



Tour de Pink Training Guide
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Wheel Coaching and Liv/giant



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Training Week 1: Ride Time 4:45

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Easy Ride / Time - 1:00

Get out and ride! Congratulations on starting your journey to complete the Tour de Pink!

Wednesday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Thursday: Activity - Easy Ride / Time - 1:15

2nd day this week on the bike! Great job getting into the routine and creating a habit!

Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Saturday: Activity - Endurance Ride / Time - 1:30

Longest assigned ride this week! Pick a fun route and take some friends along!

Sunday: Activity - Easy Ride / Time - 1:00

Back to back rides are tough! Challenge yourself to get out and make it happen!

Training Week 2: Ride Time 5:15

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Easy Ride / Time - 1:15

Low effort ride on a flat route. Focus on smooth pedal stroke and avoid working too hard. Go farther/longer than you did last Monday. Adding volume to training!



Wednesday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Thursday: Activity - Easy Ride / Time - 1:15

Ride at a pace that you could talk to a partner, but you don't necessarily want to! Sustain this pace throughout the ride - not easy, but not too hard!

Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Saturday: Activity - Endurance Ride / Time - 1:30

Longest assigned ride this week! Pick a fun route and take some friends along!

Sunday: Activity - Easy Ride / Time - 1:15

Back to back rides are tough! Challenge yourself to get out and make it happen!

Training Week 3: Ride Time 5:45

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Easy Ride / Time - 1:15

Ride at a pace that you could talk to a partner, but you don't necessarily want to! Sustain this pace throughout the ride - not easy, but not too hard!

Wednesday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Thursday: Activity - Interval Ride / Time - 1:15



Add in some structure today! On a moderate ride, do the following. Pick a city block, distance between power lines, or up a short hill.

Go HARD for 45-60 seconds in a safe manner. Allow 3-5 minutes easy spin between these efforts to allow the heart rate to drop back down. Do 4-6 of these “attacks” throughout the ride.

Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday’s efforts!

Saturday: Activity - Endurance Ride / Time - 1:45

Add some time/distance/volume to today’s ride! Ride at a pace that you can sustain for the whole ride!

Sunday: Activity - Easy Ride / Time - 1:30

Day two of adding time to your weekend rides. The first 15-20 minutes you may feel sluggish which is normal! Pedal through it and keep a steady pace the rest of the ride.

Training Week 4: Ride Time 5:00 RECOVERY WEEK

Monday:

Activity - Rest Day! Relax and focus on rest/recovery and allow all the hard work you have done to settle in a take hold!

Tuesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Wednesday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Thursday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.



Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday's efforts!

Saturday: Activity - Endurance Ride / Time - 2:00

Get out and ride! Goal is to ride longer and farther today at a moderate pace that you can sustain the whole time.

Sunday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Training Week 5: Ride Time 6:45

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Wednesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Thursday: Activity - Interval Ride / Time - 1:15

Add in some structure today! On a moderate ride, do the following. Pick a city block, distance between power lines, or up a short hill.

Go HARD for 60-90 seconds in a safe manner. Allow 3-5 minutes easy spin between these efforts to allow the heart rate to drop back down. Do 4-6 of these "attacks" throughout the ride.

Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday's efforts!



Saturday: Activity - Endurance Ride / Time - 2:00

Get out and ride! Goal is to ride longer and farther today at a moderate pace that you can sustain the whole time.

Sunday: Activity - Endurance Ride / Time - 1:30

Select a challenging route with some hills to climb. Keep a steady effort throughout the ride to ensure you can finish the ride strong.

Training Week 6: Ride Time 8:00

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Short Efforts / Time - 1:30

Warm up well. On a flat route, do 3 sets of the following: 3 x 60 seconds HARD and FAST followed by 60 seconds of easy spinning.

Ride 5 minutes very easy between each of the sets.

Steady pace for the rest of the ride.

Wednesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Thursday: Activity - Hill Ride / Time - 1:30

Find a fun and challenging route where you can test your abilities on some climbs. Enjoy the process!

Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday's efforts!

Saturday: Activity - Endurance Ride / Time - 2:00

Select a route similar to the Tour de Pink Saturday route. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish strong.



Sunday: Activity - Endurance Ride / Time - 2:00

Select a route similar to the Sunday Tour de Pink route. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish the last part strong.

Training Week 7: Ride Time 8:30

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Short Efforts / Time - 1:30

Warm up well. On a flat route, do 3 sets of the following: 3 x 60 seconds HARD and FAST followed by 60 seconds of easy spinning.

Ride 5 minutes very easy between each of the sets.

Steady pace for the rest of the ride.

Wednesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Thursday: Activity - Interval Ride / Time - 1:30

Warm up well. Select a route with either a short climb or a flat road without interruptions.

3 x 4 minutes zone 4. Zone 4 is going hard. It can also be referred to as RPE 8 (Rate of Perceived Exertion), a pace that you cannot talk to a partner.

5-10 very easy minutes spinning between the efforts

Easy ride rest of the time

Friday:



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Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday's efforts!

Saturday: Activity - Endurance Ride / Time - 2:30

Add more volume/distance today! Select a route similar to the Saturday Tour de Pink route. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish strong.

