



## 2018 Training Guide

This is a 9-week training guide designed for cyclists to prepare for the Ulman Cancer Fund's Key to Keys cycling experience. The first day begins on Monday, February 12<sup>th</sup>, 2018. The program is based around the progression of build up weeks, followed by a recovery week. Each recovery week is to prevent overtraining and burnout. Use the first few weeks of each phase to build up your fitness, so by the last week of each phase you are ready for the recovery. You will also see a "cross-train" day, where you can choose any other activity other than biking. See the cross-training section below for more workout ideas for cross-training days.

Prehabilitation exercises are strength exercises used to prevent injury by creating a strong core and posture. Prehab exercises can be performed as part of your morning routine, or as part of a warm up prior to your workout. There are three phases to progress you through your training program. Phase 1 should be completed 2-3 times per week throughout February; Phase 2 should be completed 2-3 times per week throughout March; and Phase 3 should be completed 2-3 times per week throughout April until send off (and can be continued throughout your trip!). You can do all of these exercises without equipment, so you won't have any excuses!

Not everyone will have all the terrain described in this training guide readily available, but make the effort to get as close as you can. If you do not have hills or have limited hills, you can shift to a harder gear and push a slower cadence (60-70 RPMs) with a hard effort for 3-5min bursts. We also understand that some riders will start this plan before they have their bicycles or when the weather outside is not conducive to riding. There are many ways to train for an event like this; however, the closer your workout resembles riding outside, the better. If you are forced to ride inside, we recommend setting up your bicycle on a trainer. If you cannot ride outside and do not have a trainer, we recommend working out on an exercise bike. If you are unable to exercise outside, inside on a trainer, or inside on an exercise bike, we recommend you perform another cardio workout like running. To convert cycling miles to running miles, divide by 4.

**RPM:** Revolutions per minute. This is also referred to as "cadence" or how fast your legs pedal. Proper pedal cadence is 85-100 RPMs. This seems fast for newer riders, but you will appreciate it once your fitness improves. Pedaling too slow uses more muscle power. A rider's cardio system recovers much faster than their muscle groups. Pedaling at a fast cadence will allow your cardio system to do more work and recover quicker - saving your leg muscles in the end. To learn how to count cadence please visit: <http://coachlevi.com/cycling/how-to-count-your-cadence/>

**Easy Ride:** Conversation pace. A rider should be able to talk to a friend without trouble.

**Tempo Ride:** A faster pace, but not so hard that a rider cannot maintain effort for a long period of time. A rider should still be able to hold a conversation even though a little winded.

**Hard Effort:** Heart rate is high, legs burn, and conversation is now limited to short sentence enhancers or hand gestures.

## [Training Schedule]

DATE	WORKOUT	WEEK PROGRESSION
<b>M 2/12</b>	Time: 1.5hrs OR Distance: 20 mile minimum Pace: Easy ride/conversation pace Terrain: Flat/rolling hills	<b>Week 1</b>
T 2/13	Cross-train	
W 2/14	Time: 1.5hrs OR Distance: 20 mile minimum Pace: Easy ride/conversation pace Terrain: Flat/rolling hills	
Th 2/15	Easy spin 30-45 min.	
F 2/16	REST	
Sa 2/17	Time: 2hrs OR Distance: 25 mile minimum Pace: 30 min warm up, 1 hr Easy Interval (work 5 mins, recover 15 mins, repeat), 30 min cool down Terrain: Flat	
Su 2/18	Time: 45min OR Distance: 5 mile minimum Pace: Recovery spin Terrain: Flat/Slight hills	
<b>M 2/19</b>	Time: 1.5hr OR Distance: 25 mile minimum Pace: Climb a hill 5x then finish mileage with a flatter spin Terrain: Hill repeats	<b>Week 2</b>
T 2/20	Cross-train	
W 2/21	Time: 1.5hr OR Distance: 25 mile minimum Pace: Tempo Terrain: Rolling flats	
Th 2/22	Easy spin 30-45 min.	
F 2/23	REST	
Sa 2/24	Time: 3hrs OR Distance: 35 mile minimum Pace min warm up, 1 hr Interval (work 5 mins, recover 15 mins, repeat), 30	

