

RIDER TOOLKIT



USACycling.org



YOUR RIDER TOOLKIT

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YOUR BIKE CHECKLIST

by USA Cycling Certified Coach, Michael Sayers

Getting into cycling can be a bit overwhelming. Cycling is crowded with so many different bike, clothing, and accessory brands, it can be tough to figure out which way to go even before you do your first ride. The following is a list of some of the most important factors to take into account so you can prioritize your budget and get on the road sooner and in more comfort.

1. THE BIKE:

Today's bikes have come a long way and are packed with technology. There is no need to spend \$5000 on a new bike. There are plenty of bikes in the \$1500 range which are excellent values for the performance and reliability they provide. Key areas to focus on are components: SRAM and Shimano produce quality, mid-range group sets for every type of riding. Both companies use a lot of research and development to provide excellent performance at an economical pricing.

2. BIKE FIT:

To some, spending \$200/\$300 on a professional bike fit might seem over the top, but the key to riding well is riding in comfort. A professional bike fitter has the tools and knowledge to provide you with a solid bike set up which will give you a platform for success. Bike fits can also eliminate any chance of injury or even overcome nagging injuries you may currently be suffering. It is an investment in your comfort which will lead to a great riding experience.

3. SADDLE:

Many times, the first question I get from people is how do you sit on those small saddles. Saddle technology, via design and materials, has come so far over the last 5 years, it has almost revolutionized cycling. The saddle is your key contact point to your bike, and the right saddle is the foundation of comfort and performance. Your local bike fitter can help you choose the correct saddle for your body type, and the investment could make all the difference between good days out on the road and bad days.

4. CLOTHING:

Cycling clothing is an investment and often the first place people try and "save" money. Cycling clothing companies spend a ton of time and money on R&D and it shows in performance and wear. A quality set of bib shorts will not only fit like a tailored suit, but will last for years. Most club clothing is built to last for less than a full season and will cost you \$100/\$125 per piece, but a quality set of bib shorts will last 3 or 4 seasons and can be worn almost every day. Quality bibs and jerseys wear like a second skin not a worn out bath towel.



"Having the right bike for your goals will give you confidence in your training and racing."

*- Jose Alcala,
USA Cycling Certified Mechanic*



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5. FLAT REPAIR KIT:

Nothing is more frustrating or a bigger waste of time than getting a flat and not having the proper tools or knowledge to repair it. Invest in a quality saddle bag and load it with 2 tubes or tubeless tire plugs, tire irons, tube patches, a small multi tool, CO2s (if you don't have a hand pump) and \$5. A well stocked saddle bag in conjunction with a simple bike maintenance course from a local shop, will get you back on the road in no time flat.

6. BIKE LIGHTS:

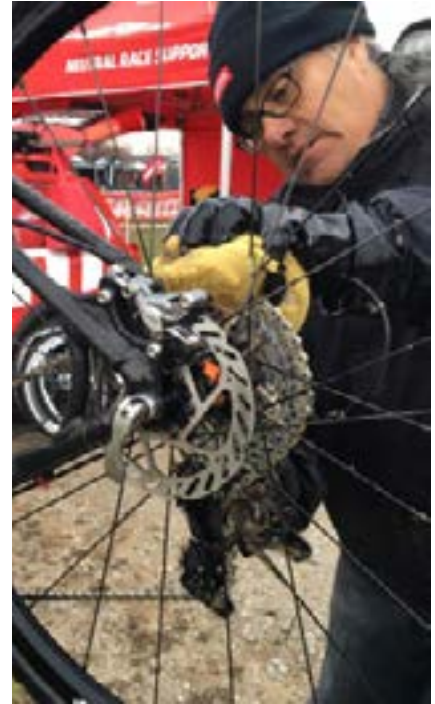
With more cars and bikes sharing the road, visibility is key. Therefore, a red tail light will ensure cars see you both in the day and in the twilight hours. Most lights today are rechargeable and super affordable. Ensure cars can see you with a quality light on both the front and rear of your bike.

7. COACHING:

Depending on what your cycling goals are, investing in a coach or an online training program, could be the path to your ultimate success. Coaches are not just for professional riders, and coaching is not just about building workouts. An experienced coach can give you insight and advise on numerous subjects influencing your riding. They can also help you build a plan to prepare for a ride or event, and maybe even more importantly, develop in-event strategies such as hydration and nutrition plans, pacing strategies and even event selection. A coach or coaching plan could be seen as a luxury item, but it could also be the final touch on you reaching your cycling goals, even if that goal is completing your local training loop.

8. EVERYTHING ELSE:

Quality helmet, quality sunscreen, quality shoes are the small detail items that can make every ride you do the best ride of the week. All of these items also offer safety features that are important out on the road.



“Go to your local bike shop for advice and regular maintenance, attending clinics to learn how to fix flats and ask your fellow riders about your bike and your training. The cycling community always helps fellow riders.”

*- Jose Alcala,
USA Cycling Certified Mechanic*



HOW TO USE YOUR TRAINING PLAN

Prepared by USA Cycling Level 2 Coach Sage Maaranen

HOW TO USE YOUR USA CYCLING TRAINING PLAN

Reading a Workout

Warmup- Warmup is critical! It slowly increases the heart rate and blood flow to muscles, loosens joints, and gently stretches the muscles before working them, which helps prevent injury.

