



**Chain Reaction Cycling Club (CRCC)
 'Road to 20' Individual Training Plan:
 0-20 miles in 7 weeks**

The 'Road to 20' training plan is suitable for all fitness levels as it focuses on steadily building your fitness over seven weeks to cycle 20 miles. This program assumes you have never trained for long distance cycling before. By the end of the seven weeks, you will be ready for your first 20-mile bike ride. If you are already training or have previous riding experience, please feel free to jump into the training plan at a position that best matches your current fitness level.

To ride 20 miles successfully you must allow your body to adapt by gradually increasing your mileage and activity levels. This seven-week plan will not only get you from 0 to 20 miles but it will also condition your body for long days in the saddle. This training plan includes cycling days, cross training days, and recovery days.

- **Weeks 1-2:** Focus on leg turnover, getting leg speed to 80 to 90 rpm.
- **Weeks 3-6:** Add speed ride, steady ride, and long ride.
- **Week 7-8:** Easy to moderate effort. Just get the ride time in.

The actual days and training guidance provided below are suggestions. Complete rides when they fit into your schedule and/or join a scheduled Chain Reaction Cycling Club (CRCC) ride that matches your activity level. Rides can be found on our IG page: [@chainreactioncyclingchi](https://www.instagram.com/chainreactioncyclingchi)

Self-Paced Pre-Season Training							
	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1 (week of March 11th)	Ride 20 min	Cross train	Ride 20 min	Cross train	Cross train	Ride 30 min	Rest
WEEK 2 (week of March 18th)	Speed 30 min	Cross train	Steady 30 min	Cross train	Cross train	Long 45 min	Rest
WEEK 3 (week of March 25th)	Speed 45 min	Cross train	Steady 45 min	Cross train	Cross train	10 miles	Rest
WEEK 4 (week of April 1st)	Speed 45 min	Cross train	Steady 45 min	Cross train	Cross train	10 miles	Rest
WEEK 5 (week of April 8th)	Speed 60 min	Cross train	Steady 60 min	Cross train	Cross train	15 miles	Rest
WEEK 6 (week of April 15th)	Speed 60 min	Cross train	Steady 75 min	Cross train	Cross train	18 miles	Rest
WEEK 7 (week of April 22nd)	Ride 75 min	Cross train	Ride 75 min	Cross train/easy ride	Rest	Ride 20 miles!	Rest
Official CRCC Season Begins week of April 29th!							

Glossary/Definitions

Speed ride: Speed work improves your endurance by raising your lactate threshold, the point at which your muscles cry for you to slow down. When you raise this ceiling, you can ride faster and farther before your legs hit the brakes. Try to do four to six hard efforts between 30 seconds and 2 minutes long (pushing hard up a hill for 30 to 60 seconds is one good way) during your speed rides.

Steady ride: These rides should include two to four efforts of 15 to 30 minutes that are done at a slightly higher intensity than your long rides, as though you're riding with someone slightly faster than you. You should be able to talk, but in shorter sentences. These rides train your body to ride more briskly in comfort, so you can finish your event ride faster and fresher.

Long ride: Do your long rides at a steady, but not taxing, pace. Your effort should be such that you're breathing a little harder but can have a full conversation. Most people find that Saturday or Sunday work best for their long rides. However, the day you ride doesn't matter. What matters is that you get it done!

Cross train: Cross training refers to undertaking any physical activity different to an athlete's primary sport (in this case cycling). Popular and effective choices for cyclists include running, pilates, weightlifting, and yoga.

Recovery day: Recovery days are your days off from physical activity. These days allow the body to rest and repair muscles and play a big role in injury prevention.

Credits

This program was adapted from the following sources:

- [Bicycling 6 Week Training Plan for Beginner and Intermediate Riders](#)
- [Red Bull Couch to 30](#)
- [Baycare Clinic Century Ride](#)

Connect with Us!

If you're a Peloton member, use the hashtag [#chainreactionchi](#) to see other club members on the leaderboard or who may have take this virtual ride and join us on Strava <https://www.strava.com/clubs/chainreactionchi>

Disclaimer

Always consult your physician before beginning any exercise program. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.