Every beginner will reach a level where he/she feels like they’ve “become a cyclist” or passed the break-in period. You will know the break-in period is behind you when:

- The bike feels comfortable to ride
- You develop smooth, consistent pedal cadence
- Gear shifting is easy and smooth
- Hills can be ridden to the top
- You can maintain a steady pace throughout the ride
- Fatigue quickly diminishes after each ride

Now that you are at the intermediate level and have completed around 1,000 miles of riding in 3-4 months or less, you can move on to basic training.

1. Vary tempo days with interval days- steady speed workouts alternating with days of interval sessions are the best for building stamina.
2. Always train at between 65% and 80% for maximum pulse rate.
3. Pedal at a cadence between 85 and 95rpm. The human engine has been proven to be most efficient at this rate.
4. Get good rest - a good night’s sleep helps the body recover and makes a tough workout easier.
5. Maintain a nutritious diet.
6. Take longer rides on the weekends- Forget intervals and tempo riding. Group riding will help chart progress.

Key to training at this level is to vary your routine from day to day between two broad categories: Tempo riding and Intervals.

**Tempo riding** - the speed achieved when the pulse is at a constant 75% or more of maximum heart rate.

**Maintain a “threshold pace” for at least 80% of the workout.**

**Example for a 15 mile ride:**
- 2 mile warm-up (low gears, 90 rpm)
- 12 mile tempo (threshold pace)
- one mile cool down (low gears, 90 rpm)

**Intervals** - bursts of relatively short intense effort, interspersed with periods of easier riding. 2-4 minutes of hard effort - 75-85% MHR. Rest period 6-12 minutes.

**Example:**
- 15 minute warm-up (low gear, 90 rpm)
- 30 minutes of intervals - 2 minutes hard (75-80% of MHR) and 6 minute rest (low gear, 90 rpm)
- Repeat the above 4 times
- 10 minute cool down.
BIKE WEBSITES

Getting started biking info at REI
www.rei.com/expertadvice/articles/getting+into+biking.html

Bike paths in Ann Arbor
www.a2gov.org/government/communityservices/ParksandRecreation/Documents/bike.pdf

League of Michigan Cyclist
Great info on rides and more.
www.lmb.org

Map out your own ride with this application
www.mapmyride.com/training

Bicycling magazine training information page
www.bicycling.com/channel/0,6609,s1-4-0-0-0,00.html?location=_*topnav*
## Intermediate Cycling Log

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>2-3 hour group ride</td>
<td>Rest &amp; Stretch</td>
<td>1 hour tempo workout, strength training &amp; stretch</td>
<td>1 hour long intervals stretch</td>
<td>1 hour tempo workout, strength training, &amp; stretch</td>
<td>1 hour long intervals stretch</td>
</tr>
<tr>
<td>Week 2</td>
<td>2-3 hour group ride</td>
<td>Rest &amp; Stretch</td>
<td>1 hour tempo workout, strength training &amp; stretch</td>
<td>1 hour long intervals stretch</td>
<td>1 hour tempo workout, strength training &amp; stretch</td>
<td>1 hour long intervals stretch</td>
</tr>
<tr>
<td>Week 3</td>
<td>2-3 hour group ride</td>
<td>Rest &amp; Stretch</td>
<td>1 hour tempo workout, strength training &amp; stretch</td>
<td>1 hour long intervals stretch</td>
<td>1 hour tempo workout, strength training &amp; stretch</td>
<td>1 hour long intervals stretch</td>
</tr>
<tr>
<td>Week 4</td>
<td>2-3 hour group ride</td>
<td>Rest &amp; Stretch</td>
<td>1 hour tempo workout, strength training &amp; stretch</td>
<td>1 hour long intervals stretch</td>
<td>1 hour tempo workout, strength training &amp; stretch</td>
<td>1 hour long intervals stretch</td>
</tr>
</tbody>
</table>

**Notes:**
Continue the above for 2-3 months. Then get more specialized training for a century ride or 25 mile time trial.
## Intermediate Cycling Log

<table>
<thead>
<tr>
<th>Week 7</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Long ride 2/3rds the distance you did on Saturday</td>
<td>Rest</td>
<td>Long ride, increasing mileage each week Start at 25 or 30 miles this week</td>
<td>One hour tempo ride Strength train</td>
<td>Same as Tuesday</td>
<td>One hour long intervals Strength train</td>
<td>Long ride at least 50 miles</td>
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<tr>
<th>Week 8</th>
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<tbody>
<tr>
<td></td>
<td>Long ride 2/3rds the distance you did on Saturday</td>
<td>Rest</td>
<td>Long ride, increasing your mileage by 5 miles over last Tuesday</td>
<td>One hour tempo ride Strength train</td>
<td>Same as Tuesday</td>
<td>One hour long intervals Strength train</td>
<td>Long ride at least 50 miles</td>
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<tr>
<th>Week 9</th>
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<tbody>
<tr>
<td></td>
<td>Long ride 2/3rds the distance you did on Saturday</td>
<td>Rest</td>
<td>Long ride, increasing your mileage by 5 miles over last Tuesday</td>
<td>One hour tempo ride Strength train</td>
<td>Same as Tuesday</td>
<td>One hour long intervals Strength train</td>
<td>Long ride at least 50 miles</td>
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<thead>
<tr>
<th>Week 10</th>
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<tbody>
<tr>
<td></td>
<td>Long ride 2/3rds the distance you did on Saturday</td>
<td>Rest</td>
<td>Long ride, increasing your mileage by 5 miles over last Tuesday</td>
<td>One hour tempo ride Strength train</td>
<td>One hour long interval</td>
<td>20 miles easy</td>
<td>20 miles easy</td>
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<tr>
<th>Week 11</th>
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</table>

