



Hazon Ride Training Plan

This training plan will prepare you to finish the NY Ride feeling great and with plenty of energy to enjoy the post ride festivities and food! Each week of the training plan includes a combination of rides and other suggested activities, which you can complete in any order you like, however it suits your schedule. There are three main types of rides, *endurance*, *strength* and *intensity*, each of which trains different parts of your overall fitness. Including all of these elements in your training will have you finishing fast and fresh!

This training plan is written for a broad scope of riders. The most ambitious among you can use the entire 20 week plan as written, to train for the full 100 mile century ride. If you plan on riding the (relatively) shorter routes, you can adjust the dates and/or use the plan until you meet your distance goal, and then repeat some of the training weeks to maintain your fitness. If you are an experienced century rider, you may find that you want to add workouts and miles to this plan. If you would like a plan that is tailored specifically to your needs, you can contact coach Jenn Solomon at jennsolomon@gmail.com. Note: If you haven't been exercising regularly, please see your doctor for approval before starting this or any new fitness regimen.

Ride classifications and Terms:

Endurance: Endurance rides are the foundation of your training. It's pretty intuitive that if you want to be able to ride your bike for long distances, you have to practice riding long distances! The nice thing about endurance rides is that they're at a comfortable pace. You should be able to chat with a training partner while doing an endurance ride. Your rate of perceived exertion (RPE), on a scale from 1-10, should be anywhere from 3-5.

Strength: The strength rides can be completed in an hour. Strength rides include some long steady intervals, anywhere from 5-30 minutes long, at an RPE of 6-7. You should feel like you're putting constant pressure on the pedals and that it takes focus to keep yourself in your strength zone. You can still talk, but it's not easy to carry on a conversation. Between strength-zone intervals you can spin at a very light resistance or at your endurance ride pace. Some spin classes will provide an ideal strength workout.

Intensity: Intensity rides are the secret sauce! Intensity rides elevate your overall fitness. As your body adapts to the intensity training, you'll find that you can ride faster for the same amount of effort, even during your endurance rides. Pretty cool. Intensity rides can be completed in an hour. They typically include 4-6 short intervals, between 30 seconds and 2 minutes, at a high intensity. RPE during the intervals is 8-10. Between intervals, recover at an easy pace. Some spin classes will provide an ideal intensity workout.

Recovery:

RPE: Rate of Perceived Exertion. How hard it feels. Unlike heart rate monitors, which objectively track your effort, RPE is subjective. RPE has been shown to be a valid means of gauging effort during training. Remember, RPE is YOUR rate of perceived exertion.

- 0-1 No exertion. The only movement you're getting is pushing buttons on the remote.
- 2-3 Light exertion. This is how you should feel when you're warming up, cooling down, and stretching.
- 4-5 Medium exertion. You're breathing a little faster. Your heart is pumping a little faster. You're feeling a little warmer.
- 6-7 Moderate exertion. You're breathing pretty hard now, you're probably sweating. You can talk, but it's getting tougher.
- 8-9 Hard exertion. You're breathing really hard and you're not talking. You're wondering how long you can go on like this.
- 10 Hardest exertion. You can not keep this pace for more than a minute. Speaking is impossible. This is your limit.

RPM's: Rotations per minute. You're cadence; how fast you're pedaling. Some bike computers show your cadence automatically. For the rest of us, the easiest way to determine cadence is by counting our rotations. While pedaling, pick one leg and count each time your knee comes up, for 15 seconds. Multiply by 4. Getting accustomed to using a fast cadence (80+RPM's) is a great idea when you're training for distance. Higher cadences provide less resistance to your leg muscles, but provide more aerobic work, improving your cardiovascular fitness and getting you ready to ride longer distances.

Total time/approx. distance: Total time is the estimate of the overall training time that you put in each week. Approximate distance is an estimate of how many miles you will ride per week, based on riding about 12-13 mph during the first half of the plan, and closer to 15 mph as the distances increase to 40+ miles. Again, this plan is written for a broad scope of riders, so use the Total time/approx. distance as a guideline. Adjust as needed.

