia	Bike 20–25 miles – <i>nice and easy</i>	Off bike day: Stretch/core strengthening (~15 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~45–60 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 2–3 miles or run 3–5 miles	Bike 35–45 miles

**Hill Repeats Workout**

Goal: Practice changing gears smoothly while keeping a steady pedaling cadence. If any gear feels “sticky” or won’t shift cleanly, it may be time for a bike tune-up.

- ➔ Warm Up: Ride easy for 15–30 minutes
- ➔ Hill Repeats: Choose your setting and complete the intervals below.
  - Outdoor: Find a hill that you can safely ride up and down 4–6 times.
  - Indoor: Increase resistance to simulate hill climbing, then follow this pattern:
    - Climb: Increase resistance and ride for 3–4 minutes
    - Descend: Decrease resistance and recover for 1–2 minutes
    - Repeat 4–6 times
- ➔ Cool Down: Finish with easy, steady-state riding for the remainder of your session.

**Tempo Workout**

Goal: During the “hard/faster” intervals, you should *not* be able to hold a conversation. Use the recovery period to catch your breath and bring your heart rate back to your normal workout level.

- ➔ Warm Up: Ride easy for 10 minutes
- ➔ Tempo Intervals: Alternate between a hard effort and a recovery.
  - Hard Effort:
    - Ride at a 6–8 out of 10 effort level for 3–5 minutes
    - FOLLOWED BY
  - Recovery:
    - Ease off and ride easy for 2 minutes
  - Repeat 4 times
- ➔ Cool Down: Finish with easy steady-state riding for the remainder of your session.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BEGINNER</b> 17–27 miles in Pelotonia	Walk 2 miles	Off bike day: Stretch/core strengthening (~15 minutes)	Bike 5–6 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 3–5 miles	Walk 1–2 miles	Bike 8–10 miles
<b>BEGINNER AND INTERMEDIATE</b> 46 miles in Pelotonia	Walk 2–3 miles or run 4–5 miles	Off bike day: Stretch/core strengthening (~15 minutes each)	Bike 15 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 10 miles	Walk 1–2 miles or run 2–3 miles	Bike 25–30 miles
<b>INTERMEDIATE</b> 66–100 miles in Pelotonia	Walk 2–3 miles or run 4–5 miles	Off bike day: Stretch/core strengthening (~15 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~45 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 1–2 miles or run 2–3 miles	Bike 35–45 miles
<b>ADVANCED</b> 131–165 miles in Pelotonia	Bike 20–25 miles – <i>nice and easy</i>	Off bike day: Stretch/core strengthening (~15 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~45–60 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 2–3 miles or run 3–5 miles	Bike 40–50 miles

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Goal: Practice changing gears smoothly while keeping a steady pedaling cadence. If any gear feels “sticky” or won’t shift cleanly, it may be time for a bike tune-up.

- ➔ Warm Up: Ride easy for 15–30 minutes
- ➔ Hill Repeats: Choose your setting and complete the intervals below.
  - Outdoor: Find a hill that you can safely ride up and down 4–6 times.
  - Indoor: Increase resistance to simulate hill climbing, then follow this pattern:
    - Climb: Increase resistance and ride for 3–4 minutes
    - Descend: Decrease resistance and recover for 1–2 minutes
    - Repeat 4–6 times
- ➔ Cool Down: Finish with easy, steady-state riding for the remainder of your session.

**Tempo Workout**

Goal: During the “hard/faster” intervals, you should *not* be able to hold a conversation. Use the recovery period to catch your breath and bring your heart rate back to your normal workout level.

- ➔ Warm Up: Ride easy for 10 minutes
- ➔ Tempo Intervals: Alternate between a hard effort and a recovery.
  - Hard Effort:
    - Ride at a 6–8 out of 10 effort level for 3–5 minutes
    - FOLLOWED BY
  - Recovery:
    - Ease off and ride easy for 2 minutes
  - Repeat 4 times
- ➔ Cool Down: Finish with easy steady-state riding for the remainder of your session.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BEGINNER</b> 17–27 miles in Pelotonia	Walk 2–3 miles or run 1–2 miles	Off bike day: Stretch/core strengthening (~15 minutes)	Bike 6–8 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 5–6 miles	Walk or run 1–2 miles	Bike 10–12 miles
<b>BEGINNER AND INTERMEDIATE</b> 46 miles in Pelotonia	Walk 2–3 miles or run 4–5 miles	Off bike day: Stretch/core strengthening (~15 minutes each)	Bike 15 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 10 miles	Walk 1–2 miles or run 2–3 miles	Bike 30–35 miles
<b>INTERMEDIATE</b> 66–100 miles in Pelotonia	Walk 2–3 miles or run 4–5 miles	Off bike day: Stretch/core strengthening (~15 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~45 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 2–3 miles or run 3–5 miles	Bike 45–55 miles
<b>ADVANCED</b> 131–165 miles in Pelotonia	Bike 20–30 miles – <i>nice and easy</i>	Off bike day: Stretch/core strengthening (~15–20 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~60 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 2–4 miles or run 4–5 miles	Bike 50–65 miles

