

THE DEAD SWEDE 2026 TRAINING PLAN



PROVIDED BY CARYN MOXEY



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DEAD SWEDE 20 MILE

6 WEEK TRAINING PLAN

POWERED BY:



	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

8 WEEK TRAINING PLAN

POWERED BY:



	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

12 WEEK TRAINING PLAN

POWERED BY:



	SUN	MON	TUES	WED	THU	FRI	SAT
WEEK 1	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
WEEK 2	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
WEEK 3	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
WEEK 4	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
WEEK 5	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
WEEK 6	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
WEEK 7	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
WEEK 8	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
WEEK 9	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
WEEK 10	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
WEEK 11	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
WEEK 12	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!