



## Tulsa Tough Gran Fondo Training Schedule

### Week 1

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:30 with 4x2 minutes Maximum Effort Intervals, 2 minutes recovery.
- Wednesday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Thursday – 1:45 with 2x10 minutes Climbing Intervals, 5 minutes recovery.
- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work
- Saturday – 50 miles/2:30 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 65 miles/3:45 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 10:30

### Week 2

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:30 with 4x3 minutes Maximum Effort Intervals, 3 minutes recovery.
- Wednesday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Thursday – 1:45 with 2x10 minutes Climbing Intervals, 5 minutes recovery.
- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work
- Saturday – 65 miles/3:15 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 80 miles/4:45 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 12:15



### Week 3

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:30 with 4x4 minutes Maximum Effort Intervals, 4 minutes recovery.
- Wednesday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Thursday – 1:45 with 2x10 minutes Climbing Intervals, 5 minutes recovery.
- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work
- Saturday – 75 miles/3:45 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 90 miles/5:30 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 13:30

### Week 4

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:00 “easy” endurance with a focus on high cadence.
- Wednesday – 1:15 with 3x4 minutes Maximum Effort Intervals, 4 minutes recovery.
- Thursday – 1:00 “easy” endurance.
- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Saturday – 35 miles/2:00 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 45 miles/2:45 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 8:00

### Week 5

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:15 with 2x15 minutes Threshold Intervals, 10 minutes recovery.
- Wednesday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Thursday – 1:15 with 30 minute Tempo/Over geared with a 30 second Cadence Acceleration every 5th minute.



- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work
- Saturday – 70 miles/3:30 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 85 miles/5:00 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 12:00

### Week 6

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Wednesday – 1:15 with 2x15 minutes Threshold Intervals, 10 minutes recovery
- Thursday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work
- Saturday – 80 miles/4:00 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 100 miles/6:00 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 13:15

### Week 7

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Wednesday – 1:20 with 2x20 minutes Threshold Intervals, 10 minutes recovery
- Thursday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work
- Saturday – 50 miles/2:30 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 70 miles/4:00 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 9:50



## Week 8

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Wednesday – 1:20 with 2x20 minutes Threshold Intervals, 10 minutes recovery
- Thursday – 1:00 “easy” endurance with a focus on maintaining high cadence.
- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work
- Saturday – 85 miles/4:15 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 110 miles/6:30 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 14:05

## Week 9

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:00 “easy” endurance with a focus on high cadence.
- Wednesday – Complete Day Off.
- Thursday – 1:00 “easy” endurance.
- Friday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Saturday – 35 miles/2:00 Steady group ride (approximate average speed you plan on maintaining on event day)
- Sunday – 45 miles/2:45 “easy” endurance (approximately 3 mph slower than Saturday’s ride)

Total: 6:45

## Week 10

- Monday – Complete Day Off Bike. Option of Flexibility and/or Strength Work.
- Tuesday – 1:00 with 1x15 minute Threshold Interval.
- Wednesday – Complete Day Off.
- Thursday – 1:00 “easy” endurance.



- Friday – Complete Day Off.
- Saturday - Saint Francis Tulsa Tough Gran Fondo, Saturday Gran Route. You've done the ave training. You're ready. Have a great ride and enjoy the experience!
- Sunday - Saint Francis Tulsa Tough Gran Fondo, Sunday Gran Route. Have another great ride today. After yesterday's effort you will need to start eating and drinking early and often to maintain glycogen levels and hydration.

Total: 11:45

### Training Notes:

Saturday Group Rides: A critical element of completing your “fondo” rides successfully is being able to ride safely and efficiently in a group. The faster your goal time is the more important this becomes. The Saturday group rides are designed to give you an opportunity to practice riding in a group and riding at your target pace for the “fondo”. These group rides should be cooperative efforts where everyone in the group riding to enhance the group’s performance, not attacking each other to see who can drop who or to see who is the strongest. Find or organize your own group of riders with similar goals and around similar ability. Take turns “pulling” on the front and resting in the draft and focus on maintaining an even steady work “flow” throughout the ride and resist the temptation to start out too fast and not be able to maintain your effort throughout the ride. Successfully completing the longer “Fondos” is correlated with being able to finish strong over the final few hours of the ride, and this ability needs to be trained; these group rides are the ideal rides to train this ability. For this training schedule I have assumed a 20 mph average speed for these rides – adjust this according to your own goals.

Sunday Rides: By design these are easy rides. They should be ridden at an easier pace/intensity than the Saturday rides. By all means do this ride as a group as well but do not ride as hard as you ride the Saturday ride. This ride develops the aerobic endurance necessary for the completion of the “fondo” rides. Ride, socialize, and practice eating and drinking on the bike.

Steady State Efforts: These are short efforts at around your current “threshold” intensity. If you train with heart rate or power use your current threshold value with a range of +/- 5%. If you do not use either of these devices, your perceived effort should be about 80-85% of maximum – a good steady hard effort but finishing feeling like you could go harder if you needed to, breathing is deeper and heavier but still under control. This workout is about developing efficiency and so it is better to perform intervals on the lower side of the intensity range rather than too hard; this is NOT a maximum effort workout. These efforts should be ridden at your “natural” cadence to + 10 rpm. If you are aware that you need to increase your “natural” cadence this is a good workout to work on this.

“Easy” Endurance: These rides are performed at an intensity that is perceived as easy in general (typically Zone 2 if you use heart rate or power zones). You won’t stay in zone the complete ride as hills, wind, etc. will lead to straying out of zone, and if you are in a group there will be times you are drafting you may be under zone, but the overall perceived effort of the ride is easy and you average heart rate/power at the end of the ride should fall in that “endurance” zone or zone 2. The short mid week rides are an opportunity to work on developing a higher cadence as well as providing some recovery between interval days so it is important not to ride these too hard.

Maximum Effort Intervals: These are as the name suggests maximum efforts that you can sustain for the time



period stated for the intervals. Heart rate will be 90% + of maximum (or 105% + of Threshold) and if you use power you will perform these at 110% + of your threshold power. If you are using “perceived effort” these are all out efforts. These intervals will increase your ability to ride at higher intensity. Recovery from these can take several days so definitely do not ride any scheduled “easy” days between these workouts too hard or you may find you are not able to perform the next scheduled interval day at the required intensity.

**Climbing Intervals:** Perform these at the same intensity as the Steady State Efforts but at a slightly lower cadence to develop some muscular endurance. You can perform these on a hill if you have one nearby that is long enough or on a trainer with high resistance/over geared. Focus on your pedaling mechanics and maintaining a relaxed upper body while performing these efforts.

**Threshold Intervals:** Same intensity as the Steady State efforts, but maintained for longer duration. These also present an opportunity to continue to refine your cadence; if you want to continue to work on muscular endurance the you can over gear these and ride at a lower cadence, or if you are working on increasing your “natural” cadence or if your legs are fatigued from previous days of riding, you can ride these at a slightly higher cadence than what is your “natural” cadence.

**Tempo/Over geared with Cadence Accelerations:** Ride at a steady intensity slightly under your Threshold Interval intensity (80-90% of threshold heart rate or power) and slightly over geared. Every 5th minute accelerate out of the saddle without shifting gears to increase cadence by 10-25 rpm and hold for 30 seconds before resuming Tempo effort and cadence.

