



APRIL-AUGUST 2018

TRAINING GUIDE



HEY THERE!

Whether you're a seasoned cyclist or a novice rider—training is important! If you're riding 25 miles, you might just jump on the bike and hit the pavement in August, but it's never a bad idea to be prepared for the hills along the way. If you're riding 50, 100, or 180 miles you may want to consider doing some serious training for the big ride. As a rule of thumb, most anyone can ride 25 miles with some basic training. 50 mile Riders should get a ride or two each week during the warmer months. 100 and 180 mile routes require a commitment to endurance training.

Just remember, the key to Chainbreaker is to finish with a smile! Whether you start your training in April or July, as long as you have a few training rides under your belt you'll do just fine.

Please remember to use this training schedule as a guide. We encourage you to make changes and modifications as you find what works best for you!

Be well,

The Chainbreaker Team

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APRIL 2018 TRAINING SCHEDULE

It's been a long, cold winter but now the snow has melted, the sun is shining and it's time to start training! We hope you've taken your bike down from the rafters, dusted off the cobwebs and pumped up the tires. You may have done some indoor cycling during the winter to prepare yourself for this first month of training, but if you haven't, not to worry—this month will be an easy start.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Walk: 2–3 miles COMPLETE: ○○○○○	Core Strengthening: 15 minutes COMPLETE: ○○○○○	Bike: 10 miles COMPLETE: ○○○○	Walk: 3 miles COMPLETE: ○○○○	Bike: 8–10 miles COMPLETE: ○○○○	Resistance Training: 30 minutes alternate upper and lower body COMPLETE: ○○○○	Bike: 12–15 miles COMPLETE: ○○○○
	Walk: 2–3 miles COMPLETE: ○○○○○	Core Strengthening: 15 minutes COMPLETE: ○○○○○	Bike: 15–20 miles COMPLETE: ○○○○	Walk: 3 miles COMPLETE: ○○○○	Bike: 10–12 miles COMPLETE: ○○○○	Resistance Training: 30 minutes alternate upper and lower body COMPLETE: ○○○○	Bike: 20–25 miles COMPLETE: ○○○○
	Walk: 3–5 miles COMPLETE: ○○○○○	Core Strengthening: 30 minutes COMPLETE: ○○○○○	Bike: 20–25 miles COMPLETE: ○○○○	Walk: 2–3 miles COMPLETE: ○○○○	Bike: 20–25 miles COMPLETE: ○○○○	Resistance Training: 45 minutes upper and lower body COMPLETE: ○○○○	Bike: 40–50 miles COMPLETE: ○○○○
	Bike: 25–35 miles COMPLETE: ○○○○○	Core Strengthening: 30 minutes COMPLETE: ○○○○○	Bike: 20–30 miles COMPLETE: ○○○○	Walk: 2–4 miles Core Strengthening: 15 minutes COMPLETE: ○○○○	Bike: 20–30 miles COMPLETE: ○○○○	Resistance Training: 45 minutes upper and lower body COMPLETE: ○○○○	Bike: 40–50 miles COMPLETE: ○○○○



MAY 2018 TRAINING SCHEDULE

For all rides, make sure you have plenty of hydration and nutrition with you. Spring is the perfect time to try out different types of bars, fruits, gels, and hydration to discover what works for you. Some brands will be great for your friends but not for you. Now is the time to try it out and begin to smooth out any nutritional “kinks” that might exist on your longer “Saturday” rides.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Walk or Run: 3–5 miles COMPLETE: ○○○○	Core Strengthening: 15 minutes COMPLETE: ○○○○	Bike: 10–12 miles COMPLETE: ○○○○○	Walk or Run: 2–3 miles COMPLETE: ○○○○○	Bike: 8–12 miles COMPLETE: ○○○○○	Resistance Training: 30 minutes alternate upper and lower body COMPLETE: ○○○○	Bike: 15–18 miles COMPLETE: ○○○○
	Walk or Run: 3–5 miles COMPLETE: ○○○○	Core Strengthening: 20 minutes COMPLETE: ○○○○	Bike: 18–22 miles COMPLETE: ○○○○○	Walk or Run: 2–3 miles COMPLETE: ○○○○○	Bike: 15–20 miles COMPLETE: ○○○○○	Resistance Training: 30 minutes alternate upper and lower body COMPLETE: ○○○○	Bike: 30–35 miles COMPLETE: ○○○○
	Walk or Run: 3–5 miles COMPLETE: ○○○○	Core Strengthening: 30 minutes COMPLETE: ○○○○	Bike: 20–25 miles COMPLETE: ○○○○○	Walk or Run: 2–3 miles COMPLETE: ○○○○○	Bike: 25–30 miles COMPLETE: ○○○○○	Resistance Training: 45 minutes upper and lower body COMPLETE: ○○○○	Bike: 60–75 miles COMPLETE: ○○○○
	Bike: 30–40 miles COMPLETE: ○○○○	Core Strengthening: 30 minutes COMPLETE: ○○○○	Bike: 25–35 miles COMPLETE: ○○○○○	Walk or Run: 3–5 miles Core Strengthening: 30 minutes COMPLETE: ○○○○○	Bike: 30–40 miles COMPLETE: ○○○○○	Resistance Training: 45 minutes upper and lower body COMPLETE: ○○○○	Bike: 60–75 miles COMPLETE: ○○○○



