

A couple thoughts on making use of the Training Schedules:

As I've mentioned before, these is intended to be a *general guidelines*, not gospel! As you can see, the general idea is to increase weekly mileage over a certain period, with a period of "tapering" as we get closer to your event. ("Tapering" ensures that you arrive @ your ride recovered and refreshed and ready for the big day!) You'll also notice that every 4 weeks the weekly mileage actually drops off a bit to give your muscles a chance to recover. The premise is that you can get out 3 times a week, but don't hesitate to mess with that as well. The main goal is that you are comfortable with doing 75% of your total mileage goal 2-4 weeks before the ride, then you "taper" for the remainder of the time until the big day. Now...due to the time it takes for our bikes to get to the ride location, we'll be without them for a week or so prior to the ride. (For Death Valley anyway). Fear not! You can substitute off-road riding if you have a mountainbike, hiking, gym work or one of several alternatives. We can talk about that as the ride(s) approach.

By no means should you let this outline convince you to pass up a ride that doesn't seem to "fit in"! Rides w/ friends, commuting to work, riding to the beach or for ice cream.....these are all much too important to skip because you have to "train" that day. Just make sure that your weekly mileage is in the neighborhood of the plan and we'll make adjustments if needed as we get closer to the date of your ride.

As always.....feel free to contact me with any questions or concerns!

Happy Riding!