**Hill Repeats Workout**

Goal: Practice changing gears smoothly while keeping a steady pedaling cadence. If any gear feels “sticky” or won’t shift cleanly, it may be time for a bike tune-up.

- ➔ Warm Up: Ride easy for 15–30 minutes
- ➔ Hill Repeats: Choose your setting and complete the intervals below.
  - Outdoor: Find a hill that you can safely ride up and down 5–8 times.
  - Indoor: Increase resistance to simulate hill climbing, then follow this pattern:
    - Climb: Increase resistance and ride for 3–4 minutes
    - Descend: Decrease resistance and recover for 1–2 minutes
    - Repeat 5–7 times
- ➔ Cool Down: Finish with easy, steady-state riding for the remainder of your session.

**Tempo Workout**

Goal: During the “hard/faster” intervals, you should *not* be able to hold a conversation. Use the recovery period to catch your breath and bring your heart rate back to your normal workout level.

- ➔ Warm Up: Ride easy for 15 minutes
- ➔ Tempo Intervals: Alternate between a hard effort and a recovery.
  - Hard Effort:
    - Ride at a 6–8 out of 10 effort level for 3–5 minutes
    - FOLLOWED BY
  - Recovery:
    - Ease off and ride easy for 2 minutes
  - Repeat 5–7 times
- ➔ Cool Down: Finish with easy steady-state riding for the remainder of your session.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BEGINNER</b> 17–27 miles in Pelotonia	Walk 2–3 miles or run 1–2 miles	Off bike day: Stretch/core strengthening (~15 minutes)	Bike 8–10 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 5–6 miles	Walk or run 1–2 miles	Bike 12–15 miles – <i>hill repeats</i>
<b>BEGINNER AND INTERMEDIATE</b> 46 miles in Pelotonia	Walk 2–3 miles or run 4–5 miles	Off bike day: Stretch/core strengthening (~15–20 minutes each)	Bike 15 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 10 miles	Walk 1–2 miles or run 2–3 miles	Bike 30–35 miles – <i>hill repeats</i>
<b>INTERMEDIATE</b> 66–100 miles in Pelotonia	Walk 2–3 miles or run 4–5 miles	Off bike day: Stretch/core strengthening (~15–20 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~45 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 2–3 miles or run 3–5 miles	Bike 50–60 miles
<b>ADVANCED</b> 131–165 miles in Pelotonia	Bike 35–45 miles – <i>nice and easy</i>	Off bike day: Stretch/core strengthening (~20–30 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~60 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 2–4 miles or run 4–5 miles	Bike 60–75 miles

**Hill Repeats Workout**

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- ➔ Warm Up: Ride easy for 15–30 minutes
- ➔ Hill Repeats: Choose your setting and complete the intervals below.
  - Outdoor: Find a hill that you can safely ride up and down 5–8 times.
  - Indoor: Increase resistance to simulate hill climbing, then follow this pattern:
    - Climb: Increase resistance and ride for 3–4 minutes
    - Descend: Decrease resistance and recover for 1–2 minutes
    - Repeat 5–7 times
- ➔ Cool Down: Finish with easy, steady-state riding for the remainder of your session.

**Tempo Workout**

Goal: During the “hard/faster” intervals, you should *not* be able to hold a conversation. Use the recovery period to catch your breath and bring your heart rate back to your normal workout level.

