

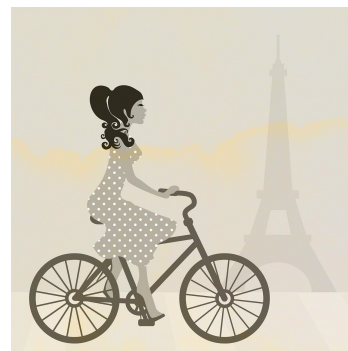
Your Dream Biking Adventure - BUILD Phase

As you get into BUILD & BUFF scheduling becomes even more important, feel free to move workouts around to fit your week, remembering to keep at least one day between Bodyweight workouts and allowing for rest after harder cycling days.

Welcome to phase 2, BUILD. With a strong BASE in place, you can start stepping up your training and adding Hill training. If you live in an area with flatland, any incline will work for hill training. Consider bridges, parking garages, stairs, hilly slopes. If at any time you feel like you're pushing your body or joints too hard, things feel "off" or you're simply tired, dial back to the BASE level for at least one week. You're in this for the long-game, play accordingly!

Go through your Pre-Checklist before starting the BUILD Phase to be assured that your gear is in tune with your workouts. Update: as we move into harder workouts, aim to complete at the minimum, 80% of all scheduled workouts, stretches and weights.

Here are two simple bodyweight plans to alternate with this month: <https://darebee.com/workouts/off-day-workout.html> and <https://darebee.com/workouts/24-workout.html>



Build

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

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Notes

next sheet