Sunday: Activity - Endurance Ride / Time - 2:00

Select a route similar to the Tour de Pink. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish the last part strong.

Training Week 8: Ride Time 5:00 RECOVERY WEEK

Monday:

Activity - Rest Day! Relax and focus on rest/recovery and allow all the hard work you have done to settle in a take hold!

Tuesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Wednesday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Thursday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday's efforts!

Saturday: Activity - Endurance Ride / Time - 2:00

Get out and ride! Goal is to ride longer and farther today at a moderate pace that you can sustain the whole time.



Sunday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Training Week 9: Ride Time 8:45

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Steady Ride + / Time - 1:15

75-90 minute ride today. Select a route with rolling terrain and some hills. On the hills, push the effort and go hard up them. Recover well before you go hard again. Push the efforts on the climbs 4-6 times throughout the ride.

Wednesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Thursday: Activity - Interval Ride / Time - 1:30

Warm up well. Select a route with either a short climb or a flat road without interruptions.

3 x 5 minutes zone 4 (hardest, or RPE 8, a pace that you cannot talk to a partner)

5-10 very easy minutes spinning between the efforts

Easy ride rest of the time

Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday's efforts!

Saturday: Activity - Endurance Ride / Time - 3:00

Add more volume/distance today! Plan your nutrition and hydration ahead so that you are prepared. Select a route similar to the Tour de Pink. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish the last part strong.



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Sunday: Activity - Endurance Ride / Time - 2:00

Back to back long rides in preparation for the event! The first 15-20 minutes you will feel fatigued so hydrate well and push through! Select a route similar to the Tour de Pink. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish the last part strong.

Training Week 10: Ride Time 10:00

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday:

Activity - Steady Ride + / Time - 1:30

90-115 minute ride today. Select a route with rolling terrain and some hills. On the hills, push the effort and go hard up them. Recover well before you go hard again. Push the efforts on the climbs 4-6 times throughout the ride.

Wednesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Thursday: Activity - Interval Ride / Time - 1:30

Warm up well. Select a route with either a short climb or a flat road without interruptions.

4 x 5 minutes zone 4 (hardest, or RPE 8, a pace that you cannot talk to a partner)

5-10 very easy minutes spinning between the efforts

Easy ride rest of the time

Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday's efforts!



Saturday: Activity - Endurance Ride / Time - 3:30

Add more volume/distance today! Plan your nutrition and hydration ahead so that you are prepared. Select a route similar to the Tour de Pink. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish the last part strong.

Sunday: Activity - Endurance Ride / Time - 2:30

Back to back long rides in preparation for the event! The first 15-20 minutes you will feel fatigued so hydrate well and push through! Select a route similar to the Tour de Pink. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish the last part strong.

Training Week 11: Ride Time 11:00

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Short Efforts / Time - 1:30

Warm up well. On a flat route, do 3 sets of the following intervals:
3 x 60 seconds HARD and FAST followed by 60 seconds very easy between each effort.
Take 5 minutes easy spin between each of these sets.
Ride easy the rest of the ride.

Wednesday: Activity - Easy Ride / Time - 1:00

Low effort ride on a flat route. Focus on smooth pedal strokes and avoid going hard.

Thursday: Activity – “Race” Efforts / Time - 1:30

While the Tour de Pink isn't a race, this work out will help you push you limits. Warm up well.
On a slight hill, complete the following:
4 x 90 seconds all out in a safe manner
5 minutes very easy spin between each of the 90 second efforts
Easy ride rest of the time



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Friday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery! You will be ready for a rest day after yesterday's efforts!

Saturday: Activity - Endurance Ride / Time - 4:00

Add more volume/distance today! Plan your nutrition and hydration ahead so that you are prepared. Select a route similar to the Tour de Pink. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish the last part strong.

Sunday: Activity - Endurance Ride / Time - 3:00

Back to back long rides in preparation for the event! The first 15-20 minutes you will feel fatigued so hydrate well and push through! Select a route similar to the Tour de Pink. Focus on good hydration and nutrition throughout the ride and pace yourself so that you can finish the last part strong.

Training Week 12: TOUR DE PINK WEEK!!

Monday:

Activity - Rest Day! Focus on stretching, hydration and proper recovery!

Tuesday: Activity - Steady Ride / Time - 1:15

Keep efforts steady and smooth throughout the ride, avoiding going too easy or too hard.

Wednesday: Activity - Easy Ride + / Time - 1:00

Easy ride on a flat route at a comfortable pace. Add in 2-3 short (15-20 second) efforts to get the legs opened up. Easy spin between efforts.

Thursday: Activity - Rest Day / Travel Day / Get ready for the great event!



Friday:

Tour de Pink Day 1

Begin at a moderate pace that you can sustain throughout the ride! Enjoy the experience, take rests when you need to, and have the goal of finishing strong!

Saturday:

Tour de Pink Day 2

Begin at a moderate pace to get the legs going again. Find a group of riders to work with and finish the last half as strong as you started!

Sunday:

Tour de Pink Day 3

Congratulations! You have made it to the final day!

Keep your eye on the prize of finishing the ride today and allow your body enough time to warm up and get into the groove. Today will be a great day!