- ➔ Warm Up: Ride easy for 15 minutes
- ➔ Tempo Intervals: Choose one of the options below depending on your fitness level.
  - 1-minute HARD followed by 3-minutes recovery; repeat 7 times
  - 2-minutes HARD, 2-minutes recovery; repeat 7 times
  - 3-minutes HARD, 1-minute recovery; repeat 7 times
- ➔ Cool Down: Finish with easy steady-state riding for the remainder of your session.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BEGINNER</b> 17–27 miles in Pelotonia	Walk 2–3 miles or run 1–2 miles	Off bike day: Stretch/core strengthening (~15 minutes)	Bike 8–10 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 5–6 miles	Walk or run 1–2 miles	Bike 15–20 miles – <i>try to incorporate a few hills (see “Hill repeats” section below)</i>
<b>BEGINNER AND INTERMEDIATE</b> 46 miles in Pelotonia	Walk 2–3 miles or run 4–5 miles	Off bike day: Stretch/core strengthening (~15–20 minutes each)	Bike 15 miles	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~30 minutes)	Bike 10 miles	Walk 1–2 miles or run 2–3 miles	Bike 35–45 miles – <i>try to incorporate a few hills (see “Hill repeats” section below)</i>
<b>INTERMEDIATE</b> 66–100 miles in Pelotonia	Walk 2–3 miles or run 4–5 miles	Off bike day: Stretch/core strengthening (~20–30 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~45–60 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 2–3 miles or run 3–5 miles	(per each weekend in July) <u>66 Milers:</u> Bike 50, 55, 60–65, 55 miles <u>100 Milers:</u> Bike 70, 80, 85–90, 80 miles
<b>ADVANCED</b> 131–165 miles in Pelotonia	(per each weekend in July) Bike 40, 45, 45–50, 30–40 miles – <i>nice and easy</i>	Off bike day: Stretch/core strengthening (~30 minutes each)	Bike 15–20 miles – <i>hill repeats</i>	Off bike day: Stretch/yoga/upper and lower body resistance training by week as desired (~60–75 minutes)	Bike 15–20 miles – <i>tempo</i>	Walk 2–4 miles or run 4–5 miles	(per each weekend in July) Bike 70, 80, 85–90, 80 miles

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Goal: Practice changing gears smoothly while keeping a steady pedaling cadence. If any gear feels “sticky” or won’t shift cleanly, it may be time for a bike tune-up.

- ➔ Warm Up: Ride easy for 30 minutes
- ➔ Hill Repeats: Choose your setting and complete the intervals below.
  - Outdoor: Find a hill that you can safely ride up and down 8–10 times.
  - Indoor: Increase resistance to simulate hill climbing, then follow this pattern:
    - Climb: Increase resistance and ride for 5–6 minutes
    - Descend: Decrease resistance and recover for 2 minutes
    - Repeat 5–7 times
- ➔ Cool Down: Finish with easy, steady-state riding for the remainder of your session.

**Tempo Workout**

Goal: During the “hard/faster” intervals, you should *not* be able to hold a conversation. Use the recovery period to catch your breath and bring your heart rate back to your normal workout level.

- ➔ Warm Up: Ride easy for 15–30 minutes
- ➔ Tempo Intervals: Choose one of the options below depending on your fitness level.
  - 1-minute HARD followed by 3-minutes recovery; repeat 8–10 times
  - 2-minutes HARD, 2-minutes recovery; repeat 8–10 times
  - 3-minutes HARD, 1-minute recovery; repeat 8–10 times
- ➔ Cool Down: Finish with easy steady-state riding for the remainder of your session.

 Weather and schedule permitting, push toward the higher-level distances on your longer cycling days in preparation for Ride Weekend. If possible, decrease your mileage and effort in the week leading up to your Pelotonia ride to allow for rest and recovery.



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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>RIDE WEEKEND</b>
<b>BEGINNER</b> 17–27 miles in Pelotonia	Off bike day: Stretch/core strengthening (~15 minutes)	Bike 4–5 miles	Off bike day: Stretch/yoga/upper and lower body resistance training (~15–30 minutes)	Bike 4–5 miles	Off bike day: Stretch (~15 minutes)	Be safe and enjoy!
<b>BEGINNER AND INTERMEDIATE</b> 46 miles in Pelotonia	Off bike day: Stretch/core strengthening (~10 minutes each)	Bike 15–20 miles	Off bike day: Stretch/yoga/upper and lower body resistance training (~30 minutes)	Bike 15–20 miles	Off bike day: Stretch (~15 minutes)	Be safe and enjoy!
<b>INTERMEDIATE</b> 66–100 miles in Pelotonia	Off bike day: Stretch/core strengthening (~20–30 minutes each)	Bike 15–20 miles	Off bike day: Stretch/yoga/upper and lower body resistance training (~30 minutes)	Bike 15–20 miles	Off bike day: Stretch (~20–30 minutes)	Be safe and enjoy!
<b>ADVANCED</b> 131–165 miles in Pelotonia	Off bike day: Stretch/core strengthening (~20–30 minutes each)	Bike 15–20 miles	Off bike day: Stretch/yoga/upper and lower body resistance training (~30–45 minutes)	Bike 15–20 miles	Off bike day: Stretch (~20–30 minutes)	Be safe and enjoy!