Week # 1**Total time/approx. distance: 2 hours, 25-30 miles**

Tip of the week: Always listen to your body. Any pain should be checked out by a doctor and treated by a physical therapist if necessary. Soreness may call for extra stretching and if you're very fatigued, put off a workout or scale it back.



Endurance Ride	Warm up with gentle spinning for 5-10 minutes, then keep the pace steady, in your endurance zone, RPE 3-5. If you're just getting started, aim for 30 minutes. If you're already active, ride up to an hour.	
Strength Ride	Warm up for at least 10 minutes. Then, during this hour long ride, include 2x 6 minute intervals at a Rate of Perceived Exertion (RPE) of 6. Recover for 10 minutes between intervals. Keep it at an easy or endurance pace for the remainder of the ride.	
Endurance Ride	Warm up with gentle spinning for 5-10 minutes, then keep the pace steady, in your endurance zone, RPE 3-5. If you're just getting started, aim for 30 minutes. If you're already active, ride up to an hour.	
Other	Be sure to do some stretching this week. Aim for 5-10 minutes following each ride. It's best to stretch when your muscles are warm and the blood is flowing. https://www.youtube.com/watch?v=DyWnfTp2JSc	

Week # 2**Total time/ approx. distance: 3 hours, 25-30 miles**

Tip of the week: Super important! Be sure to get a bike fitting. Most bike shops have someone on staff who is qualified to do bike fits. It's usually a good idea to call ahead and make an appointment. Bike fits are essential for keeping yourself comfortable in the saddle and the miles start to add up. When you have a proper fit you're also far less likely to injure your joints or strain muscles.



Endurance Ride	Warm up with gentle spinning for 5-10 minutes, then keep the pace steady, in your endurance zone, RPE 3-5. Ride from 45 minutes up to an hour.	
Strength Ride	Following a warm up of at least 10 minutes, include 2x8 minutes at an RPE of 6-7. Spin easily and gently for 5 minutes between intervals. Keep it at an easy or endurance pace for the remainder of the ride. 60 minutes total.	
Endurance Ride	Warm up with gentle spinning for 5-10 minutes, then keep the pace steady, in your endurance zone, RPE 3-5. Ride from 45 minutes up to an hour.	
Other	Yoga is a great way to add stretching and strengthening to your routine. Find a class or try some postures from these yoga for cyclists videos: https://www.youtube.com/watch?v=uhF5_Ds21TI https://www.youtube.com/watch?v=guTJ53FDnQs 30+ minutes	

Week # 3**Total time/distance: 3.5 hours, 30 miles**

Tip of the week: Learn to do the “ABC Quick Check” before each ride to make sure your bike is safe and in good working order. A is for air, B is for brakes, C is for Cassette, Chain and Cables and “Quick” is for quick release. Here’s a video: <https://www.youtube.com/watch?v=Hxhk2kgjBXM>



Endurance Ride	60 minutes, RPE 3-5	
Strength Ride	This week, during your hour-long strength ride, include 2x 10 minute intervals, at an RPE of 6-7. (Recover 5 minutes, spinning easily, between intervals.) We’re building your strength in small, steady increments. You can do this!	
Endurance Ride	60 minutes, RPE 3-5	
Other	Strength training will enhance your fitness, and decrease chances of injury. Here are some basic strengthening exercises that require only body weight resistance: https://www.youtube.com/watch?v=aVct9di8wIE Remember to stretch, too! https://www.youtube.com/watch?v=DyWnfTp2JSc 30+ minutes	

Week # 4**Total time/distance: 3 hours, 30 miles**

Tip of the week: Congratulations! You’ve made it through the first training block. This week we’ll scale the work back a bit and take a rest week. Training creates physiological stress in our bodies. When we rest following a block of training, our bodies adapt to that stress and get stronger.



Recover Ride	Go for an easy spin! Pedal lightly and enjoy the fresh air! While the resistance is very light, keep the cadence a little peppier than your usual, aiming for up to 90 RPMs. Ride 45 minutes to one hour, RPE 1-2.	
Strength Ride	Ride for 60 minutes at a recovery ride pace (RPE 1-2) with the exception of 3x 4 minutes at an RPE of 6-7. (Spin easily for 4 minutes between intervals.) We’re scaling back the overall duration and intensity this week, but we want to remind your body that we are in training! Put in a solid effort for the intervals. :-)	
Recovery Ride	Another easy peasy spin. Relax and enjoy the ride. 45-60 minutes.	
Other	Crosstrain: Choose an activity that you enjoy. Hiking, jogging, swimming... Aim for 60 minutes.	