Drills- Drills are like broccoli. You may not like them, but they're good for you! Drills are great for activating and strengthening muscles before use. They help in injury prevention and in the long term they will help improve form.

Main Set- this is the meat and potatoes of a workout. Decoding them can be tricky.

Example:

- > 2x15min Z3 ride, 5min Z2 recovery
This means you will ride in Zone 3 for 15 min, then in Zone 2 for 5 min. The "2x" at the beginning indicates you will do this 20min segment (15min work followed by 5min recovery) twice.
- > Warmdown- Warmdown aids in recovery. If you want to be able to move in the morning, warm down! Finish up with light stretching.

Missed Sessions

If you miss one or more training sessions, don't try to cram them in with other workouts on a different day- that can compromise the integrity of the scheduled workout. Make a comment in Training Peaks as to what happened. For interval work or long days that are building weekly, bump that session to replace the one scheduled the following week. Remember, there's no cramming fitness!

Try to complete all workouts, but be kind to yourself when an occasional miss happens. One missed session will not make or break your season.

Perceived Effort, Heart Rate & Pace Zones

The level of intensity is manipulated in training to create fitness adaptations in various metabolic systems. Heart rate and power are great tools for setting and monitoring these intensity zones, but rate of perceived effort, or your sense of how "hard" an effort is, is also a great gauge. If you choose to use a power meter or heart rate monitor, there are many sources available online to test and designate training zones.

"Aside from building fitness to race 100-200 mile gravel events, the biggest benefit to focused training with a coach is that my recovery time has been significantly minimized. I'm no longer crushed in the days following a big ride."

*- Kelly Clarke
Product Manager, Clubs and Membership, USA Cycling*





HOW TO USE YOUR TRAINING PLAN

Prepared by USA Cycling Level 2 Coach Sage Maaranen

HOW TO USE YOUR USA CYCLING TRAINING PLAN continued

Rate of Perceived Effort:

Rate of Perceived Effort (RPE) is frequently used on different scales. For ease, the scale in this training plan uses a scale of 1-10.

The Zones:

> Zone 1- Recovery Zone

Rate of Perceived Effort (RPE) is <5. Should feel very easy, almost guilt-inducing! Zone 1 is great for recovery after a harder interval, or for an entire recovery session as movement at an easy pace can help develop economy.

> Zone 2- Aerobic Endurance

RPE is in the 5-7 range. Pace and effort feels very easy at the beginning, but if held for a long duration becomes more and more challenging. If running or cycling at this effort, it should be easy to hold a conversation.

Many athletes have a hard time with the idea of training slow on purpose. But some really cool stuff happens during aerobic training. It helps increase stroke volume (the amount of blood pumped per beat), aerobic enzymes, mitochondria, and capillarization. To learn more about the benefits of aerobic training, check out online resources.

> Zone 3- Tempo

RPE is 7-8, conversation is difficult to hold.

> Zone 4-Lactate Threshold

RPE 8-9. A tough effort. Legs and lungs are burning! It would be difficult to hold this pace for more than an hour.

On workouts with Z4 intervals less than 5min, rely on perceived effort and pace rather than heart rate as there is a delay before heart rate rises.

> Zone 5- Anaerobic

RPE 10. These efforts can help boost aerobic capacity (VO₂max), economy, and anaerobic threshold. In racing, this zone can be used to make short, big pushes. Intervals are short (if you can hold the effort for more than 5-6 minutes, you are under the target effort) with rest periods equal to the work interval.

On workouts with shorter intervals, it will take heart rate a while to catch up. On these intervals, rely on perceived effort and pace rather than heart rate.





NEW RIDER TRAINING PLAN

30 MILE TRAINING PLAN

Prepared by USA Cycling Level 2 Coach Sage Maaranen

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rest Day	<u>Foundation Ride</u> 5mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.	<u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Find an empty parking lot to practice clipping in and out, looking over your shoulder while riding in a straight line and grabbing your water bottle.	Rest Day	<u>Foundation Ride</u> 5mi ride at a an easy Z2 effort. Try to keep cadence high, roughly 90rpm. <u>Or Easy Cross-Training</u> Eg. Yoga, hiking, swimming	<u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Find an empty parking lot to practice hand signals for riding on the road, making right and left turns, and grabbing snacks, etc. from your pocket. <u>Or Rest Day</u>	<u>Long Ride- 10mi</u> Warmup- 10min easy spinning, gradually increasing effort to Z2. Ride for a total of 10mi, shooting for average effort to be in Z2.
WEEK 2	Rest Day	<u>Foundation Ride</u> 7mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm	<u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Find an empty parking lot to practice making big to small spirals, slow riding to practice balance, and begin adding speed to your cornering practice.	Rest Day	<u>Foundation Ride</u> 7mi ride at a an easy Z2 effort. Try to keep cadence high, roughly 90rpm <u>Or Easy Cross-Training</u> Eg. Yoga, hiking, swimming	<u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Recruit a friend and practice riding behind one another. Focus on making your movements predictable so that the rider behind you can anticipate your actions. To make this fun, try playing Follow the Leader in an empty parking lot. <u>Or Rest Day</u>	<u>Long Ride- 15mi</u> Warmup- 10min easy spinning, gradually increasing effort to Z2. Ride for a total of 15mi, shooting for average effort to be in Z2.
WEEK 3	Rest Day	<u>Foundation Ride</u> 10mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm	<u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Find an empty parking lot to practice making fluid figure eights, and repeat any other skills you've found challenging.	Rest Day	<u>Foundation Ride</u> 10mi ride at a an easy Z2 effort. Try to keep cadence high, roughly 90rpm <u>Or Easy Cross-Training</u> Eg. Yoga, hiking, swimming	<u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Recruit a friend and practice riding behind one another. Focus on making your movements predictable so that the rider behind you can anticipate your actions. To make this fun, try playing Follow the Leader in an empty parking lot. This week, challenge your comfort zone with proximity to the rider ahead. <u>Or Rest Day</u>	<u>Long Ride- 15mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill. Ride for a total of 15mi, shooting for average effort to be in Z2.