## CENTURY RIDE

**CENTURY RIDE** (100 MILES)
<table>
<thead>
<tr>
<th>Week</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>7</td>
<td><strong>Fast group ride</strong> (up to 50 miles)</td>
<td>Rest</td>
<td>Increase tempo workout from 1 hour to 1½ hours</td>
<td>One long interval</td>
<td>Same as Tuesday</td>
<td>12.5 mile time trial, flat out with a 10 minute warm-up and 10 minute cool down</td>
<td>Longer ride or group ride (minimum of 30 miles)</td>
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<tr>
<td>8</td>
<td><strong>Fast group ride</strong> (up to 50 miles)</td>
<td>Rest</td>
<td>Increase tempo workout 1 ½ hours</td>
<td>One long interval</td>
<td>Same as Tuesday</td>
<td>12.5 mile time trial, flat out with a 10 minute warm-up and 10 minute cool down</td>
<td>Longer ride or group ride (minimum of 30 miles)</td>
</tr>
<tr>
<td>9</td>
<td><strong>Fast group ride</strong> (up to 50 miles)</td>
<td>Rest</td>
<td>Increase tempo workout 1 ½ hours</td>
<td>One long interval</td>
<td>Same as Tuesday</td>
<td>12.5 mile time trial, flat out with a 10 minute warm-up and 10 minute cool down</td>
<td>Longer ride or group ride (minimum of 30 miles)</td>
</tr>
<tr>
<td>10</td>
<td><strong>Fast group ride</strong> (up to 50 miles)</td>
<td>Rest</td>
<td>Increase tempo workout 1 ½ hours</td>
<td>One long interval</td>
<td>10 mile time trial flat out</td>
<td>20 miles easy</td>
<td>10 miles easy</td>
</tr>
<tr>
<td>11</td>
<td><strong>25 MILE TIME TRIAL</strong></td>
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</tbody>
</table>
ABS - 21  Knee Raise: Sitting

Tighten abdominals, and bend legs, pulling knees toward chest.
Do _2-3_ sets. Complete _10-15_ repetitions.

ABS - 29  Sit-Up (Medicine Ball)

Holding small medicine ball beyond head, tighten abdominals, sit up, touching ball to floor between feet.
Do _2-3_ sets. Complete _10-15_ repetitions.

COMBO - 2  Squat Supported / Side Raise

Raise dumbbells to side while rising.
Do _2-3_ sets. Complete _10-15_ repetitions.

LEGS: GLUTES / THIGHS - 4  Parallel Squat (Dumbbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.
Do _2-3_ sets. Complete _10-15_ repetitions.
LEGs: GLUTES / THIGHS - 13  Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.

Do ___ sets.
Complete ___ repetitions.

LEGs: CALVES - 4  Heel Raise: Standing (Dumbbell)

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.

Do ___ sets.
Complete ___ repetitions.

BACK - 1  Pullover (Dumbbell)

Pull dumbbell over chest, keeping elbows straight, trunk bridged. Do ___ sets. Complete ___ repetitions.

BACK - 6  Row: Reverse Grip (Dumbbell)

With feet staggered, arm supported, pull weight to side of chest, palm forward. Keep back straight.

Can also be modified for use with a chair or a standard bench.

Do ___ sets.
Complete ___ repetitions.
CYCLING STRENGTH TRAINING

CHEST - 6  Fly (Dumbbell)

Bring dumbbells toward midline, at chest level, using a hugging motion and maintaining bridge.


ARMS: BICEPS - 12  Curl: Sitting Single Arm, Concentration (Dumbbell)

Curl arm toward shoulder, bracing upper arm against inner thigh and keeping upper arm perpendicular to floor.


ARMS: TRICEPS - 8  Extension: Lying (Dumbbell)

Straighten arms, keeping upper arms perpendicular to floor.


SHOULDERS - 18  Rear Deltoid Raise: Sitting (Dumbbell)

Elbows slightly bent, palms in, raise arms to parallel with floor.

STRETCHING EXERCISES

HAMSTRINGS - Forward Bend

With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold for at least 15 seconds. Bend knees further to return to standing position.

HAMSTRINGS - Leg Raise

With hand behind hamstring, but not knee, gently pull leg forward until stretch is felt. Hold at least 15 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

UPPER LEG - Quadriceps

Pull heel toward buttocks and push the same side hip forward until stretch is felt in front of thigh. Hold at least 15 seconds. Repeat with other heel.

LOWER LEG - Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold at least 15 seconds. Repeat with other leg.
GROIN - Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outwards until stretch is felt. Hold at least 15 seconds.

GROIN - Thigh Adductors

With legs apart, slide hands forward until stretch is felt. Hold at least 15 seconds.

HIP OBLIQUE - External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold at least 15 seconds. Repeat with left leg over right.

HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.
ABDOMEN - Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold at least 15 seconds.

CHEST - Pectorals

With arms forming a T, lean forward until stretch is felt. Hold at least 15 seconds. Slide arms up to form a V and repeat the stretch.

LOWER BACK - Lumbar Rotators

Keeping back flat and feet together, rotate knees to one side. Hold at least 15 seconds. Repeat to other side.

LOWER BACK - Mid and Lower Extensors

With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.
**STRETCHING EXERCISES**

**ARMS - Triceps**

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold at least 15 seconds.

**ARMS - Biceps**

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold at least 15 seconds.

**SHOULDERS - Rotator Cuff**

Pull right arm down with left hand until stretch is felt. Hold at least 15 seconds. Repeat with other side.