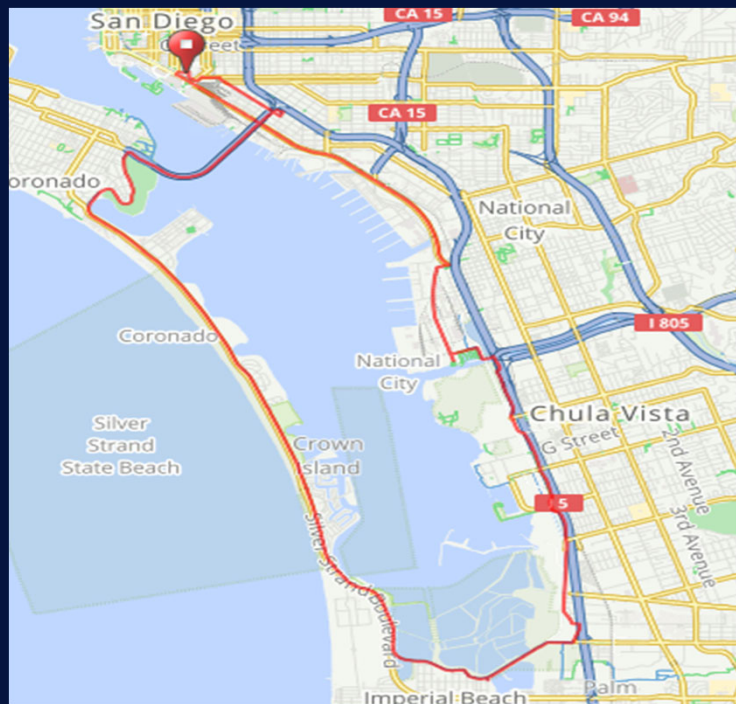


25-MILE TRAINING PLAN

A PEDAL SPECIFIC TRAINING PLAN TO GET YOU READY TO RIDE 25 MILES IN 10 WEEKS!

Coronado Classic Ride



This 25-mile course takes you over the **Coronado Bridge**, down the Silver Strand and returns on Bay Shore Bike Way on what we anticipate to be the most popular course!

Elevation +356 ft.
1 Refueling Stations

Training Principles

- The plan below outlines the minimum recommended training, with one long ride per week
- The long ride distances are based on the concept of gradual progression & recovery
- We suggest you also ride 1-2 other times per week for 30-60 minutes to get comfortable on the bike
- Yoga, strength training, core work and flexibility help
- Any additional training and before Sept 2 is a bonus

10 Week Training Plan

Beginning the week of September 2nd

We recommend riding or spinning three times per week as:

- 1x long ride in calendar below
- 1x 30 minute ride or spin class
- 1x 45-60 minute ride or spin class

Distances for long rides:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
8 mi.	12 mi.	15 mi.	8 mi.	15 mi.	20 mi.
Week 7	Week 8	Week 9	Week 10	Week 11 Event Day November 16th	
25 mi.	10 mi.	25 mi.	10 mi.		