Week #5**Total time/distance: 3.75 hours, 35-40 miles**

Tip of the week: Time for some positive affirmations! Write 2-3 affirmations on sticky notes and put them on your mirror or other spots where you're likely to see them often. Keep your affirmations positive and present. Some examples: "I ride smoothly," "I am powerful," "I love a challenge," "Hills are my friends," or "I am making the world a better place." Believe you can and you're half way there!



Endurance Ride	Ride 1.25 hrs. at an RPE of 3-5. Include 2x 5 minutes at a high cadence, aiming for 90-95 RPM, but keep the resistance low. You should continue to feel like you're working at an RPE of 3-5 during the intervals because the high cadence works your cardiovascular system, despite the low resistance. Ride at your comfortable cadence between intervals.	
Strength Ride	After a 10-15 minute warm up, ride your endurance pace (RPE 3-5) for 20 minutes. Ride easily for 5 minutes, then ride moderately hard, RPE 7, for 10 minutes. Finish the hour riding easily.	
Strength Ride	Today, include one hard 20 minute interval (RPE 7) in your hour-long ride. Working hard on the bike for a 20 minute interval takes some focus, but you'll finish feeling accomplished! Ride on the easier end of your endurance range (RPE 3) when you're warming up and cooling down.	
Other	Strength training! 30+ minutes. A class at a gym or these body-resistance exercises: https://www.youtube.com/watch?v=aVct9di8wIE	

Week #6**Total time/distance: 3.5 hours, 40 miles**

Tip of the week: Drink lots of water. Hydrate, cleanse. A great way to start your day is by drinking 18-20 oz of water before you eat breakfast. Some nutritionists suggest that you consume half your body weight in water, in ounces, daily. (For a 150 lb person, that would be 75 oz of water per day.) Others suggest that you drink to your thirst. Either way, remember to drink your water!



Endurance Ride	Ride 1.5 hrs. at an RPE of 3-5. Include 2x 5 minutes at a high cadence, aiming for 90-95 RPM, but keep the resistance low. You should continue to feel like you're working at an RPE of 3-5 during the intervals because the high cadence works your cardiovascular system, despite the low resistance. Ride at your comfortable cadence between intervals.	
Strength Ride	Warm up 10-15 minutes, then include 2x 12 minutes at an RPE of 6-7, with 5 minutes easy pedaling between. Ride at an RPE of 3-4 for the remainder of the ride.	
Intensity Ride	You've got some good training under your belt and your body is ready to test out some intensity. During this hour ride, keep your RPE in the 3-4 range, but include 2x 1 minute very hard (RPE 8-9!). You can do this on a hill if you like.	

Other	Continue with strength workouts! https://www.youtube.com/watch?v=aVct9di8wIE 30+ minutes	
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Week #7

Total time/distance: 3.75 hours /45-50 miles

Tip of the week: Hang in there! One more week of solid training before we enjoy a lighter rest week. Put in the effort and reap the benefits!



Strength Ride	Warm up, building to RPE 3-5 and then, during this hour ride, include 2 long, steady intervals, 12 minutes each at RPE 7. Recover 5 minutes between the intervals. Keep the remainder of the ride in your "endurance zone", RPE 3-5. Cool down 5 minutes.	
Intensity Ride	Building on the intensity we added last week: Ride at a comfortable and breezy pace, RPE 2-4, but include 5x 1 minute intervals HARD, with 3 minutes rest between intervals. Hill repeats work well for this workout.	
EnduranceRide	Ride for 1.75 hrs at RPE 3-5	
Other	Continue with strength workouts! https://www.youtube.com/watch?v=aVct9di8wIE 30+ minutes	

Week #8

Total time/distance: 3.5 hours/ 40 miles

Tip of the week: Rest week! Enjoy, and remember that your body adapts to all the hard work you've done while you're notching it down.