	min cool down Terrain: Your choice!	
Su 2/25	Time: 45min OR Distance: 5 mile minimum Pace: Recovery spin Terrain: Flat/Slight hills	
<b>M 2/26</b>	<b>K2K Indoor Cycling Training Class @ UA Performance Center/FX Studios in Baltimore, MD at 6:30p.m.</b>  (If you can't attend the group training class complete the following...) Time: 1.5hr OR Distance: 25 mile minimum Pace: Climb hill fast, recover down, repeat Terrain: Hill repeats	<b>Week 3</b>
T 2/27	Cross-train	
W 2/28	Time: 2.5hr OR Distance: 30 mile minimum Pace: Tempo Terrain: Rolling flats	
Th 3/1	Easy spin 40-50 min.	
F 3/2	REST	
Sa 3/3	Time: 3.5hrs OR Distance: 40 mile minimum Pace: Tempo/conversation pace Terrain: Your choice!	
Su 3/4	Time: 1hr OR Distance: 10 mile minimum Pace: Recovery spin Terrain: Flat/Slight hills	
<b>M 3/5</b>	Time: 1.5hr OR Distance: 25 mile minimum Pace: Climb hill fast, recover down, repeat Terrain: Hill repeats	<b>Week 4</b>
T 3/6	Cross-train	
W 3/7	Time: 2.5hr OR Distance: 30 mile minimum Pace: Tempo - try to keep pace but recover when needed Terrain: Rolling flats	

Th 3/8	Easy spin 40-50 min.	
F 3/9	REST	
Sa 3/10	Time: 3.5hrs OR Distance: 45 mile minimum Pace: Tempo/conversation pace Terrain: Your choice!	
Su 3/11	Time: 1hr OR Distance: 10 mile minimum Pace: Recovery spin Terrain: Flat/Slight hills	
<b>M 3/12</b>	Time: 1.5hr OR Distance: 20 mile minimum Pace: Easy Terrain: Flats	<b>Week 5</b>
T 3/13	REST	
W 3/14	Time: 1.5hr OR Distance: 20 mile minimum Pace: Tempo - conversation pace Terrain: Rolling flats - try to find 4 climbs	
Th 3/15	<b>K2K Indoor Cycling Training Class @ UA Performance Center/FX Studios in Baltimore, MD at 6:30p.m.</b>  (If you can't attend the group training class complete the following...) Easy spin 30-45 min.	
F 3/16	REST	
Sa 3/17	Time: 3hrs OR Distance: 40 mile minimum Pace: Tempo/conversation pace Terrain: Your choice!	
Su 3/18	Time: 1hr OR Distance: 10 mile minimum Pace: Recovery spin Terrain: Flat/Slight hills	
<b>M 3/19</b>	Time: 1.5hr OR Distance: 25 mile minimum Pace: Climb hill fast, recover down, repeat Terrain: Some hills	<b>Week 6</b>
T 3/20	Cross-train	
W 3/21	Time: 2hr OR Distance: 30 mile	

	minimum Pace: Tempo Terrain: Rolling flats	
Th 3/22	Easy spin 40-50 min.	
F 3/23	REST	
Sa 3/24	Time: 3.5hrs OR Distance: 45 mile minimum Pace: Tempo Terrain: Your choice!	
Su 3/25	<b>K2K Outdoor Ride/Lunch in Columbia, MD at 9:30 a.m.</b>  (If you can't attend the group training class complete the following...) Time: 1.5hr OR Distance: 15 mile minimum Pace: Recovery spin Terrain: Flat/Slight hills	
<b>M 3/26</b>	Time: 1.5hr OR Distance: 25 mile minimum Pace: Tempo Terrain: Some hills	<b>Week 7</b>
T 3/27	Cross-train	
W 3/28	Time: 2hr OR Distance: 30 mile minimum Pace: Tempo Terrain: Rolling flats	
Th 3/29	Easy spin 40-50 min.	
F 3/30	REST	
Sa 3/31	50-55 miles	50 miles is a required ride. Challenge yourself to go further!
Su 4/1	Time: 1.5hr OR Distance: 15 mile minimum Pace: Recovery spin Terrain: Flat/Slight hills	
<b>M 4/2</b>	Time: 1.5hr OR Distance: 25 mile minimum Pace: Tempo Terrain: Some hills	<b>Week 8</b>
T 4/3	Cross-train	
W 4/4	Time: 2hr OR Distance: 30 mile minimum Pace: Tempo Terrain: Rolling flats	

Th 4/5	Easy spin 40-50 min.	
F 4/6	REST	
Sa 4/7	Time: 4hrs OR Distance: 55 mile minimum Pace: Tempo Terrain: Your choice! Buddy ride!	
Su 4/8	Time: 1.5hr OR Distance: 15 mile minimum Pace: Recovery spin Terrain: Flat/Slight hills	
<b>M 4/9</b>	Time: 1.5hr OR Distance: 20 mile minimum Pace: Tempo Terrain: Flats	<b>Week 9</b>
T 4/10	REST	
W 4/11	Time: 2hr OR Distance: 25 mile minimum Pace: Tempo Terrain: Rolling flats	
Th 4/12	Easy spin 35-45 min.	
F 4/13	Travel to Baltimore for Sendoff Dinner	
Sa 4/14	Sendoff from Baltimore, MD – K2K 2018 Begins!	

