



## TRAINING FOR THE WHITNEY CLASSIC

The key to finishing the Whitney Classic is to be properly prepared. Guts will take you just so far, and then cramps and fatigue will set in. There is no substitute for proper training!!

The following is a suggested training schedule. Use it only as a guide. Listen to your body as each person responds differently to physical training. This schedule is based on the premise that you have a cycling mileage base of 65-80 miles per week during the months of May and June. If you do not, do not let this discourage you from training for the Whitney Classic. Start with your current mileage base and increase it by 10-15 percent per week and then decrease the total mileage during the 4th, 8th, and 12th week by 40 percent. This decrease will let your muscular system rest while still becoming stronger. Since this ride has three demanding long climbs, and the entire ride is generally uphill, it is suggested that 30-40 percent of your mileage include long hill rides or at least hill repeats.

If you follow a schedule like the example on the following page, that slowly increases mileage over a 13 week period to one 100 mile ride, and three 110-120 mile rides that include hills, you should finish with relative ease! Remember the most important ride is the long one each week. If you do not have time to do this many miles, do as much as you can, and then go for it!!

This schedule is based on three rides per week. If you have time to do more riding, include intervals and anaerobic threshold rides. If you are not familiar with this type of training, an excellent resource that will explain these is: [Training for Cycling](#) by Davis Phinney and Connie Carpenter from Perigree Books. Also check out [www.bicycling.com](http://www.bicycling.com) and go to TRAINING CENTER for more training ideas. If you have more time available, try to include a total body strength workout once or twice per week. This is especially good for riders over 50. Be sure to always do abdominal exercises to stretch and strengthen the lower back as those long climbs will demand strong flexible lower back muscles.



## SAMPLE TRAINING SCHEDULE

<u>Week 1</u> Tu. 20 miles Thur. 20 miles Sat. 50 miles Total 90 miles	<u>Week 2</u> Tu. 20 miles Thur. 25 miles Sat. 60 miles Total 105 miles	<u>Week 3</u> Tu. 20 miles Thur. 30 miles Sat. 70 miles Total 120 miles	<u>Week 4</u> Tu. 15 mi. easy Th. 15 mi easy Sat. 40 mi easy Total 70 miles
<u>Week 5</u> Tue. 30 miles Thur. 40 miles Sat. 85 miles Total 155 miles	<u>Week 6</u> Tue. 30 miles Thur. 45 miles Sat. 90 miles Total 165 miles	<u>Week 7</u> Tue. 30 miles Thur. 50 miles Sat. 100 miles Total 180 miles	<u>Week 8</u> Tu. 20 mi easy Th. 30 mi easy Sat. 58 mi. easy Total 108 miles
<u>Week 9</u> Tue. 40 miles Thur. 50 miles Sat. 110 miles Total 200 miles	<u>Week 10</u> Tue. 40 miles Thur. 50 miles Sat. 120 miles Total 210 miles	<u>Week 11</u> Tue. 40 miles Thur. 50 miles Sat. 120 miles Total 210 miles	<u>Week 12</u> Tu. 30 mi easy Th. 30 mi easy Sat. 66 mi easy Total 126 miles
<u>Week 13</u> Tue. 25 miles Thur. 25 miles Friday 10-15 miles			

## TEAM TRAINING

Team members will need to identify the particular section(s) and total distance of the course they will be riding and to adapt the training schedule to reflect the total miles that will be ridden. It is important to train for the terrain that your section will cover, e.g. hills, flats, or just downhill.

It is also very important to support the team members once your portion of the ride is over. This ride is very deceptive and can become very discouraging, if you do not have the **support of all the team members** during the entire ride.