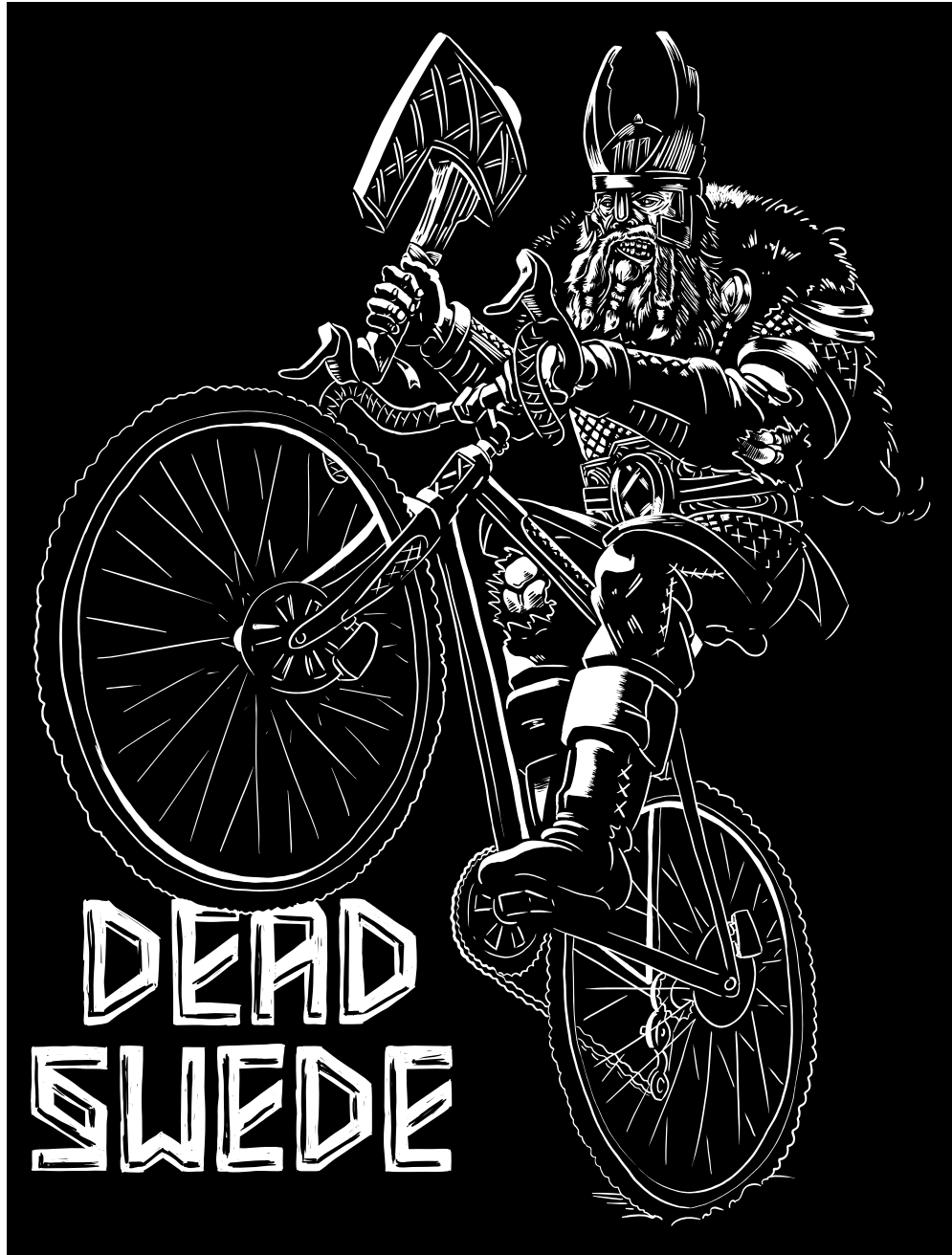


# THE DEAD SWEDE HUNDO 2021 TRAINING PLAN



PROVIDED BY CARYN MOXEY



[WWW.PUREENERGYGYM.COM](http://WWW.PUREENERGYGYM.COM)

(307) 655-5891

# DEAD SWEDE 20 MILE

POWERED BY:



## 6 WEEK TRAINING PLAN

SUN

MON

TUES

WED

THU

FRI

SAT

WEEK 1

CROSS  
TRAIN HIKE  
OR PLAY!

