Wild Rose Women's Gran Fondo Training Plan

8-week training plan

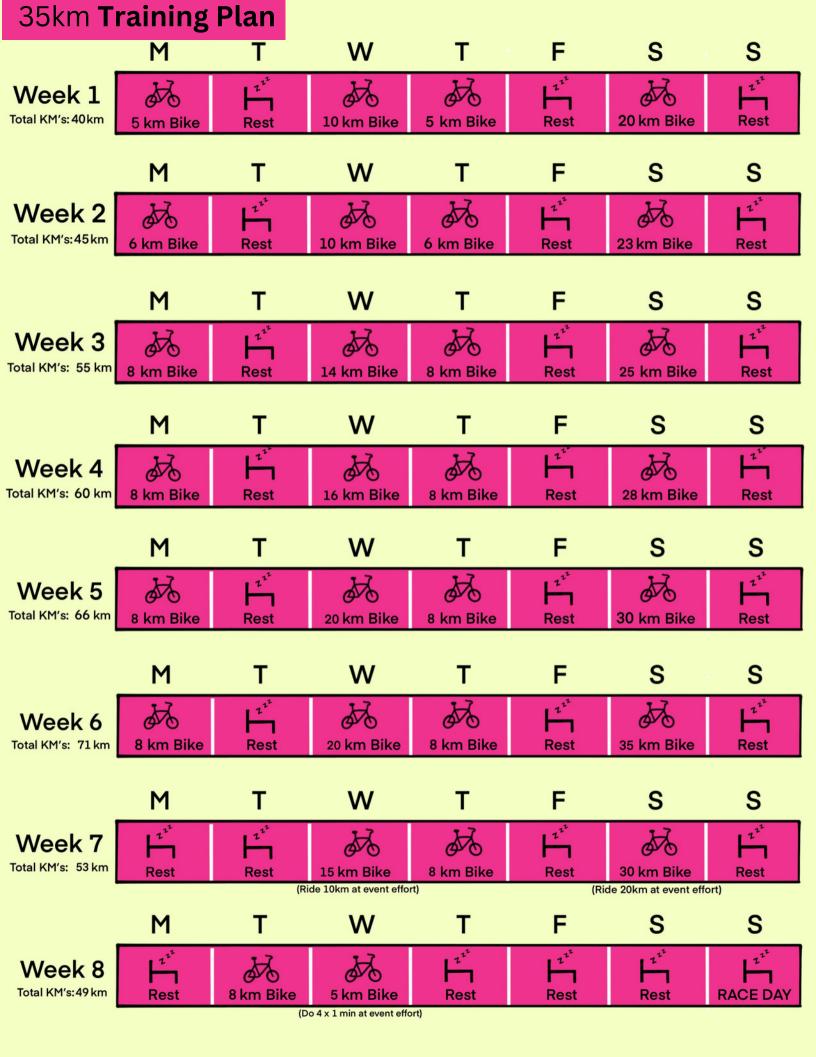
The Bike: These sessions are best done on your bike outside but the weather does not alway cooperate so do not stress if you need to ride on a trainer or stationary bike! Ride easy/at a conversational rate, and use an easy gear (no resistance). If you have a bike with computer with cadence, you want to keep your RPM's around 90-100 per minute.

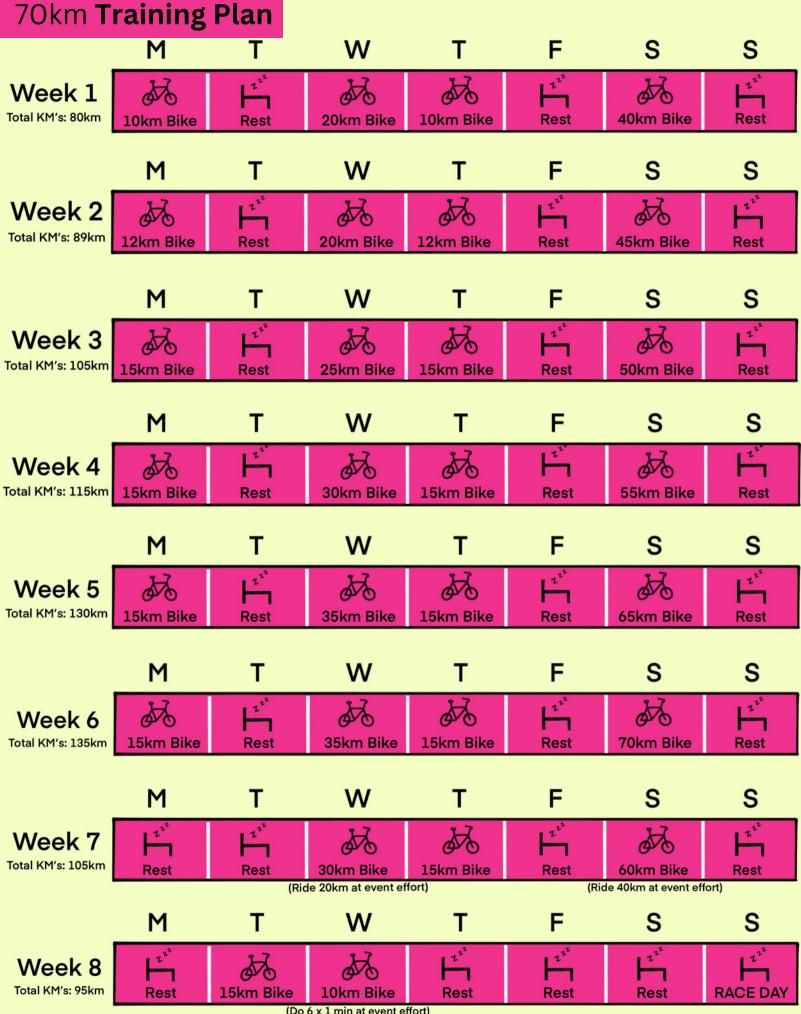
Days off: Days off are one of the most important things you'll do as part of your training plan. Giving yourself a 24-hour break to let your body rest and recuperate will make all the difference in your performance and ability to build and maintain your fitness.

Do not worry if you have to move days around, the most important thing is consistency! All you need to do is prioritize time, 4x/week for your training!

Relax, have fun and stay wild!

All bikes and abilities welcome! Let's ride bikes together





(Do 6 x 1 min at event effort)