



**Chain Reaction Cycling Club (CRCC)
 'Road to 20' Individual Training Plan:
 0-20 miles in 8 weeks**

The 'Road to 20' training plan is suitable for all fitness levels as it focuses on steadily building your fitness over eight weeks to cycle 20 miles. This program assumes you have never trained for long distance cycling before. By the end of the eight 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 eight-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 (cadence), 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 in the ride-time.

The 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. Recommended virtual training rides on Peloton and Zwift can be found on our website under [rides and events](#) and on our IG page: [@chainreactioncyclingchi](#).

Self-Paced Pre-Season Training							
	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1 (week of March 9)	Ride 20 min	Cross train	Ride 20 min	Cross train	Cross train	Ride 30 min	Rest
WEEK 2 (week of March 16)	Speed 30 min	Cross train	Steady 30 min	Cross train	Cross train	Long 45 min	Rest
WEEK 3 (week of March 23)	Speed 45 min	Cross train	Steady 45 min	Cross train	Cross train	10 miles	Rest
WEEK 4 (week of March 30)	Speed 45 min	Cross train	Steady 45 min	Cross train	Cross train	10 miles	Rest
WEEK 5 (week of April 6)	Speed 60 min	Cross train	Steady 60 min	Cross train	Cross train	15 miles	Rest
WEEK 6 (week of April 13)	Speed 60 min	Cross train	Steady 75 min	Cross train	Cross train	18 miles	Rest
WEEK 7 (week of April 20)	Ride 60 min	Cross train	Steady 75 min	Cross train/easy ride	Rest	18 miles	Rest
WEEK 8 (week of April 27)	Ride 75 min	Cross train	Ride 75 min	Cross train/recovery ride	Rest	Ride 20 miles	Rest
Official CRCC Season Begins May 2, 2026!							



Accessing Peloton Virtual Training Rides

Access Peloton training rides through by checking the chart below and you'll find linked weekly recommended rides. Simply click the link, hop on, and take the ride at your convenience.

Use the hashtag **#ChainReactionCHI** on Peloton to connect with other club members on the leaderboard or spot those who have completed the ride.



Accessing Zwift Virtual Training Rides

Workout plans must be accessed through Zwift App ONLY, not Zwift Companion App.

- 1) Start Zwift App, connect devices per usual
 - 2) Select "WORKOUTS" in top left corner screen
 - 3) Select "PLANS" along left side of screen
 - 4) Select plan "Back To Fitness"
 - 5) Enroll
 - 6) Select desired workout and begin
- You will have access to all workouts in the plan 24/7. Please feel free to start from week 1 or the week that corresponds to our "Road to 20" training program.
 - Please add "CRCC" to the end of your profile name. This will make it easier to invite you to any group or pop up rides.
 - Please contact chainreactionchi@gmail.com with any questions.



Connect with us on Strava

Join us on Strava to stay connected, track your progress, and celebrate every mile. You can log your rides, share your achievements, and cheer on fellow members as we ride together - virtually and in person. Join here:

<https://www.strava.com/clubs/chainreactionchi>

Road to 20 Virtual Training Rides

	Date	Activity	Peloton Short Link	Zwift Ride Name
Week 1	Monday, March 9	Ride 20 mins	https://tinyurl.com/mwc4n2zv	Collection: 30min to Burn Workout:Fit and Fun
	Wednesday, March 11	Ride 20 mins	https://tinyurl.com/57d7cz6v	Collection 30min to Burn Workout: Performance
	Saturday, March 14	Ride 30 mins	https://tinyurl.com/4zkw9kj4	Collection: 30min to Burn Workout: Weekend Tune Up
Week 2	Monday, March 16	Speed 30 mins	https://tinyurl.com/54s5dat7	Collection: 30min to Burn Workout: Alpha
	Wednesday, March 18	Steady 30 mins	https://tinyurl.com/5ya6esfm	Collection: 30min to Burn Workout: Renewal
	Saturday, March 21	Long 45 mins	https://tinyurl.com/ybra7j3s	Collection: 30-60min to Burn Workout: Foundation
Week 3	Monday, March 23	Speed 45 mins	https://tinyurl.com/5f6h95x2	Collection: 30-60min to Burn Workout: 20-40's
	Wednesday, March 25	Steady 45 mins	https://tinyurl.com/yc7zz2u6	Collection: 30-60min to Burn. Workout: Short Sweet Spot Tune Up
	Saturday, March 28	Ride 10 miles	https://tinyurl.com/y78re49k	Collection: 30-60min to Burn Workout: 45min Riders Choice
Week 4	Monday, March 30	Speed 45 mins	https://tinyurl.com/4esyzcrj	Collection: 30-60min to Burn. Workout: The Van Baarle
	Wednesday, April 1	Steady 45 mins	https://tinyurl.com/486t3hvb	Collection: 30-60min to Burn. Workout: SST (short)
	Saturday, April 4	Ride 10 miles	https://tinyurl.com/4cr8uu87	Collection: 30-60min to Burn Workout: 45min Riders Choice
Week 5	Monday, April 6	Speed 60 mins	https://tinyurl.com/ms575jje	Collection: 60-90min to Burn Workout: Chase The Chaise
	Wednesday, April 8	Steady 60 mins	https://tinyurl.com/5hd5t3wm	Collection: 60-90min to Burn Workout: 60min Riders Choice
	Saturday, April 11	Ride 15 miles	https://tinyurl.com/33j2aadk	World: Watopia Route: Triple Twist
Week 6	Monday, April 13	Speed 60 mins	https://tinyurl.com/bde4rpkv	Collection: 30-60min to Burn Workout: SST (Short)
	Wednesday, April 15	Steady 75 mins	https://tinyurl.com/37563yff	Collection: 60-90min to Burn Workout: 2x20 FTP Intervals
	Saturday, April 18	Ride 18 miles	https://tinyurl.com/4eryzzw8	World: Watopia Route: The Magnificent 8
Week 7	Monday, April 20	Ride 75 mins	https://tinyurl.com/3jn7fus7	World: Watopia Route: Canopies and Coastlines
	Wednesday, April 22	Ride 75 mins	https://tinyurl.com/3ea2r5w7	World: Watopia Route: Watopia's Waistband
	Saturday, April 25	Ride 18 miles - indoor or outdoor!	https://tinyurl.com/st4psxhx	World: Watopia Route: Road to Ruins
Week 8	Monday, April 27	Ride 75 mins	https://tinyurl.com/mpv vxstc	World: Watopia Route: Waisted 8
	Wednesday, April 29	Ride 75 mins	https://tinyurl.com/bdfet6a2	World: Watopia Route: Tick Tock x2
	Saturday, May 2	Ride 20 miles - indoor or outdoor!	https://tinyurl.com/bdz2amsn	World: Watopia Route: Triple Flat Loops

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](#)

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.