JUNE 2018 TRAINING SCHEDULE

Training can sometimes seem like a chore, especially when you find yourself riding the exact same route every time you head out on your bike. To keep things fun, be sure to add a little variety to your training by changing up your route. Minnesota is full of beautiful bike trails: the Luce Line State Trail, Medicine Lake Trail, and the Cedar Lake Trail, just to name a few—check them out to add some excitement to your training rides. You may even see a new part of Minnesota!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>25 MILES</p>	<p>Walk or Run: 3–5 miles</p> <p>COMPLETE: ○○○○</p>	<p>Core Strengthening: 20 minutes</p> <p>COMPLETE: ○○○○</p>	<p>Bike: 10–12 miles</p> <p>COMPLETE: ○○○○</p>	<p>Walk or Run: 2–3 miles</p> <p>COMPLETE: ○○○○</p>	<p>Bike: 10–15 miles</p> <p>COMPLETE: ○○○○</p>	<p>Resistance Training: 30 minutes alternate upper and lower body</p> <p>COMPLETE: ○○○○○</p>	<p>Bike: 18–22 miles</p> <p>COMPLETE: ○○○○○</p>
<p>50 MILES</p>	<p>Walk or Run: 3–5 miles</p> <p>COMPLETE: ○○○○</p>	<p>Core Strengthening: 30 minutes</p> <p>COMPLETE: ○○○○</p>	<p>Bike: 20–25 miles</p> <p>COMPLETE: ○○○○</p>	<p>Walk or Run: 2–3 miles</p> <p>COMPLETE: ○○○○</p>	<p>Bike: 15–20 miles</p> <p>COMPLETE: ○○○○</p>	<p>Resistance Training: 30 minutes alternate upper and lower body</p> <p>COMPLETE: ○○○○○</p>	<p>Bike: 35–40 miles</p> <p>COMPLETE: ○○○○○</p>
<p>100 MILES</p>	<p>Walk or Run: 3–5 miles</p> <p>COMPLETE: ○○○○</p>	<p>Core Strengthening: 30 minutes</p> <p>COMPLETE: ○○○○</p>	<p>Bike: 25 miles</p> <p>COMPLETE: ○○○○</p>	<p>Walk or Run: 2–3 miles</p> <p>COMPLETE: ○○○○</p>	<p>Bike: 30–40 miles</p> <p>COMPLETE: ○○○○</p>	<p>Resistance Training: 45 minutes upper and lower body</p> <p>COMPLETE: ○○○○○</p>	<p>Bike: 75–85 miles</p> <p>COMPLETE: ○○○○○</p>
<p>180 MILES</p>	<p>Bike: 35–45 miles</p> <p>COMPLETE: ○○○○</p>	<p>Core Strengthening: 30 minutes</p> <p>COMPLETE: ○○○○</p>	<p>Bike: 30 miles</p> <p>COMPLETE: ○○○○</p>	<p>Walk or Run: 3–5 miles Core Strengthening: 30 minutes</p> <p>COMPLETE: ○○○○</p>	<p>Bike: 30–40 miles</p> <p>COMPLETE: ○○○○</p>	<p>Resistance Training: 45 minutes upper and lower body</p> <p>COMPLETE: ○○○○○</p>	<p>Bike: 75–80 miles</p> <p>COMPLETE: ○○○○○</p>



JULY 2018 TRAINING SCHEDULE

Hopefully you’ve worked out your hydration and nutrition by now...you don’t have much experimentation time left to make sure your nutrition plan is right. Now is the time for “fine tuning” in regards to how much food/drink you need to carry with you on your long rides. Bike with some friends and make sure to enjoy these longer rides! Try to progress the distance of the “Saturday” long ride per week as listed (there are four Saturdays in July—try to follow the order provided).

