



WAM 50

TRAINING PLAN



Provided by Kurt Schaldenbrand

USAC Level 2 Cycling Coach

University of Michigan Cycling Team (Head Coach)

WAM Rider

MAY: Try to be active 3 times each week, for 30-60 minutes at a time

JUNE: Begin riding outside 2-3 times a week; Do a 30 mile ride by the end of the month; Aim to get your weekly mileage up over 50 miles by the end of the month

JULY: Build to a 40 mile ride by mid-month; Take it easier the week before the WAM and just do a couple 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 staying well hydrated and consuming plenty of calories. Don't skip or skimp your breakfast on a ride day; it's important to start out fully fueled, and consume good energy foods (gels, bars, sports drinks) while you ride.

GOAL CHECKLIST:

- Mid-June** – 30 mile ride
- Mid-July** – 40 mile ride
- End of July** – 50 miles – YOU DID IT!!