

DEMPSEY™ CHALLENGE

Presented By 



50-Mile Ride Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 8/10-8/16	CROSS TRAIN	Speed Ride 30 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 60 min.	REST	Long Ride 90-120 min. 20-25 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 2 8/17-8/23	CROSS TRAIN	Speed Ride 45 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 60 min.	REST	Long Ride 90-120 min. 20-25 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 3 8/24-8/30	CROSS TRAIN	Speed Ride 45 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 75 min.	REST	Long Ride 120-150 min. 25-35 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 4 8/31-9/6	CROSS TRAIN	Speed Ride 60 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 75 min.	REST	Long Ride 120-150 min. 25-35 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 5 9/7-9/13	CROSS TRAIN	Speed Ride 60 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 90 min.	REST	Long Ride 150-180 min. 35-45 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 6 9/14-9/20	CROSS TRAIN	Speed Ride 45 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 75 min.	REST	Long Ride 150-180 min. 35-45 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 7 9/21-9/27	CROSS TRAIN	Speed Ride 30 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 60 min.	OFF HYDRATE! FUEL! REST!	OFF HYDRATE! FUEL! REST!	DEMPSEY CHALLENGE 50 Mile Ride!

RIDER'S CHOICE: Free time on the bike or Peloton. CROSS TRAINING: Lifting/Running/Walking/Yoga.