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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 4	<p>Recovery Week (reduced volume to promote recovery)</p> <p>Rest Day</p>	<p><u>Foundation Ride</u> 7mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p>	<p><u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Today work on pedal stroke. There are tons of great drills out there. A few are: *Single-leg pedaling *Shifting focus through each part of the pedal stroke so that the power is even the whole time</p>	Rest Day	<p><u>Foundation Ride</u> 7mi ride at a an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p> <p><u>Or Easy Cross-Training</u> Eg. Yoga, hiking, swimming</p>	<p>Bonus Rest Day</p>	<p><u>Long Ride- 12mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 12mi, shooting for average effort to be in Z2.</p>
WEEK 5	Rest Day	<p><u>Tempo Ride 2x10</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x10min Z3, 5min recoveries</p> <p>Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 10mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p>	Rest Day	<p><u>Group Ride or Threshold Ride 2x5:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x5min Z4, 5min recoveries</p> <p>Warmdown- 10-20min easy</p>	<p><u>Foundation Ride</u> 10mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p> <p><u>Or Easy Cross-Train</u> Eg. Yoga, hiking, swimming</p> <p><u>Or Rest Day</u></p>	<p><u>Long Ride- 25mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 25mi, shooting for average effort to be in Z2.</p>
WEEK 6	Rest Day	<p><u>Tempo Ride 2x15</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x15min Z3, 5min recoveries</p> <p>Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 15mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p>	Rest Day	<p><u>Group Ride or Threshold Ride 2x6:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x6min Z4, 5min recoveries</p> <p>Warmdown- 10-20min easy</p>	<p><u>Foundation Ride</u> 15mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p> <p><u>Or Easy Cross-Train</u> Eg. Yoga, hiking, swimming</p> <p><u>Or Rest Day</u></p>	<p><u>Long Ride- 30mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 30mi, shooting for average effort to be in Z2.</p>
WEEK 7	Rest Day	<p><u>Tempo Ride 2x20</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x20min Z3, 5min recoveries</p> <p>Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 15-20mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p>	Rest Day	<p><u>Group Ride or Threshold Ride 3x5:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 3x5min Z4, 5min recoveries</p> <p>Warmdown- 10-20min easy</p>	<p><u>Foundation Ride</u> 15-20mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p> <p><u>Or Easy Cross-Train</u> Eg. Yoga, hiking, swimming</p> <p><u>Or Rest Day</u></p>	<p><u>Long Ride- 30-35mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 30-35mi, shooting for average effort to be in Z2.</p>



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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 8	Recovery Week Rest Day	<u>Foundation Ride with 1x10 Tempo</u> 1hr ride. At any point in the ride, include 1x10min Z3. Be sure to warmup and warmdown.	<u>Foundation Ride</u> 12-15mi ride at an easy Z2 effort. Option to practice skills and drills in an empty parking lot.	Rest Day	<u>Foundation Ride with 1x10 Tempo</u> 1hr ride. At any point in the ride, include 1x10min Z3. Be sure to warmup and warmdown.	Bonus Rest Day or Easy Cross-Train	<u>Long Ride- 20mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Option to add of include drills. Ride for a total of 20mi., shooting for average effort to be in Z2.
WEEK 9	Peak Week! Rest Day	<u>Threshold Ride 3x5:</u> Warmup- 15min gradually increasing pace and effort Set- 3x5min Z4, 5min recoveries Warmdown- 10-20min easy	<u>Foundation Ride w/ 1x10 Tempo</u> 15-18mi ride. Keep effort at Z2, except include 1x10min Z3.	Rest Day	<u>Threshold Ride 2x5:</u> Warmup- 15min gradually increasing pace and effort Set- 2x5min Z4, 5min recoveries Warmdown- 10-20min easy	<u>Foundation Ride w/ 1x10 Tempo</u> 15mi ride. Keep effort at Z2, except include 1x10min Z3. <u>Or Easy Cross-Train</u> Eg. Yoga, hiking, swimming <u>Or Rest Day</u>	<u>Long Ride- 20mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill. Ride for a total of 20mi, shooting for average effort to be in Z2.
WEEK 10	Race Week! Rest Day	<u>Threshold Ride 1x5:</u> Warmup- 15min gradually increasing pace and effort Set- 1x5min Z4, 5min recovery 20min Z2 Warmdown- 10min easy	<u>Foundation Ride w/ 1x10 Tempo</u> 12-15mi ride. Keep effort at Z2, except include 1x10min Z3.	Rest Day	<u>Tune-Up Ride</u> Warmup- 15min gradually increasing pace and effort Set- 2x5min build as 3min Z3, 2min Z4. 5min recoveries. Warmdown-10min	RACE DAY!!! If you have the opportunity, warmup! It's a great idea to include a few bursts of speed as well. Example: 10-15min easy spin, 5min build across Z3, finishing in Z4 with final 10 sec at sprint. Easy spin to race start.	Celebrate!!! Celebrate your victories and ignore your inner critic until mid-next week when you're rested enough to think reasonably. Today is about victories only!