STRETCH OR  
REST DAY

TEMPO RIDE 8  
MILES  
70% MHR

REST DAY

SHORTER RIDE  
HILL SPRINTS  
FIND A HILL AND  
RIDE IT 3-4  
TIMES!

REST DAY

LONG RIDE  
10 MILES

WEEK 2

CROSS  
TRAIN HIKE  
OR PLAY!

STRETCH OR  
REST DAY

TEMPO RIDE 8  
MILES  
70% MHR

REST DAY

SHORTER RIDE  
HILL SPRINTS  
FIND A HILL AND  
RIDE IT 3-4  
TIMES!

REST DAY

LONG RIDE  
12 MILES

WEEK 3

CROSS  
TRAIN HIKE  
OR PLAY!

STRETCH OR  
REST DAY

TEMPO RIDE 10  
MILES  
70% MHR

REST DAY

SHORTER RIDE  
HILL SPRINTS  
FIND A HILL AND  
RIDE IT 3-4  
TIMES!

REST DAY

LONG RIDE  
14 MILES

WEEK 4

CROSS  
TRAIN HIKE  
OR PLAY!

STRETCH OR  
REST DAY

TEMPO RIDE 12  
MILES  
70% MHR

REST DAY

SHORTER RIDE  
HILL SPRINTS  
FIND A HILL AND  
RIDE IT 3-4  
TIMES!

REST DAY

LONG RIDE  
16 MILES

WEEK 5

CROSS  
TRAIN HIKE  
OR PLAY!

STRETCH OR  
REST DAY

TEMPO RIDE 14  
MILES  
70% MHR

REST DAY

SHORTER RIDE  
HILL SPRINTS  
FIND A HILL AND  
RIDE IT 3-4  
TIMES!

REST DAY

LONG RIDE  
18 MILES

WEEK 6

CROSS  
TRAIN HIKE  
OR PLAY!

STRETCH OR  
REST DAY

TEMPO RIDE 8  
MILES  
70% MHR

REST DAY

QUICK SPIN GET  
OUT FOR 30-45  
MINUTES AND  
FOCUS ON EASY  
HIGH CADENCE

REST DAY

RACE DAY!

# DEAD SWEDE 40 MILE

POWERED BY:



