

Your Dream Biking Adventure - BUFF Phase

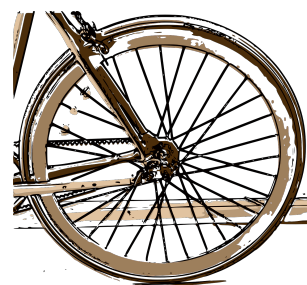
You've been pushing hard during the BUILD Phase and for the first week of the BUFF Phase we'll pull back and let our bodies recover and then we'll push hard for a strong finish to your 90-Day Plan. After this month, you go into the maintenance phase which allows you to keep your fitness up but not push so hard you have injuries or recovery issues.

By building on a strong base, this phase steps up training and makes sure you are including necessary arm strength for your upcoming adventure. If at any time you feel like you're pushing your joints or body too hard or things feel "off" dial back to the BASE or BUILD level for at least a week and use this joint specific bodyweight plan. <https://darebee.com/workouts/tendon-strength-express-workout.html>

Make sure you go through your Pre-Checklist before beginning BUFF and make sure you have purchased all the gear you will need for your adventure. We incorporate everything this month; pack weight, trekking poles, hills, upper body strength. As we move into this month, aim to complete at the minimum 80% of all scheduled workouts, stretches and weights.

Here are two bodyweight plans you can alternate for this phase: <https://darebee.com/workouts/astronaut-workout.html> and

<https://darebee.com/workouts/total-body-workout.html>



Buff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
week 1	Wildcard day - pick your workout or simply rest	M/H Ride 35 minutes, Bodyweight workout Stretch	M Moderate ride 45-60 minutes, including 10 mins of tempo Stretch	M Cardio of choice 20 mins, Bodyweight workout Stretch	Rest Day	H Long ride - moderate pace for 2-2.5 hours Stretch	M Ride 1-2 hours Stretch
	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓
	Note:	Note:	Note:	Note:	Note:	Note:	Note:
	8	9	10	11	12	13	14
week 2	M Cardio of choice 30 minutes Bodyweight workout Stretch	M Easy pace ride for 60 minutes + 10 minutes of hills or tempo Stretch	M Bodyweight workout Stretch	M Tempo ride, alternate moderate to fast riding for 45 minutes Stretch	Rest Day	H Long ride moderate pace for 2.5-3.5 hours Stretch	E Light cardio of choice, 1 hour Stretch
	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓
	Note:	Note:	Note:	Note:	Note:	Note:	Note:
	15	16	17	18	19	20	21
week 3	M/H Moderate to hard ride 45 minutes + 10 mins tempo Stretch	M Cardio of choice 30 mins, Bodyweight workout Stretch	M Ride 30-60 mins with 10 mins of hills Stretch	H Hard Tempo ride, alternate moderate to fast riding for 45-60 minutes Stretch	Rest Day	H Long ride moderate to hard pace 2.5-3.5 hours Stretch	E Easy ride 1.5 hours Stretch
	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓
	Note:	Note:	Note:	Note:	Note:	Note:	Note:
	22	23	24	25	26	27	28
week 4	Wildcard day - pick your workout or simply rest	M Easy ride 30 minutes Bodyweight workout Stretch	E Easy ride 45 minutes Stretch	M/H Tempo ride, alternate moderate to fast riding for 45-60 minutes, Stretch	Rest Day - chill	H Long ride easy pace for 3+ hours Stretch	E Light cardio of choice, 1 hour Stretch
	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓
	Note:	Note:	Note:	Note:	Note:	Note:	Note:
week 5	29	30	31				

© Copyright 2020 | Fit is Freedom LLC | kelly@angeltiger.com

Notes