Recovery Ride	One hour, easy peasey breezy ride. Keep the cadence brisk, however, aiming for 90 RPM's.	
Strength Ride	Ride at an RPE of 3-4, but include 3x 6 minute intervals at RPE 6-7, with 5 minutes of rest between intervals.	
Recovery Ride	One hour, easy peasey breezy ride. This time you can choose a cadence that feels intuitive. Enjoy!	
Other	Crosstrain: Yoga, hike, swim... 30+ min	

Week #9**Total time/distance: 4.25 hours, 45-50 miles**

Tip of the week: Hopefully your legs are feeling fresh and you're ready to build towards the next level of fitness. We'll keep adding time and miles in manageable increments and before you know it, you'll be riding to your goal distance. This is a good time to revisit your positive affirmations (week 3). You can do it!



Endurance Ride	Ride for 1.75 hrs at RPE 3-5	
Strength Ride	Warm up for 10 minutes and then do 3x 10 minutes at an RPE of 6-7, recovering 5 minutes between intervals. Cool down for 5 minutes.	
Intensity Ride	Find a hill that is gradual or steep, but will take 2 minutes to climb. Ride the hill 5x, focusing on keeping the effort strong (RPE 8) the whole way through. Recover as you descend the hill for the next climb, 2-3 minutes. Ride the remainder of the ride at a comfortable pace.	
Other	Yoga or strength workout, 30+ minutes	

Week #10**Total time/distance: 4.5 hours, 50 miles**

Tip of the week: Congratulations! You are half way through the Hazon NY ride training plan! Way To Go! Keep up the great work. Let's learn a new skill and to take your cycling expertise to a new level: Learning how to change a flat tire can be a real confidence booster. Knowing that you have the skill to get yourself back on the road after getting a flat will make you feel powerful! Ask an experienced rider to teach you, or watch a video <https://www.youtube.com/watch?v=-ZbeR0mJBkk> and do a few tire changes in the safety of your living room to get comfortable with the process.



Endurance Ride	Ride 2 hours, about 25 miles, RPE 3-5.	
Strength Ride	Warm up for 10 minutes and then do 3x 10 minutes at an RPE of 6-7, recovering 5 minutes between intervals. Cool down for 5 minutes.	
Intensity Ride	If you can find a hill as long as 3 minutes, you can continue to do this week's intensity work on a hill. If not, a flat road will do. Do 5x 3 minutes at an RPE of 7-8, keeping the effort as consistently hard as you are can. Don't start too hard so that you'll have plenty of juice left for the last minute of the intervals!	
Other	Yoga or strength workout, 30+ minutes	

Week #11**Total time/distance: 5.5 hours, 60-70 miles**

Tip of the week: Let's take the positive affirmations one step further and do some visualization. Take a few moments and find a quiet and comfortable spot. Relax, breathe deeply, and visualize yourself riding confidently and successfully. Visualization is like any other practice, the more often you do it, the better you get at it. Add in as many details as you can: Getting dressed and ready for your ride, eating a healthy breakfast, checking your bike over, and, of course, riding. Visualize yourself riding flats and hills with a smile! :-)



Endurance Ride	Ride 2.5 hours, about 30 miles, at an RPE of 3-5.	
Strength Ride	Include 2x 15 minutes at RPE 6-7 during this hour long ride. Your legs should be pushing and working so that the effort feels "comfortably hard." Recover 5 minutes between the intervals and ride at a comfortable pace for warm up and cool down.	
Intensity Ride	Include 5x 3 minutes at an RPE of 7-8, keeping the effort as consistently hard as you are can. Don't start too hard so that you'll have plenty of juice left for the last minute of the intervals! Ride at a gentle pace but with a brisk cadence during your warm up and cool down.	
Other	Optional recovery or endurance ride: Ride "how you feel" for 60 minutes and enjoy.	

Week #12**Total time/distance: 4 hours/ 35 miles**

Tip of the week: Time for another rest week! If you haven't already done so, take your bike to the shop for professional servicing and a safety check. The miles are only increasing from here and we want to be sure that you're safe on the road and that your bike is working well.