NEW RIDER TRAINING PLAN

60 MILE TRAINING PLAN

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rest Day	<u>Foundation Ride</u> 10mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.	<u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Find an empty parking lot to practice clipping in and out, looking over your shoulder while riding in a straight line and grabbing your water bottle.	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<u>Foundation Ride</u> 10mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.	<u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Find an empty parking lot to practice clipping in and out without looking at your feet, practice hand signals for riding on the road, making right and left turns, and grabbing snacks, etc. from your pocket and opening them. <u>Or Strength Work</u> <u>Or Rest Day</u>	<u>Long Ride- 15-18mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill. Ride for a total of 15-18mi, shooting for average effort to be in Z2.
WEEK 2	Rest Day	<u>Tempo Ride 2x10</u> Warmup- 15min gradually increasing pace and effort Set—2x10min Z3, 5min recoveries Warmdown- 10min easy spin	<u>Foundation Ride</u> 10mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<u>Foundation Ride</u> 10-15mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.	<u>Foundation or Tempo Ride 1x15</u> Warmup- 10min easy spin followed by skills work. Find an empty parking lot to practice making big to small spirals, slow riding to practice balance, and begin adding speed to your cornering practice. Ride for 30min-1hr. Option to include 1x15 Z3. Be sure to include a warmdown. <u>Or Strength Work</u> <u>Or Rest Day</u>	<u>Long Ride- 20mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill. Ride for a total of 20mi, shooting for average effort to be in Z2.
WEEK 3	Rest Day	<u>Tempo Ride 2x15</u> Warmup- 15min gradually increasing pace and effort Set—2x15min Z3, 5min recoveries Warmdown- 10min easy spin	<u>Foundation Ride</u> 15mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<u>Group Ride or Threshold Ride 2x5:</u> Warmup- 15min gradually increasing pace and effort Set- 2x5min Z4, 5min recoveries Warmdown- 10-20min easy	<u>Foundation</u> Warmup- 10min easy spin followed by skills work. Find an empty parking lot to practice making fluid figure eights, and repeat any other skills you've found challenging.. Ride for 30min-1hr. Be sure to include a warmdown. <u>Or Strength Work</u> <u>Or Rest Day</u>	<u>Long Ride- 25mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill. Ride for a total of 25mi, shooting for average effort to be in Z2.



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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 4	<p>Recovery Week</p> <p>Rest Day</p>	<p><u>Foundation Ride with 1x10 Tempo</u> 1hr ride. At any point in the ride, include 1x10min Z3. Be sure to warmup and warmdown.</p>	<p><u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Recruit a friend and practice riding behind one another. Focus on making your movements predictable so that the rider behind you can anticipate your actions. To make this fun, try playing Follow the Leader in an empty parking lot.</p>	<p>Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)</p>	<p><u>Foundation Ride with 1x10 Tempo</u> 1hr ride. At any point in the ride, include 1x10min Z3. Be sure to warmup and warmdown.</p>	<p><u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Recruit a friend and practice riding behind one another. Focus on making your movements predictable so that the rider behind you can anticipate your actions. To make this fun, try playing Follow the Leader in an empty parking lot. This week, challenge your comfort zone with proximity to the rider ahead.</p> <p><u>Or Rest Day</u></p>	<p><u>Foundation Ride</u> 15-20mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>
WEEK 5	<p>Rest Day</p>	<p><u>Tempo Ride 2x20</u> Warmup- 15min gradually increasing pace and effort Set- 2x20min Z3, 5min recoveries. If your event will include longer climbs, it's a great idea to do these tempo intervals on hills. Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 20mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	<p>Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)</p>	<p><u>Group Ride or Threshold Ride 2x6:</u> Warmup- 15min gradually increasing pace and effort Set- 2x6min Z4, 5min recoveries Warmdown- 10-20min easy</p>	<p><u>Foundation & Skills Ride</u> Warmup- 10min easy spin followed by skills work. Find an empty parking lot Today work on pedal stroke. There are tons of great drills out there. A few are: *Single-leg pedaling *Shifting focus through each part of the pedal stroke so that the power is even the whole time. Ride for a total of 1hr. Be sure to include a warmdown. <u>Or Strength Work</u> <u>Or Rest Day</u></p>	<p><u>Long Ride- 35mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill. Ride for a total of 35mi, shooting for average effort to be in Z2.</p>
WEEK 6	<p>Rest Day</p>	<p><u>Tempo Ride 1x30</u> WarmUp- 20 min gradually increasing pace and effort. Include 6x30-sec 1-leg drills. Main Set- 1x30 min Z3 30min Z2. If your event will include longer climbs, it's a great idea to do these tempo intervals on hills. Warmdown- 10 min gradually reducing pace and effort to Z1.</p>	<p><u>Foundation Ride</u> 20-30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	<p>Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)</p>	<p><u>Group Ride or Threshold Ride 3x5:</u> Warmup- 15min gradually increasing pace and effort Set- 3x5min Z4, 5min recoveries. If your event will include climbing, these threshold intervals would make great hill repeats. Do the work intervals uphill, descend to starting point as recovery. Warmdown- 10-20min easy</p>	<p><u>Foundation & Skills Ride</u> Warmup- 10min easy spin followed by skills addressing any personal weaknesses. Ride for a total of 1-1.5hrs. Be sure to include a warmdown. <u>Or Strength Work</u> <u>Or Rest Day</u></p>	<p><u>Long Ride- 45-50mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill. Ride for a total of 45-50mi, shooting for average effort to be in Z2.</p>