## 8 WEEK TRAINING PLAN

SUN

MON

TUES

WED

THU

FRI

SAT

WEEK 1

SHORT RIDE 8 MILES

STRETCH OR REST DAY

TEMPO RIDE 10 MILES  
70% MHR

FUNTIONAL WORKOUT

60 MINUTE RIDE WITH HILL SPRINTS  
2 X 60 SECOND HILL CLIMB SPRINTS

REST DAY

LONG RIDE 15 MILES

WEEK 2

SHORT RIDE 8 MILES

STRETCH OR REST DAY

TEMPO RIDE 10 MILES  
70% MHR

FUNTIONAL WORKOUT

60 MINUTE RIDE WITH HILL SPRINTS  
2 X 60 SECOND HILL CLIMB SPRINTS

REST DAY

LONG RIDE 15 MILES

WEEK 3

SHORT RIDE 8 MILES

STRETCH OR REST DAY

TEMPO RIDE 10 MILES  
70% MHR

FUNTIONAL WORKOUT

60 MINUTE RIDE WITH HILL SPRINTS  
3 X 60 SECOND HILL CLIMB SPRINTS

REST DAY

LONG RIDE 20 MILES

WEEK 4

SHORT RIDE 8 MILES

STRETCH OR REST DAY

TEMPO RIDE 15 MILES  
70% MHR

FUNTIONAL WORKOUT

60 MINUTE RIDE WITH HILL SPRINTS  
3 X 60 SECOND HILL CLIMB SPRINTS

REST DAY

LONG RIDE 25 MILES

WEEK 5

SHORT RIDE 10 MILES

STRETCH OR REST DAY

TEMPO RIDE 15 MILES  
70% MHR

FUNTIONAL WORKOUT

60 MINUTE RIDE WITH HILL SPRINTS  
4 X 60 SECOND HILL CLIMB SPRINTS

REST DAY

LONG RIDE 30 MILES

WEEK 6

SHORT RIDE 10 MILES

STRETCH OR REST DAY

TEMPO RIDE 20 MILES  
70% MHR

FUNTIONAL WORKOUT

60 MINUTE RIDE WITH HILL SPRINTS  
5 X 60 SECOND HILL CLIMB SPRINTS

REST DAY

LONG RIDE 35 MILES

WEEK 7

SHORT RIDE 10 MILES

STRETCH OR REST DAY

TEMPO RIDE 20 MILES  
70% MHR

FUNTIONAL WORKOUT

60 MINUTE RIDE WITH HILL SPRINTS  
5 X 60 SECOND HILL CLIMB SPRINTS

REST DAY

LONG RIDE 30 MILES

WEEK 8

SHORT RIDE 10 MILES

STRETCH OR REST DAY

TEMPO RIDE 15 MILES  
70% MHR

FUNTIONAL WORKOUT  
DELOAD, TAKE IT EASY

EASY 45 MINUTE SPIN  
DO SOME 1 MINUTE EASY SPRINT INTERVALS

REST DAY

RACE DAY!

# DEAD SWEDE 60 MILE

## 10 WEEK TRAINING PLAN

POWERED BY:



	SUN	MON	TUES	WED	THU	FRI	SAT
WEEK 1	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 20 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 25 MILES
WEEK 2	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 10 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 30 MILES
WEEK 3	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 10 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 35 MILES
WEEK 4	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 15 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 40 MILES
WEEK 5	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 15 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 45 MILES
WEEK 6	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 20 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 50 MILES
WEEK 7	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 20 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 55
WEEK 8	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 15 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 55
WEEK 9	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 15 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 45 MILES
WEEK 10	SHORT RIDE 15 MILES	STRETCH OR REST DAY	TEMPO RIDE 15 MILES 70% MHR	FUNTIONAL WORKOUT DELOAD, TAKE IT EASY	REST DAY	45 MINUTE PRE RACE RIDE	RACE DAY!

# DEAD SWEDE 100 MILE

POWERED BY:



## 12 WEEK TRAINING PLAN

	SUN	MON	TUES	WED	THU	FRI	SAT
<b>WEEK 1</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 20 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 40 MILES TOTAL WEEK 95 MILES
<b>WEEK 2</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 20 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 40 MILES TOTAL WEEK 95 MILES
<b>WEEK 3</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 20 MILES 70% MHR	FUNTIONAL WORKOUT	4X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 50 MILES TOTAL WEEK 115 MILES
<b>WEEK 4</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 25 MILES 70% MHR	FUNTIONAL WORKOUT	5X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 45 MILES TOTAL WEEK 115 MILES
<b>WEEK 5</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 25 MILES 70% MHR	FUNTIONAL WORKOUT	4X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 50 MILES TOTAL WEEK 120 MILES
<b>WEEK 6</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 30 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 60 MILES TOTAL WEEK 130 MILES
<b>WEEK 7</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 30 MILES 70% MHR	FUNTIONAL WORKOUT	4X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 40 MILES TOTAL WEEK 115 MILES
<b>WEEK 8</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 30 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 60 MILES TOTAL WEEK 130 MILES
<b>WEEK 9</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 20 MILES 70% MHR	FUNTIONAL WORKOUT	3X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 80 MILES TOTAL WEEK 140 MILES
<b>WEEK 10</b>	REST DAY	SHORT RIDE 25 MILES	TEMPO RIDE 20 MILES 70% MHR	FUNTIONAL WORKOUT	5X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 60 MILES TOTAL WEEK 130 MILES
<b>WEEK 11</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 30 MILES 70% MHR	FUNTIONAL WORKOUT	5X 10 THRESHOLD INTERVALS SEE NOTES	REST DAY	LONG RIDE 40 MILES TOTAL WEEK 120 MILES
<b>WEEK 12</b>	SHORT RIDE 25 MILES	STRETCH OR REST DAY	TEMPO RIDE 30 MILES 70% MHR	FUNTIONAL WORKOUT	REST DAY	PRE RACE RIDE EASY SPIN 60 MINUTES	RACE DAY!

