



## YOUR 12-WEEK TRAINING PLAN

You should dedicate three days a week to training, ideally on an every-other-day schedule (Tuesday, Thursday and Saturday, for example), reserving the weekend for your longest rides. Use the days in between to rest or cross-train with strength training to build power, cardio to develop stamina or Pilates or Yoga.

### WEEK 1

Day 1: **EZ** 20 min  
Day 2: Strength train legs + core  
Day 3: **LONG** 25%

### WEEK 2

Day 1: **MOD** 30 min  
Day 2: Strength train legs + core  
Day 3: **LONG** 30%

### WEEK 3

Day 1: **EZ** 30 min  
Day 2: **MOD** 30 min  
Day 3: **LONG** 35%

### WEEK 4

Day 1: **MOD** 40 min  
Day 2: **EZ** 35 min  
Day 3: **LONG** 40%

### WEEK 5

Day 1: **EZ** 45 min  
Day 2: **MOD** 40 min  
Day 3: **LONG** 45%

### WEEK 6

Day 1: **MOD** 45 min  
Day 2: **EZ** 45 min  
Day 3: **LONG** 50%

### WEEK 7

Day 1: **MOD** 50 min  
Day 2: **EZ** 55 min  
Day 3: **LONG** 60%

### WEEK 8

Day 1: **EZ** 60 min  
Day 2: **MOD** 40 min  
Day 3: **LONG** 60%

### WEEK 9

Day 1: **EZ** 70 min  
Day 2: **MOD** 45 min  
Day 3: **LONG** 65%

### WEEK 10

Day 1: **MOD** 70 min  
Day 2: **EZ** 60 min  
Day 3: **LONG** 70%

### WEEK 11

Day 1: **MOD** 30 min  
Day 2: **EZ** 45 min  
Day 3: **LONG** 75%

### WEEK 12

Day 1: **EZ** 30 min  
Day 2: **EZ** 30 min  
Day 3: **LONG** 80%

#### KEY

**EZ** = Easy ride on a mostly flat course outside or on an indoor trainer or stationary bike. Use a small gear.

**MOD** = Moderate ride on a hilly course, or shifting between big and small gears on an indoor trainer.

**LONG** = An endurance ride on a diverse terrain. Aim to do all your long rides outdoors to get in "saddle time." Calculate the length of your ride based on your Tour's distance (that is, if your Tour route is 50 miles, your first long ride of 25% should be 12.5 miles).