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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 7	Rest Day	<p><u>Tempo Ride 3x20</u> WarmUp- 20 min gradually increasing pace and effort. Include 6x30-sec 1-leg drills.</p> <p>Main Set- 3x20 min Z3; 5-min Z1 recoveries. Option to alternate high and low cadence on each set. If your event will include longer climbs, it's a great idea to do these tempo intervals on hills.</p> <p>Warmdown- 10 min gradually reducing pace and effort to Z1.</p>	<p><u>Foundation Ride</u> 20-30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Group Ride or Threshold Ride 2x8:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x8min Z4, 5min recoveries.</p> <p>If your event will include climbing, these threshold intervals would make great hill repeats. Do the work intervals uphill, descend to starting point as recovery.</p> <p>Warmdown- 10-20min easy</p>	<p><u>Foundation & Skills Ride</u> Warmup- 10min easy spin followed by skills addressing any personal weaknesses.</p> <p>Ride for a total of 1-1.5hrs. Be sure to include a warmdown.</p> <p><u>Or Strength Work</u> <u>Or Rest Day</u></p>	<p><u>Long Ride- 55-60mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 55-60mi, or for the anticipated time duration of your event. (You will ride faster in your event if you ride in a pack.) Shoot for average effort to be in Z2.</p>
WEEK 8	Recovery Week Rest Day	<p><u>Foundation Ride with 1x15 Tempo</u> 1hr ride. At any point in the ride, include 1x15min Z3. Be sure to warmup and warmdown.</p>	<p><u>Foundation Ride</u> 20mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Foundation Ride with 1x15 Tempo</u> 1hr ride. At any point in the ride, include 1x15min Z3. Be sure to warmup and warmdown.</p>	Bonus Rest Day or Easy Cross-Training	<p><u>Foundation Ride</u> 35-40mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>
WEEK 9	Peak Week! Rest Day	<p><u>Threshold Ride 3x5:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 3x5min Z4, 5min recoveries</p> <p>Warmdown- 10-20min easy</p>	<p><u>Foundation Ride w/ 1x15 Tempo</u> 25mi ride. Keep effort at Z2, except include 1x15min Z3.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Threshold Ride 2x5:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x5min Z4, 5min recoveries</p> <p>Warmdown- 10-20min easy</p>	<p><u>Foundation Ride w/ 1x15 Tempo</u> 25mi ride. Keep effort at Z2, except include 1x15min Z3.</p> <p><u>Or Rest Day</u></p>	<p><u>Long Ride- 45mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 45mi, shooting for average effort to be in Z2.</p>
WEEK 10	Race Week! Rest Day	<p><u>Threshold Ride 1x5:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 1x5min Z4, 5min recovery 20min Z2</p> <p>Warmdown- 10min easy</p>	<p><u>Foundation Ride w/ 1x10 Tempo</u> 15-20mi ride. Keep effort at Z2, except include 1x10min Z3.</p>	Rest Day	<p><u>Tune-Up Ride</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x5min build as 3min Z3, 2min Z4. 5min recoveries.</p> <p>Warmdown-10min</p>	<p>RACE DAY!!! If you have the opportunity, warmup! It's a great idea to include a few bursts of speed as well.</p> <p>Example: 10-15min easy spin, 5min build across Z3, finishing in Z4 with final 10 sec at sprint. Easy spin to race start.</p>	<p>Celebrate!!! Celebrate your victories and ignore your inner critic until mid-next week when you're rested enough to think reasonably. Today is about victories only!</p>