Endurance Ride	Ride one hour at a comfortable pace, keeping your cadence brisk, aiming for 90 RPM.	
Strength Ride	Ride at a comfortable pace, RPE 3-4, but include 3x 6 minutes at an RPE of 6-7 (recovering 5 minutes between intervals) during this hour long ride.	
Recovery Ride	Ride one hour at a leisurely pace, enjoying the day and your ride.	
Other	Crosstrain: Yoga, walking, run, swim, rollerblade...happy summer! Have fun. 45-60 minutes	

Week #13**Total time/distance: 6 hours, 80 miles**

Tip of the week: Now that we're getting into some serious miles, remember "Rule #1": Don't start too hard. Resist the temptation to go hard at the beginning of your long ride. Ideally, you want to put out a consistent effort, and not "bonk" in the final hours of your ride. Again, Rule #1: DON'T START TOO HARD.



Endurance Ride	Ride 3 hours, about 40 miles, at an RPE of 3-5.	
Strength Ride	Include 2x 15 minutes at RPE 6-7 during this hour long ride. Your legs should be pushing and working so that the effort feels "comfortably hard." Recover 5 minutes between the intervals and ride at a comfortable pace for warm up and cool down.	
Intensity Ride	This workout is called "over-unders." You'll do two sets of 6x (30 seconds HARD, 30 seconds MEDIUM). Do these back to back to back until you reach the 6 minutes. Recover, peddling very lightly for 5 minutes between sets. Safety is always the priority. Don't worry about each interval being exactly 30 seconds---we don't want you looking a a watch or bike computer too often. A good practical way to do this workout is by picking landmarks, mailboxes or telephone poles and pedaling hard to a particular mark, medium to the next, etc.	
Other	Optional 60 minute recovery ride.	

Week #14**Total time/distance: 6.5 hours/ 85 miles**

Tip of the week: Distance cycling Rule #2: Fuel early and often. Drink your morning water and eat a healthy breakfast (don't over eat). Then aim to take in fluids and some simple carbs every 45-60 minutes while riding. Fruit or gels...whatever works for you. Frequency beats quantity as consuming large amounts of food while riding may cause stomach distress. Aim to drink one water bottle per hour, especially if it's hot. Again, Rule #2: FUEL EARLY AND OFTEN.



Endurance Ride	Ride 3.5 hours, about 50 miles, at an RPE of 3-5.	
Strength Ride	Warm up at a comfortable pace for 10 minutes and then complete 2x 20 minutes at an RPE of 6-7, with 5 minutes of recovery between intervals. Cool down for the final 5 minutes.	
Intensity Ride	Another over-under workout. Do two sets of 8x (30 seconds HARD, 30 seconds MEDIUM). Do these back to back to back until you reach the 8 minutes. Recover, peddling very lightly for 5 minutes between sets. Safety is always the priority. Don't worry about each interval being exactly 30 seconds---we don't want you looking a a watch or bike computer too often. A good practical way to do this workout is by picking landmarks, mailboxes or telephone poles and pedaling hard to a particular mark, medium to the next, etc.	

Other	Yoga or recovery ride, 60 minutes.	
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Week #15

Total time/distance: 7 hours, 90 miles

Tip of the week: Remember not to get too hung up on distances. Terrain, weather conditions and how you feel on a given day will affect how fast you ride. Put in the time on the bike, but if your miles don't add up to the suggested guidelines, don't fret. You'll be fine. :-)



Endurance Ride	Miles are building! Ride 4+ hours, about 60 miles, at a comfortable pace.	
Strength Ride	Warm up at a comfortable pace for 10 minutes and then complete 2x 20 minutes at an RPE of 6-7, with 5 minutes of recovery between intervals. Cool down for the final 5 minutes.	
Intensity Ride	Warm up 10 minutes easily, and continue to ride at an endurance pace, RPE 3-5, but include 5x 4 minutes at an RPE of 7-8.	
Other	Yoga or recovery ride, 60 minutes.	

Week #16

Total time/distance: 5-6 hours/ 60-70 miles

Tip of the week: This is the last rest week before our final training block. Put those feet up and get some R&R.



Endurance Ride	Ride 2.5-3 hours at a comfortable pace, RPE 3-5. 34-40 miles	
Strength Ride	Ride easily for an hour but include 3x 8 minutes at an RPE of 7-8. Recover 5 minutes between intervals.	
Recovery Ride	Ride 45-60 minutes at an easy peasy breezy pace.	
Other	Crosstrain: Your choice. Enjoy!	

