

90-Days to Your Dream Biking Adventure

Building Your BASE - Novice

A strong base allows you to build slowly and to avoid injuries, get comfortable on your bike, work on time-in-the-saddle, distance and create limber hips, neck and shoulders.

Stick to this Training Schedule as closely as possible. If you need to make changes to fit your schedule, BASE Phase is the phase that is easiest to move days around. Aim each week to complete all scheduled workouts, stretches and bodyweight workouts.

Use this simple, at-home bodyweight workout for the BASE Phase: <https://darebee.com/workouts/secret-workout.html>

Alternate using these simple plans for your stretching <https://darebee.com/workouts/finisher-workout.html>

<https://darebee.com/workouts/care-package-workout.html>

If you haven't been moving for awhile, use this plan for tendon strength: <https://darebee.com/workouts/tendon-strength-express-workout.html>

We use (E&T) Effort & Time for this training series instead of heart rate and speed. If you simply can't do without your speedometer and heart monitor, adjust to fit these workouts. I highly suggest using E&T for at least the first six weeks. Since you'll be doing many similar workouts in the beginning, you'll be able to see your fitness increase very quickly by measuring E&T. If in week one you find your long training day to be fairly uncomfortable but then by week four you've vastly improved your aerobic ability and increased your distance, it's very easy to track and acknowledge. Another benefit of using effort and time is you'll learn to tune into your body when you tune out electronics. You'll come to know intuitively the effort, nutrition and any special tweaks you might need to make for each workout. Really getting a feel for how your body reacts and acts in different circumstances can make the absolute difference between a great day on the bike and a painful one.

Make sure you track your (perceived) Effort & Time daily.

Legend:

Easy - a pace you can maintain for an indefinite period of time

Moderate - you are exerting effort but can still hold a conversation

Hard - effort is hard and conversation is choppy

Tempo - Mix of Hard/Easy ratio of 1:2 or 1:3, go as hard as you can for 1 minute and then easy for 2 or 3

Endurance - holding somewhere between moderate and hard for an extended period of time

next sheet 