NEW RIDER TRAINING PLAN

100 MILE TRAINING PLAN

Prepared by USA Cycling Level 2 Coach Sage Maaranen

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rest Day	<p><u>Tempo Ride 2x10</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x10min Z3, 5min recoveries</p> <p>Warmdown- 10min easy spin</p>	<p><u>Easy Spin + drills</u> Spin around and have fun for 1-1.5hrs. Find an empty parking lot to practice clipping in and out, looking over your shoulder while riding in a straight line and grabbing your water bottle.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Foundation Ride</u> 15-20mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	<p><u>Easy Spin + drills</u> Spin around and have fun for 1hr. Find an empty parking lot to practice hand signals for riding on the road, making right and left turns, and grabbing snacks, etc. from your pocket.</p> <p><u>Or Strength Work</u> <u>Or Easy Cross-Train</u> (Eg. Yoga, hiking, swimming) <u>Or Rest Day</u></p>	<p><u>Long Ride- 40mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 15-18mi, shooting for average effort to be in Z2.</p>
WEEK 2	Rest Day	<p><u>Tempo Ride 2x15</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x15min Z3, 5min recoveries</p> <p>Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 20-25mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Foundation Ride</u> 20-25mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	<p><u>Easy Spin + drills</u> Spin around and have fun for 1hr. Recruit a friend and practice riding behind one another. Focus on making your movements predictable so that the rider behind you can anticipate your actions. To make this fun, try playing Follow the Leader in an empty parking lot.</p> <p><u>Or Strength Work</u> <u>Or Easy Cross-Train</u> (Eg. Yoga, hiking, swimming) <u>Or Rest Day</u></p>	<p><u>Long Ride- 50mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 50mi, shooting for average effort to be in Z2.</p>
WEEK 3	Rest Day	<p><u>Tempo Ride 2x20</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x20min Z3, 5min recoveries. If your event will include longer climbs, it's a great idea to do these tempo intervals on hills.</p> <p>Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 25mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Group Ride or Tempo Climbs 2x15</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- On a hill, 2x15min climbs in Z3, recover on descent back to start. If you live in an area where hills are hard to find, put your bike in a big gear, pedal with slow cadence, and sit up tall.</p> <p>Warmdown- 10min easy spin</p>	<p><u>Easy Spin + drills</u> Spin around and have fun for 1hr. Recruit a friend and practice riding behind one another. Focus on making your movements predictable so that the rider behind you can anticipate your actions. To make this fun, try playing Follow the Leader in an empty parking lot. This week, challenge your comfort zone with proximity to the rider ahead.</p> <p><u>Or Strength Work</u> <u>Or Easy Cross-Train</u> (Eg. Yoga, hiking, swimming) <u>Or Rest Day</u></p>	<p><u>Long Ride- 60mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 60mi, shooting for average effort to be in Z2.</p>



NEW RIDER TRAINING PLAN

100 MILE TRAINING PLAN

Prepared by USA Cycling Level 2 Coach Sage Maaranen

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 4	<p>Recovery Week</p> <p>Rest Day</p>	<p><u>Foundation Ride with 1x10 Tempo</u> 1hr ride. At any point in the ride, include 1x10min Z3. Be sure to warmup and warmdown.</p>	<p><u>Easy Spin + drills</u> Spin around and have fun for 30min-1hr. Recruit a friend and practice riding behind one another. Focus on making your movements predictable so that the rider behind you can anticipate your actions. To make this fun, try playing Follow the Leader in an empty parking lot.</p>	<p>Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)</p>	<p><u>Foundation Ride with 1x10 Tempo</u> 1hr ride. At any point in the ride, include 1x10min Z3. Be sure to warmup and warmdown.</p>	<p>Bonus Rest Day</p>	<p><u>Foundation Ride</u> 30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>
WEEK 5	<p>Rest Day</p>	<p><u>Tempo Ride 1x30</u> WarmUp- 20 min gradually increasing pace and effort. Include 6x30-sec 1-leg drills.</p> <p>Main Set- 1x30 min Z3 30min Z2. If your event will include longer climbs, it's a great idea to do these tempo intervals on hills.</p> <p>Warmdown- 10 min gradually reducing pace and effort to Z1.</p>	<p><u>Foundation Ride</u> 25-30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	<p>Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)</p>	<p><u>Group Ride or Tempo Climb 4x10</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- On a hill, 4x10min climbs in Z3, recover on descent back to start. If you live in an area where hills are hard to find, put your bike in a big gear, pedal with slow cadence, and sit up tall.</p> <p>Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p> <p><u>Or Strength Work</u> <u>Or Easy Cross-Train</u> (Eg. Yoga, hiking, swimming) <u>Or Rest Day</u></p>	<p><u>Long Ride- 70mi</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 70mi, shooting for average effort to be in Z2.</p>
WEEK 6	<p>Rest Day</p>	<p><u>Tempo Ride 3x20</u> WarmUp- 20 min gradually increasing pace and effort. Include 6x30-sec 1-leg drills.</p> <p>Main Set- 3x20 min Z3; 5-min Z1 recoveries. Option to alternate high and low cadence on each set.</p> <p>If your event will include longer climbs, it's a great idea to do these tempo intervals on hills.</p> <p>Warmdown- 10 min gradually reducing pace and effort to Z1.</p>	<p><u>Foundation Ride</u> 30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	<p>Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)</p>	<p><u>Group Ride or Tempo Climb 3x15</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- On a hill, 3x15min climbs in Z3, recover on descent back to start.</p> <p>If you live in an area where hills are hard to find, put your bike in a big gear, pedal with slow cadence, and sit up tall.</p> <p>Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p> <p><u>Or Strength Work</u> <u>Or Easy Cross-Train</u> (Eg. Yoga, hiking, swimming) <u>Or Rest Day</u></p>	<p><u>Long Ride- 80-85</u> Ideally on terrain similar to your race course: Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 80-85mi, shooting for average effort to be in Z2.</p>



