

BOOMER'S LEGACY

"GIVING YOUR ALL"

Train to ride at your best, no matter how challenging the event.

Your 10-week basic training plan starts here!

MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK ONE						TOTAL HOURS : 8
Off*	1 hour Endurance Pace*	1.5 hr. overall Endurance Pace	1.5 hr. Endurance Pace	0.5 hr. Recovery Pace	2 hr.	1.5 hr. Endurance Pace
WEEK TWO						TOTAL HOURS : 9
Off*	1.5 hr. overall Endurance Pace	1 hr. Endurance Pace	1.5 hr. overall Endurance Pace	0.5 hr. Recovery Pace	3 hr.	1.5 hr. Endurance Pace
WEEK THREE						TOTAL HOURS : 9
Off*	1.5 hr. overall Endurance Pace	1 hr. Endurance Pace	1.5 hr. overall Endurance Pace	0.5 hr. Recovery Pace	3 hr.	1.5 hr. Endurance Pace
WEEK FOUR						TOTAL HOURS : 6.5
Off*	Off*	0.5 hr. Recovery Pace	1.5 hr. overall Endurance Pace	0.5 hr. Recovery Pace	3 hr.	1 hr. Endurance Pace
WEEK FIVE						TOTAL HOURS : 10
Off*	1.5 hr. overall Endurance Pace+	1 hr. Recovery Pace	1.5 hr. overall Endurance Pace	0.5 hr. Recovery Pace	4 hr.	1.5 hr. Endurance Pace
WEEK SIX						TOTAL HOURS : 10.5
Off*	1.5 hr. overall Endurance Pace+	1 hr. Recovery Pace	1.5 hr. overall Endurance Pace+	0.5 hr. Recovery Pace	4 hr.	2 hr. Endurance Pace
WEEK SEVEN						TOTAL HOURS : 11.5
Off*	1.5 hr. overall Endurance Pace+	1 hr. Recovery Pace	1.5 hr. overall Endurance Pace	0.5 hr. Recovery Pace	5 hr.	2 hr. Endurance Pace
WEEK EIGHT						TOTAL HOURS : 8.5

Off* Off*		1 hr. Recovery Pace	1.5 hr. overall Endurance Pace	0.5 hr. Recovery Pace	4 hr.	1.5 hr. Endurance Pace
WEEK NINE				TOTAL HOURS : 8.5		
Off*	1.5 hr. Endurance Pace	1.5 hr. overall Endurance Pace	1 hr. Recovery Pace	0.5 hr. Recovery Pace	3 hr.	1 hr. Endurance Pace
WEEK TEN						
Off*	1 hr. Endurance Pace	1.5 hr. overall Endurance Pace	0.5 hr. Recovery Pace	0.5 hr. Recovery Pace		

*Off: Take a break from riding; do some other form of exercise such as weight work or yoga.