Week #17**Total time/distance: 8 hours, 110 miles**

Tip of the week: With all the training you're putting in, be sure to get plenty of sleep. There are many challenges to getting the sleep we need, but we can take proactive steps to help ourselves get enough hours. Make an effort to keep your laptop and phone out of the bedroom, and start getting ready for bed a full hour before you want your head on the pillow. While we're still in the midst of the Shmita year, consider how you might apply the laws of smita to your life, in order to find some balance and get some rest. Check out this Huffpost article which features Hazon's own President, Nigel Savage: http://www.huffingtonpost.com/debra-nussbaum-cohen/shmita-jewish-sustainability-_b_5865444.html or the Hazon's website and shmita blog: <http://hazon.org/shmita-project/overview/> for inspiration.



Endurance Ride	Back in the saddle for a big ride. 5+ hours, about 75 miles. Remember to eat and drink, early and often.	
Strength Ride	Warm up at a comfortable pace for 10 minutes and then complete 2x 20 minutes at an RPE of 6-7, with 5 minutes of recovery between intervals. Cool down for the final 5 minutes.	
Intensity Ride	Hill repeats. Do 2 sets of (4x 1 minute) very hard. (RPE 8-9) Recover 2 minutes between intervals and 10 minutes between sets.	
Other	Yoga or recovery ride, 60 minutes.	

Week #18**Total time/distance: 9 hours, 120 miles**

Tip of the week: As we get into the longest training rides, practice being efficient at rest stops. Take care of business, and get back on the bike. Avoid letting those muscles cool down too much as it will make starting up again feel harder.



Endurance Ride	Ride 6+ hours, about 85 miles. You are on your way to 100!	
Strength Ride	Warm up at a comfortable pace for 10 minutes and then complete 2x 20 minutes at an RPE of 6-7, with 5 minutes of recovery between intervals. Cool down for the final 5 minutes.	
Intensity Ride	Warm up at a comfortable pace and then do 2x 4 minutes (RPE 8) and 2x 1 minute (RPE 8-9). Recover 5 minutes between intervals.	
Other	Yoga or recovery ride, 60 minutes.	

Week #19**Total time/distance: 9+ hours, 135 miles**

Tip of the week: Make this week's endurance ride your dress Rehearsal: This week, ride your goal distance or beyond. Confirm for yourself that you are capable (we knew it all along!) and go into your final rest week with great confidence.



Endurance Ride	Ride 6+ hours, aiming for your 100 mile goal. Take rests as you need, and remember to fuel early and often!	
Strength Ride	Mixing it up a bit for this last strength ride: During your hour, include 1x 20 minutes (RPE 6), 1x 10 minutes (RPE 6-7), and 1x 5 minutes (RPE 8). Recover 5 minutes between intervals.	
Intensity Ride	Take an extended warm up, riding at a comfortable pace, and then do 5x 4 minutes at an RPE of 7-8, working hard but consistently throughout the interval.	
Other	Yoga or recovery ride, 60 minutes.	

Week #20**Total time/approx. distance: 3 hours, 40 miles**

Tip of the week: Time to taper! Woo hoo! All of that hard work is in your legs and your lungs. This week will be extra light, so that your body is primed for the ride. Relax and enjoy. Take pride in your accomplishments, hold your head high and wear a smile on your face. It's time to enjoy the NY Ride weekend with your Hazon family. See you at Isabella Freedman!

Recovery Ride	Ride up to one hour, spinning with very light resistance. Keep your cadence brisk, aiming for 90 rpms. RPE less than or equal to 3.	
Recovery Ride	Ride up to one hour, spinning with very light resistance. Keep your cadence brisk, aiming for 90 rpms. RPE less than or equal to 3.	
Final Ride :-)	During this one hour ride, include 1x 10 minutes at an RPE of 6-7 and 2x 1 minute at an RPE of 8-10, to prime each of the systems. Keep the remainder of the ride at your recovery ride pace.	
Nap	Yes, treat yourself to a decadent nap at some point this week. Tell your family and friends that it's on your training schedule, so you have to do it. :)	