# FUNCTIONAL WORKOUTS:

These workouts will keep you healthy and balanced throughout your training. They can be done 1-2 times per week and should take about 40 Minutes to complete. See videos online for explanations to the workouts. You will need minimal equipment, a few dumbbells, and a TRX are most important, with a bosu, med ball and a handlebar balance board as other additions.

## **Workout #1:**

Warmup: Shuffle pumps, Lunge and rotate, overhead reach and stretch. 35 seconds of work and 15 seconds of rest. Do 2-3 rounds.

Do 2-3 sets of the following:

1. Squats: sets of 15
2. Shoulder Rotators: sets of 15
3. Weighted Step Ups: sets of 10 each side
4. Overhead Press: sets of 15
5. Handle Bar Mountain Climbers: sets of 10 each side
6. Overhead TRX Triceps Extensions: sets of 15
7. TRX Flys: sets of 12-15
8. Walking offset pushups: sets of 10-20 reps

## **Workout #2**

Warmup: Skips, Cariocas, Groiners 35 seconds of work and 15 seconds of rest. Do 2-3 rounds.

1. Pull-ups weight assisted, banded, or strict. Max effort (as many as possible)
2. TRX Rows: sets of 15
3. Split Squats: sets of 10-15 each leg
4. Handlebar Plank Jumps: sets of 10-15
5. Lateral Jump squat with bosu
6. Hanging Abs
7. Side Planks: hold for 30-60 seconds each side
8. 180 degree slams: Finisher Do 1 round 25 reps each side for your last exercise. Complete as quickly as possible.

# RIDE EXPLANATIONS:

## **Why this format?**

*This program is built for someone who works a typical weekday job and has time on the weekends for their longer workouts. If you have a different work schedule you can tailor the days to fit what you have time for. I have also found that proper rest is as important as proper training. Everyone is different. If you need more or less rest it is completely up to you how you would like to follow the plan. Some people do better with shorter rides on more days and others work best with 1 or 2 long workouts per week.*

## **TEMPO RIDES**

Warm-Up 10 - 20 MINUTES FOCUS ON FORM AND CADENCE  
FOR MAIN BODY OF RIDE (DEPENDING ON LENGTH) FOCUS ON AVERAGING ABOUT 75% OF YOUR MAXIMUM HEART RATE THROUGHOUT THE RIDE. INCREASE RESISTANCE ON THE DOWNHILLS TO KEEP YOUR HEART RATE UP AND MOVE TO EASIER GEARS ON THE CLIMBS TO KEEP YOUR HEART RATE CONSISTENT WITH A FASTER CADENCE.

## **THRESHOLD INTERVALS**

*These workouts are 3-5 rounds of 10 minute threshold intervals.*

*Warmup zone 1 10-20 minutes*

*Active 10 minutes zone 5 80-100% of your Max heart rate*

*Recovery 5 minutes zone 2 60% of your Max heart rate*

*Repeat the Active and Recovery sets 2-4 more times depending on length of ride.*

*Cool down 10 minutes zone 1.*

*3 sets with warmup and cooldown will take approx. 65 minutes (15 miles estimate)*

*4 sets should take approx. 80 minutes (20 miles estimate)*

*5 sets should take approx. 95 minutes (25 miles estimate)*

*All distance are estimates but used to base total weekly mileage.*

## **The importance of off road and hills:**

The Dead Swede is a gravel course, and it takes practice to ride gravel. Be sure to get out and ride some dirt and get some hill work in too. Race day can be filled with wind, heat, and rough roads depending on mother nature. The tougher you practice the better prepared you will be!

## **About Caryn:**

Caryn has been a personal trainer since 1999 and gone through several phases of bike riding over 4 decades. Triathlon, Xterra, and now gravel racing have kept her busy and enjoying life and it's journey. She owns PUREENERGY Fitness in Sheridan Wyoming with her husband Nolan (otherwise known as the OG Beer and Bacon station captain). She has a bachelors degree in Kinesiology and has lived in Sheridan since 2007. She enjoys anything active outdoors with her husband, son Logan, and trail dog Snoopy and hanging with friends on the trails.



Questions? Contact me at [caryn@pureenergygym.com](mailto:caryn@pureenergygym.com)

*Happy training!*