NEW RIDER TRAINING PLAN

100 MILE TRAINING PLAN

Prepared by USA Cycling Level 2 Coach Sage Maaranen

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 7	Rest Day	<p><u>Tempo Ride 2x30</u> WarmUp- 20 min gradually increasing pace and effort. Include 6x30-sec 1-leg drills.</p> <p>Main Set- 2x30 min Z3; 5-min Z1 recoveries</p> <p>Warmdown- 10 min gradually reducing pace and effort to Z1.</p>	<p><u>Foundation Ride</u> 30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Group Ride or Tempo Climb 2x20</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- On a hill, 2x20min climbs in Z3, recover on descent back to start.</p> <p>If you live in an area where hills are hard to find, put your bike in a big gear, pedal with slow cadence, and sit up tall.</p> <p>Warmdown- 10min easy spin</p>	<p><u>Foundation Ride</u> 30mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm</p> <p><u>Or Strength Work Or Easy Cross-Train</u> (Eg. Yoga, hiking, swimming) <u>Or Rest Day</u></p>	<p><u>Long Ride- 90-100mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 90-100mi, or for the anticipated time duration of your event. (You will ride faster in your event if you ride in a pack.) Shoot for average effort to be in Z2.</p>
WEEK 8	Recovery Week Rest Day	<p><u>Foundation Ride with 1x15 Tempo</u> 1-1.5hr ride. At any point in the ride, include 1x15min Z3. Be sure to warmup and warmdown.</p>	<p><u>Foundation Ride</u> 25mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Foundation Ride with 1x15 Tempo</u> 1hr ride. At any point in the ride, include 1x15min Z3. Be sure to warmup and warmdown.</p>	Bonus Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Foundation Ride</u> 50mi ride at an easy Z2 effort. Try to keep cadence high, roughly 90rpm.</p>
WEEK 9	Peak Week! Rest Day	<p><u>Threshold Ride 3x5:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 3x5min Z4, 5min recoveries</p> <p>Warmdown- 10-20min easy</p>	<p><u>Foundation Ride w/ 1x15 Tempo</u> 25mi ride. Keep effort at Z2, except include 1x15min Z3.</p>	Rest Day or Easy Cross-Train (Eg. Yoga, hiking, swimming)	<p><u>Threshold Ride 2x5:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x5min Z4, 5min recoveries</p> <p>Warmdown- 10-20min easy</p>	<p><u>Foundation Ride w/ 1x15 Tempo</u> 25mi ride. Keep effort at Z2, except include 1x15min Z3.</p> <p><u>Or Rest Day</u></p>	<p><u>Long Ride- 45mi</u> Ideally on terrain similar to your race course:</p> <p>Warmup- 10min easy spinning, gradually increasing effort to Z2. Include 4x30sec 1-legged pedaling drill.</p> <p>Ride for a total of 45mi, shooting for average effort to be in Z2.</p>
WEEK 10	Race Week! Rest Day	<p><u>Threshold Ride 1x5:</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 1x5min Z4, 5min recovery 20min Z2</p> <p>Warmdown- 10min easy</p>	<p><u>Foundation Ride w/ 1x10 Tempo</u> 15-20mi ride. Keep effort at Z2, except include 1x10min Z3.</p>	Rest Day	<p><u>Tune-Up Ride</u> Warmup- 15min gradually increasing pace and effort</p> <p>Set- 2x5min build as 3min Z3, 2min Z4. 5min recoveries.</p> <p>Warmdown-10min</p>	<p>RACE DAY!!! If you have the opportunity, warmup! It's a great idea to include a few bursts of speed as well.</p> <p>Example: 10-15min easy spin, 5min build across Z3, finishing in Z4 with final 10 sec at sprint. Easy spin to race start.</p>	<p>Celebrate!!! Celebrate your victories and ignore your inner critic until mid-next week when you're rested enough to think reasonably. Today is about victories only!</p>



WEEK BEFORE YOUR EVENT

by USA Cycling Certified Coach, Michael Sayers

Most of us who ride, plan on participating in some kind of organized event. These could be as simple as a local, weekly, endurance training ride or something as logistically complicated as a multi day gravel event.

No matter what type of event you have planned, it can all be ruined in the blink of an eye if you are not prepared. Details are the lube which makes the whole event run smooth.

Here is a list of “to do’s” you can work through in the week prior to your event.

1. The Bike: Take your bike to your local mechanic and have them give it a quick tune up. Professional riders have their bikes meticulously looked at after every race. Even though the bike is a pretty simple machine, most of the time, small issues may not be discovered unless the bike has a full mechanical test by an experienced mechanic. What is the point of all the physical preparation if your chain breaks during the event and puts you on the sidelines. It is amazing how things which were fine on the Tuesday training ride can fail during the event.

2. Wheels: Your primary point of contact with the road are your wheels, so a fresh set of tires, can exponentially cut down on your chance of flatting. In addition, if you run tubeless tires, having those checked and refilled with sealant could save your day.

3. Travel: If you are traveling to an event, spending some time going through the logistics, one final time, could relieve a ton of stress. Double check any reservations you might have; hotel/car/shuttle. Do a pre-search of the area around the hotel and see if you can find a choice of restaurants or even a grocery store. If coffee is important to you, find a quality local brew near your hotel. These little details can add to your overall experience and allow you to just focus on the event.

4. Maps: Do some mapping of ride routes and directions to the event start or registration. If you do this several days before you leave, it will take it off your plate and give you a sense of familiarity and confidence. Using resources like Google Maps, Strava and Google Earth can be life savers. You could even go old school and call the local bike shop for suggestions.





