



# Training Guide for 2021 BFP ride to Mexico

Congrats on doing something epic!

Consistent/smart training is the best way to prep for the ride to Mexico. Not only will it make the ride weekend more enjoyable, you'll be contributing to your overall health and well-being. Stick with it. **Because the BFP ride is a group ride setting, your group is counting on you to get in shape for the big weekend....** Make it a priority these next 6 months. You'll be glad you did! If you have training questions, feel free to contact coach Charlie Boeyink at [charlie@cadencept.net](mailto:charlie@cadencept.net). If you still need to find a bike, connect with Ian Long [iclong@gmail.com](mailto:iclong@gmail.com) with 2FishGarage. Other options could be purchasing a used bike or borrowing a bike from a friend. Make sure the bike fits proper.

## **PHASE 1: July-August:** about 8 weeks

**Weeks 1-4..**Prep Phase: Get your bike tuned up with good tires and a clean chain/cassette. These first 3-4 weeks aim to get on the bike 1x/week. Aim for rides of 45-60 minutes. You don't have to ride hard, just ride. This phase is allowing your muscles, tendons, and bum to get used to the stresses of riding....especially if you haven't ridden a bike in a while ;-)

Tips:

- 1) Aim for a smooth pedal stroke
- 2) Keep your shoulders and neck relaxed
- 3) Get familiar with shifting the gears appropriately
- 4) With the AZ heat, aim to be finished riding by 7:30-8am. BFP does not recommend riding in middle of day, or when temps are 100 degrees +
- 5) KEY: remember to hydrate well with water and sports drink.

**Weeks 4-8:** You've had some time to get on the bike, now you can up the frequency a bit. Aim for 2-3 rides/week. The weekend ride should now be approaching 75-90 minutes. Do these rides at a controlled effort, aim to be close to goal speed for what you signed up for. Also get to

some group rides. This is a great way to practice riding in a pace line. **Your weekly mileage should be 40-50 miles**

## **PHASE 2: Sept-Oct: 8 weeks**

**Weeks 9-16:** Now you can start adding some more intensity. Ride 3x/week... For at least 1 ride this week of 1 hour do some short intervals or hill repeats. These efforts should be about 2-3 minutes in length and HARD. Get that HR up! For example, do 4-6 sets of 3 min hard, 3 min easy. This will help improve your fitness. The weekend rides should be getting gradually longer at 2-3 hours in length. Connect with your group leader. **Your weekly mileage should be 60-80 miles.** If you've been going at it consistently, its ok to take a "recovery week" and go a bit easy to rest the body.

Tips:

- 1) Work on using all your gears. Learning how and when to shift the gears is key in maintaining speed and climbing hills efficiently
- 2) Remember to fuel and hydrate properly on your longer rides. This will allow your body to handle the load. A good guideline is about 150-250 calories/hour depending on body size/type. Easily digestible carbohydrates are the best option (bars, gels, chews, sports drinks)
- 3) If getting out the door is tough, look into a bike trainer...they are a great option to get some indoor riding with binge watching Netflix ;-)

## **Phase 3: Nov-Dec: 8 weeks**

**Weeks 17-24:** All phases are key...this one is CRITICAL. Building up your mileage on the base you've already established is very important. Folks who skip this phase often end up having a tough time on ride weekend. No fun!

I recommend 3-4 rides/week in Nov and Dec. 1-2 rides during the week, 1 longer ride on weekend. In Dec, it's a good idea to occasionally do 2 rides on the weekend... getting used to riding back to back days. Weekend rides ideally would be with group and include a longer ride on Sat or Sun of at least 75-85 miles.

**Weekly mileage should be 90-100+ miles/week.**

## **Phase 4: Jan-Mid Feb: 6 weeks**

Weeks 25-32: Jan is still an important month to build. Continue to focus on 90-100 miles/week. Early Feb is a time to gradually ramp DOWN the mileage and let the body rest up and recover from all your hard training. Don't try to cram in training that you may have missed, that can lead to injury...especially if you are new to riding.

Tips this phase:

- 1) Mid-January is the best time to get the bike tuned up and cleaned up
- 2) Make sure you are practicing good hydration and nutrition DURING your longer rides. This will train your system to handle it during the big weekend.

### **Week of the ride:**

- 1) This week focus on good sleep/rest
- 2) This ISN'T the week to try and cram in training...that will leave you tired for Sat/Sun...no bueno
- 3) Go through your packing list and make sure you have all the required items

Again, congrats on doing something amazing! If you have training questions, feel free to contact coach Charlie Boeyink at [charlie@cadencept.net](mailto:charlie@cadencept.net)