

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 always 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***

35km Training Plan

	M	T	W	T	F	S	S
Week 1 Total KM's: 40km	 5 km Bike	 Rest	 10 km Bike	 5 km Bike	 Rest	 20 km Bike	 Rest

	M	T	W	T	F	S	S
Week 2 Total KM's: 45km	 6 km Bike	 Rest	 10 km Bike	 6 km Bike	 Rest	 23 km Bike	 Rest

	M	T	W	T	F	S	S
Week 3 Total KM's: 55 km	 8 km Bike	 Rest	 14 km Bike	 8 km Bike	 Rest	 25 km Bike	 Rest

	M	T	W	T	F	S	S
Week 4 Total KM's: 60 km	 8 km Bike	 Rest	 16 km Bike	 8 km Bike	 Rest	 28 km Bike	 Rest

	M	T	W	T	F	S	S
Week 5 Total KM's: 66 km	 8 km Bike	 Rest	 20 km Bike	 8 km Bike	 Rest	 30 km Bike	 Rest

	M	T	W	T	F	S	S
Week 6 Total KM's: 71 km	 8 km Bike	 Rest	 20 km Bike	 8 km Bike	 Rest	 35 km Bike	 Rest

	M	T	W	T	F	S	S
Week 7 Total KM's: 53 km	 Rest	 Rest	 15 km Bike	 8 km Bike	 Rest	 30 km Bike	 Rest

(Ride 10km at event effort) (Ride 20km at event effort)

	M	T	W	T	F	S	S
Week 8 Total KM's: 49 km	 Rest	 8 km Bike	 5 km Bike	 Rest	 Rest	 Rest	 RACE DAY

(Do 4 x 1 min at event effort)

70km Training Plan

	M	T	W	T	F	S	S
Week 1 Total KM's: 80km	 10km Bike	 Rest	 20km Bike	 10km Bike	 Rest	 40km Bike	 Rest

	M	T	W	T	F	S	S
Week 2 Total KM's: 89km	 12km Bike	 Rest	 20km Bike	 12km Bike	 Rest	 45km Bike	 Rest

	M	T	W	T	F	S	S
Week 3 Total KM's: 105km	 15km Bike	 Rest	 25km Bike	 15km Bike	 Rest	 50km Bike	 Rest

	M	T	W	T	F	S	S
Week 4 Total KM's: 115km	 15km Bike	 Rest	 30km Bike	 15km Bike	 Rest	 55km Bike	 Rest

	M	T	W	T	F	S	S
Week 5 Total KM's: 130km	 15km Bike	 Rest	 35km Bike	 15km Bike	 Rest	 65km Bike	 Rest

	M	T	W	T	F	S	S
Week 6 Total KM's: 135km	 15km Bike	 Rest	 35km Bike	 15km Bike	 Rest	 70km Bike	 Rest

	M	T	W	T	F	S	S
Week 7 Total KM's: 105km	 Rest	 Rest	 30km Bike	 15km Bike	 Rest	 60km Bike	 Rest

(Ride 20km at event effort) (Ride 40km at event effort)

	M	T	W	T	F	S	S
Week 8 Total KM's: 95km	 Rest	 15km Bike	 10km Bike	 Rest	 Rest	 Rest	 RACE DAY

(Do 6 x 1 min at event effort)