## [Tips For Long Rides]

- Map out your course prior to getting on your bike, and always tell someone where you are going. Review your cycling safety guide beforehand, specifically hand signals, safely stopping, and how to avoid common collisions. These are rules to ride by!
- Use the first 5-10 miles for a warm up, and the last 5-10 miles for a cool down
- Remember the goal is to get from A to B [Key to Keys is not a race!]
- Shift your gears as needed. Visit <https://www.youtube.com/watch?v=bHxLQhQryZc> for helpful tips.
- Coast when needed, but try to pedal lightly when going downhill to keep your legs warm.
- Take breaks when needed. Try to aim for 1 break every 20-25 miles.
- Bring a riding buddy!
- Make sure you take plenty of food and water. You may want to bring an electrolyte drink.
- Bring some money for emergencies, or to refuel at rest stops.
- Always wear your safety triangle, helmet, and have your bike lights on!

# [Cross-Training Ideas]

## Bodyweight Circuits

### **WORKOUT 1**

Burpees	x30 sec
Jumping Jacks	x30 sec
Split Jumps	x30 sec
Mt. Climbers	x30 sec
Plank	x30 sec
Rest	x30 sec
Repeat 5 times AFAP	

### **WORKOUT 2**

V-UP	x15
Squat Jumps	x10
Plyo Push Up	x5
T-Y-I	x10ea
Russian Twist	x15
Repeat 5 times AFAP	

### **WORKOUT 3**

Bicycle	x100
Jump Rope	x1min
High Knees	x30sec
Plank	x1min
Superman	x30sec
Lat Squat	x1min
Good Mornings	x30sec
Toe Touches	x100
Repeat 5 times AFAP	

### **WORKOUT 4**

50 Pushups  
50 Squats  
50 Burpees  
50 Speed Step Ups  
Complete AFAP

### **WORKOUT 5**

10 Burpees  
20 MB Slams  
30 Pushups  
40 Lunges  
50 Lat Jumps  
Repeat 5 times AFAP



### **WORKOUT 6**

Burpees	x30s
Jumping Jacks	x30s
Split Squat Jumps	x30s
Mt. Climbers	x30s
Push Ups	x30s
Rest	x30s
Repeat x5 AFAP	

### **WORKOUT 7**

Quick Feet	x30s
High Knees	x30s
Squat Jumps	x30s
Tuck Jumps	x30s
Tricep Dips	x30s
Rest	x30s
Repeat x5 AFAP	

### **WORKOUT 8**

Upper body

- 50 burpees
- 50 inchworms
- 50 second plank
- 50 spider push ups
- 25 tricep dips
- 25 shoulder push up
- 25 second plank
- 25 floor lat pulls

### **WORKOUT 9**

Lower body

- 10 squats
- 20 lunges
- 30 goodmornings
- 40s wall sit
- 40 squats
- 30 lat lunges
- 20 bucks
- 10s SL wall sit

### **10-MINUTE WORKOUT**

4 exercises/4 rounds

First Round	60 seconds of each
Second Round	45 seconds of each
Third Round	30 seconds of each

Fourth Round	15 seconds of each
Exercises	Burpees
	Tricep dips
	BW Speed Squats
	Push-ups

### **7-MINUTE WORKOUT**

30 seconds each exercise, 10 second rest between each exercise

Jumping jacks  
 Wall sits  
 Push ups  
 Sit up  
 Step up (on chair, bed, stair, etc.)  
 BW Squat  
 Tricep dip  
 Plank  
 High knees  
 Lunge  
 Push up-rotation  
 Side plank R  
 Side plank L

### **Indoor Cardio Machine Workouts (treadmill/ERG/elliptical/etc.)**

#### **WORKOUT 1**

~30mins

3-5 minute warm up at low level/incline/resistance and speed  
 30 seconds @ 80rpm (low)  
 30 seconds @ 120rpm (high)  
 Increase level/incline  
 Repeat for 5 minutes, increasing level/incline after each round  
 60 seconds @ 80 rpm (low)  
 60 seconds @ 120rpm (high)  
 Repeat for 2 minutes, increasing level/incline after each round  
 30 seconds @ 100rpm (moderate)  
 30 seconds @ 140rpm (high)  
 Repeat for 2 minutes, increasing level/incline after each round  
 60 seconds @ 80rpm (low)  
 60 seconds @ 120rpm (high)  
 Repeat for 10 minutes, decreasing level/incline after each round  
 30 seconds @ 100rpm (moderate)  
 30 seconds @ 140rpm (high)  
 Repeat for 4 minutes, increasing level/incline after each round  
 2-3 minute cool down at low level/incline and speed