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Walk or Run: 3–5 miles COMPLETE: ○○○○○	Core Strengthening: 20 minutes COMPLETE: ○○○○○	Bike: 10 miles COMPLETE: ○○○○○	Walk or Run: 2–3 miles COMPLETE: ○○○○	Bike: 15 miles COMPLETE: ○○○○	Resistance Training: 30 minutes alternate upper and lower body COMPLETE: ○○○○	Bike: 1. 20 miles 2. 22 miles 3. 25 miles 4. 22 miles COMPLETE: ○○○○
	Walk or Run: 3–5 miles COMPLETE: ○○○○○	Core Strengthening: 30 minutes COMPLETE: ○○○○○	Bike: 20–25 miles COMPLETE: ○○○○○	Walk or Run: 2–3 miles COMPLETE: ○○○○	Bike: 25 miles COMPLETE: ○○○○	Resistance Training: 30 minutes alternate upper and lower body COMPLETE: ○○○○	Bike: 1. 40 miles 2. 45 miles 3. 47 miles 4. 50 miles COMPLETE: ○○○○
	Walk or Run: 3–5 miles COMPLETE: ○○○○○	Core Strengthening: 30 minutes COMPLETE: ○○○○○	Bike: 25 miles COMPLETE: ○○○○○	Walk or Run: 2–3 miles COMPLETE: ○○○○	Bike: 35–40 miles COMPLETE: ○○○○	Resistance Training: 45 minutes upper and lower body COMPLETE: ○○○○	Bike: 1. 75 miles 2. 80 miles 3. 80 miles 4. 90 miles COMPLETE: ○○○○
	Bike: 40–50 miles COMPLETE: ○○○○○	Core Strengthening: 30 minutes COMPLETE: ○○○○○	Bike: 30 miles COMPLETE: ○○○○○	Walk or Run: 3–5 miles Core Strengthening: 30 minutes COMPLETE: ○○○○	Bike: 30–40 miles COMPLETE: ○○○○	Resistance Training: 45 minutes upper and lower body COMPLETE: ○○○○	Bike: 1. 75 miles 2. 80 miles 3. 80 miles 4. 90 miles COMPLETE: ○○○○



AUGUST 2018 TRAINING SCHEDULE

Well, it's the final countdown to Chainbreaker. The workouts get shorter from here. It's been extremely hot outside lately (as if you hadn't noticed) and we hope you've found the appropriate nutrition to keep you hydrated and safe. Be sure you're wearing light colored moisture-wicking clothing that breathes well—this should help to keep you cool on these very HOT days. It's time to cut down the mileage for a relative "rest" to save your legs for Chainbreaker. However, "rest" does not mean sit on the couch...it means "keep going" but with less mileage.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Walk or Run: 2 miles COMPLETE: <input type="radio"/>	Core Strengthening: 20 minutes COMPLETE: <input type="radio"/>	Bike: 6–8 miles COMPLETE: <input type="radio"/>	Walk or Run: 2 miles COMPLETE: <input type="radio"/> <input type="radio"/>	Bike: 6 miles 4x1 minute accelerations— 1 minute rest between sets COMPLETE: <input type="radio"/> <input type="radio"/>	OFF	Bike: 22 miles COMPLETE: <input type="radio"/>	CHAINBREAKER18 CHAINBREAKER18 CHAINBREAKER18 CHAINBREAKER18
	Walk or Run: 3–5 miles COMPLETE: <input type="radio"/>	Core Strengthening: 30 minutes COMPLETE: <input type="radio"/>	Bike: 20–25 miles with 2–3 hill repeats COMPLETE: <input type="radio"/>	Walk or Run: 2–3 miles COMPLETE: <input type="radio"/> <input type="radio"/>	Bike: 15–18 miles 5x1 minute accelerations— 2 minute rest between sets COMPLETE: <input type="radio"/> <input type="radio"/>	OFF	Bike: 50 miles COMPLETE: <input type="radio"/>	
	Walk or Run: 2–3 miles COMPLETE: <input type="radio"/>	Core Strengthening: 30 minutes COMPLETE: <input type="radio"/>	Bike: 20–25 miles COMPLETE: <input type="radio"/>	Walk or Run: 2–3 miles COMPLETE: <input type="radio"/> <input type="radio"/>	Bike: 20 miles 5x2 minute accelerations— 2 minutes rest between sets COMPLETE: <input type="radio"/> <input type="radio"/>	OFF	Bike: 55–60 miles COMPLETE: <input type="radio"/>	
	Bike: 25 miles COMPLETE: <input type="radio"/>	Core Strengthening: 30 minutes COMPLETE: <input type="radio"/>	Bike: 20–25 miles COMPLETE: <input type="radio"/>	Walk or Run: 2–3 miles COMPLETE: <input type="radio"/> <input type="radio"/>	Bike: 20 miles 5x2 minute accelerations— 2 minutes rest between sets COMPLETE: <input type="radio"/> <input type="radio"/>	OFF	Bike: 55–60 miles COMPLETE: <input type="radio"/>	