WEEK BEFORE YOUR EVENT

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5. Get a Massage: The training is done, now freshen up for the event. Visit a local massage therapist to tune up the body after you have picked up your bike from the local mechanic.

6. Double Check Event Entry: It's not a bad idea to find the email confirmation you got from the event organizer several months ago to ensure all the information is correct and in order.

7. The Small Stuff: If you have gone big, and are going overseas to an event, here are some small things that could literally save your trip. Go to the dentist because a bad tooth does not like flying. Get any health medications in order. Make copies of your passport and put them in your bags. Back up your computer. Buy extra stuff like tires, tubes, bottles and chain lube.



“A week before a major event, I focus on making sure I’m recovered and have my race day details finalized. A massage is key during this time but so is studying maps, course profiles and making sure all of my bike gear is ready.”

*- Chris Blevins,
2019 USA Cycling MTB National
Champion (Short Track)*



YOUR EVENT CHECKLIST

by USA Cycling Certified Coach, Lora Popolizio

THE NIGHT BEFORE

By now, the majority of the work is done. The training is complete. The bike is tuned and ready. You've chosen your gear, nutrition, hydration, and every other detail.

In addition to getting a good night's sleep, you just have a little double checking left to do. I like to clean my entire bike as a matter of ritual and because cleaning it is the best way to discover small, overlooked issues, plus it helps me to focus.

Do the following steps:

- m Clean chain and wipe down bike, checking for any issues with the cables, shifters, tires.
- m Plug in Di2, lights, and computer if you plan use them. Make sure you have fresh batteries in your power meter, if you have one.
- m If you are planning to have turn by turn directions on your computer, make sure they are correctly loaded.
- m Check your flat kit and make sure it is fully stocked
- m Affix your number and/or timing chip if one is provided ahead of time. If one has not been provided beforehand, leave time to do this at the venue.
- m Pack your nutrition. Fill your bottles and put them in the fridge. Don't forget to grab them in the morning!
- m Load the location into a GPS and get an accurate travel time estimate. Figure out where you will need to park. Know ahead of time if you will need to check in or just show up at the starting line. Make sure you leave extra time as mistakes are made when you rush.
- m Re-read the athlete guide or rules for the event. There can be major pieces of information in there which may not get highlighted on the web page or announced ahead of time.





YOUR EVENT CHECKLIST

by USA Cycling Certified Coach, Lora Popolizio

THE NIGHT BEFORE continued

- m Check the weather and make sure you have the right gear if inclement weather is expected.
- m Pump your tires to preferred pressure so if there is a leak, you will know in the morning.
- m Eat a balanced dinner, stay on top of hydration, and get to bed at a reasonable hour.
- m Don't forget to set your alarm!



“I always tell my teammates and myself that the night before an event is time to relax. The work has been done. I try to visualize the event and my plan for each area that I have focused my training on. I tell myself, ‘Believe in the training you completed and I am ready.’”

*- Justin Williams,
2018 & 2019 USA Cycling Amateur
Criterium National Champion*



YOUR EVENT CHECKLIST

by USA Cycling Certified Coach, Lora Popolizio

THE MORNING OF THE EVENT

Wake up early enough to enjoy a somewhat normal morning routine.

Change as little as you can from a typical long ride day. Eat breakfast early enough to digest a bit before the start. If coffee is in your usual morning, enjoy some coffee. Hydrate reasonably throughout the morning. Over-hydrating will not be helpful but you don't want to be dehydrated either.

Check your tire pressures from the night before and return them to preferred PSI. If you have lost more than you normally would overnight (this will vary based on what size tires and what types of tubes you are running so know ahead of time what normal looks like), change the tube and look for issues with the tire. Better to deal with this now than on course.

On your way out the door, check off the following items:

- m bike
- m shoes
- m bottles
- m gloves
- m pump (just in case)
- m flat kit
- m any kit and clothing you are not already wearing, including a clean clothes and shoes for after the event
- m race number and any needed paperwork
- m cash (if needed for park entry, parking fees, or refreshments afterwards)
- m identification (both worn and carried if needed for entry)
- m helmet
- m computer
- m nutrition
- m glasses
- m lights
- m Trainer**





YOUR EVENT CHECKLIST

by USA Cycling Certified Coach, Lora Popolizio

THE MORNING OF THE EVENT continued

Get there with plenty of time to park, check in, wait on line at check in or the bathroom, pin your number if you haven't already, warm up**, and relax.

If there are any portions of the course which make you nervous, visualize them going well. Visualization can help you approach challenges in a good frame of mind, which will increase the likelihood of success.

Line up, ride your bike, and have fun!

***Warm up if you are planning a fast start or if there is a significant climb very early in the course. A trainer will guarantee your ability to warm up in situations where a road warm up is not possible. If the course doesn't provide any significant challenges in the first 15 minutes and you are not planning go hard early in the event, then a warm up may not be necessary. Discuss this with a coach or more experienced rider who is familiar with the event if you are not sure.*



“It’s event day! You’ve put in the training, you are ready! Enjoy every part of it. You’re in great shape, look around, take deep breaths and let yourself smile & laugh. The event is the final part of your journey. Go for your goals, you got this!”

*- Coryn Rivera,
72-time National Champion*

HAVE A GREAT RIDE!



USACycling.org