## **WORKOUT 2**

~20mins

3-5 minute warm up at low level/incline/speed

Speed:	Time:	Incline:	Active Rest (slow pace):
6	1min	2.5	2min
7	45s	2.5	1:30min
7.5	45s	5	1min
7.5	45s	5	1min
7.5	45s	5	1min
7.5	45s	5	1min
7.5	1min	5	1min
8	30s	7.5	45s
8	45s	7.5	30s
7	30s	6	30s
5	30s	3	30s

2-3 minute cool down at low level/incline and speed

## **WORKOUT 3**

~15-30mins

3-5 minute warm up at low level/incline/speed

Rest: 60-80rpm (easy speed, low incline/resistance)

Work: 140-170rpm (high speed, and/or increase incline/resistance for hill work)

Repeat 30 second bouts of rest then work for 5-15 minutes

Repeat 60 second bouts of rest then work for 5-10 minutes

2-3 minute cool down at low level/incline and speed

## **WORKOUT 4**

~15-20mins

3-5 minute warm up at low level/incline/speed

- 30sec @ 150rpm (moderate)
- 30sec @ 180rpm (hard)
- 30sec @ 150rpm (moderate)
- 30sec @ 180rpm (hard)
- 1 min @ 130rpm (moderate recovery)
- Repeat 4 times

2-3 minute cool down at low level/incline and speed

# [Prehab]

## **Injury Prevention Exercises**

Complete 2 sets of 5 reps of all exercises in the respective phase. Increase to 2 sets of 8 reps each when getting towards the end of each phase. Perform 2-3 times a week in the morning or before your workout.

You can find videos of exercises and educational articles at:

<http://www.coreperformance.com/knowledge/>

### **Phase 1 - February**

1. Shoulder Y-T-L face down/standing
2. Prayer Holds
3. Bird Dog - opposite arm/opposite leg
4. BW Squat
5. BW Goodmornings
6. Hip Firehydrant
7. Glute Bridge

### **Phase 2 - March**

1. Shoulder Y-T-L standing/stability ball
2. High plank to low plank
3. Bird Dog - Opposite Squares
4. SL balance - can add bosu ball
5. SL RDL
6. Hip Donkey Kick
7. Single leg Marching Buck

### **Additional - April**

1. Shoulder Y-T-L TRX/Plank
2. Front plank - Opposite arm/opposite leg hold
3. Bird Dog - same arm/leg
4. SL Squat
5. SL RDL on bosu
6. Standing hip Ab/Adduction with resistance (band, cable, etc.)
7. SL Buck with knee hold

## [Warm Ups/Cool Downs]

### WARM-UP EXAMPLES

1. Jog, bike, jump rope, etc. for 3-5 minutes
2. Jog 20 yards
3. Backpedal 20 yards
4. Shuffle 20 yards (flip half way)
5. Carioca 20 yards (flip half way)
6. Knee hugs+Elbow-to-instep+Hamstring Stretch 20 yards
7. Quad pulls+Reach 20 yards
8. Glute stretch to side lunge 20 yards (flip each rep)
9. Forward Lunge with Reach 20 yards
10. Under hurdles 20 yards
11. Over hurdles 20 yards
12. Ankle skips with arm swings 20 yards
13. Side Shuffle with arm swings 20 yards  
(Perform Prehab/Movement Prep then continue to 14)
14. A-skip for reps (flip half way)
15. Lateral A-skip for reps (flip half way)
16. Butt kicks for reps
17. High knees for reps
18. Stride fly ins - increasing speed
19. Sprint to deceleration stop

#### *Optional extra warm up stretching:*

- Hamstring stretch R/L/R/L 5 seconds each
- Quad stretch R/L/R/L 5 seconds each
- Glute stretch R/L/R/L 5 seconds each

### COOL DOWN EXAMPLES

1. Jog/bike 2-3 minutes
  2. Quad stretch 20 seconds each
  3. Lunge stretch 20 seconds each
  4. Hamstring stretch 20 seconds each (R/L/C)
  5. Siagon squat 20 seconds
  6. Hip flexor stretch 20 seconds each
  7. Glute stretch 20 seconds each
  8. Back stretch 20 seconds each
  9. Calf stretch 20 seconds each
  10. Stretch arms as needed
- \*End with foam roll