



WAM 300

TRAINING PLAN



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USAC Level 2 Cycling Coach

University of Michigan Cycling Team (Head Coach)

WAM Rider

MARCH // Through the end of March: Try to be active 3 to 4 times each week, for 30-60 minutes at a time

APRIL // Begin riding outside 3-4 times a week; Aim to get your weekly mileage up over 100 miles by the end of the month; Build up to a long ride of 50 miles on a Saturday or Sunday.

MAY // Continue riding 4 times per week; Aim for a weekly mileage of 115 to 130 miles a week; pick a nice weekend and ride 50 miles both days; But don't overdo it! If you're starting to feel any pain then back off and take a few days off.

JUNE // Build your weekly mileage up to 150 miles or so; Do a metric century (62 miles) near the start of the month; see if you can do back-to-back metric centuries on a nice weekend at the end of the month.

JULY // Find an organized century, like Helluva Ride in Chelsea, and do your first full century! Give yourself the confidence to know you can ride that distance. Find some other nice weekend and do back-to-back 75-mile rides; Back off the week before the WAM and just do 3 easy/shorter rides so your body is fully rested and ready for the big event the following week!

Throughout all of this make sure you are getting lots of sleep, staying well hydrated and consuming plenty of calories. Don't skip or skimp your breakfast on a big ride day; it's important to start out fully fueled, and consume good energy foods (gels, bars, sports drinks) while you ride. Stretch after rides or treat yourself to a massage (or two) so your muscles stay limber. Other than doing a handful of longer back-to-back rides, always make sure to include some easier or rest days throughout the week. Your body only gets stronger if you give it the rest it needs to recover from harder efforts.

GOAL CHECKLIST:

- May** - Back to back 50 mile rides
- June** - Metric Century (62 miles)
- End of June** - Back to Back Metrics
- Mid July** - Full Century
- End of July** - 3 Full Centuries - YOU DID IT!!