

WALTON ENDURANCE

# Training

GUIDE



PaceDay  
2021



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## Training Inspiration

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Paceline is a special event. We don't know all the "WHY'S" behind your purpose and inspiration to ride but WE want to help you prepare. WE want you to feel the enjoyment we get out riding bicycles.

It's all starts with one pedal stroke. Our dream, that cancer is curable and the bicycle plays a role. See you on the road.

Brian Walton, CEO



## Goals

### Build on good health

With flu season and the common cold it's even more important to stay healthy. Moderate level of exercise can boost your immune system.

### Fitness is freedom

Build a physical foundation for yourself. You'll be amazed at what you can accomplish on and off the bike.

### Have fun

Obviously, sports can be fun. Take advantage of that.

### Live the Paceline Spirit

The Paceline spirit cannot be beaten. With the right mindset the flame will continue to live within you!



## Tips for Beginner Cyclists



## Gear Tips

**An investment in good gear is an investment in yourself!**

Start with the "Touchpoints" to the bike:

- Quality bib shorts that have good padding
- Saddle that is comfortable to your body type
- Shoes that fit you well and are comfortable
- Gloves that fit well

Other important items:

- High quality helmet that is adjustable and comfortable
- Sunglasses

For consideration:

- Bright colored helmet, shoes and socks for visibility on the road
- Saddle bag with extra tubes and CO2 in case of a flat
- Due to COVID bikes are in short supply, so plan ahead
- Clothing appropriate for the weather (Long sleeve jersey, knee warmers, etc.)



## Understanding Road Bike Handlebars



**"Drops"** →

**This Image Shows the Rider in the "Drops" Position.**

This position is typically used when going downhill to lower the center of gravity and allows for better control.



**"Hoods"** →

**This Image Shows the Rider in the "Hoods" Position.**

This is the position you will typically ride in most of the time.





## Nutrition

### How long before a ride should I eat?

As a general rule of thumb :30 minutes is ideal for a pre-ride snack / 1:00 - 2:00 hours for a large meal.

### How often during a ride should I eat?

This will vary per rider and intensity. However, a general rule of thumb is about 100-150 calories per hour.

### What should I eat during a ride?

Bananas, gel packs, fig newtons or other foods that are easy to handle and have carbohydrates for quick energy.

### How can I ensure that I stay hydrated during a ride?

A general rule is ~1 bottle per hour. For short rides, plain water should be fine. For longer rides you can use an electrolyte replacement drink. Short rides are typically considered ~1-1.5 hrs.

## Bike Maintenance for Beginner Cyclists

### How often should I take my bike to the shop for a tune up?

If you live in a dry temperate climate, you should be able to get away with one tune up per year. As you start to ride more and things like the chain or shifting start to get off, then you may have to take it in more frequently. This is only a guide though, so if something on your bike does not seem right take it into the shop and have a mechanic ensure everything is safe. Tune ups will range in price from ~\$50 - \$150 depending on what maintenance and parts are required.

### How often should I oil my chain?

The weather and mileage will play a big factor. However, as a general rule of thumb, the chain should be wiped down every 50 miles and re-lubed. This will ensure your chain stays clean and well lubricated. It will allow for easier riding, smoother shifting and prolong the life of your chain and gears.

### How often should I put air in my tires?

Inflate tires before every ride to the air pressure that is recommended for your tires & wheels. Most tires call for ~100 PSI in each tire. Inflating your tires to the proper air pressure will minimize flats.

### How often should I wash my bike?

If you ride several times a week, you may need to wash it weekly. However, if you go on a single ride in wet conditions you may need to wash your bike after the ride to ensure you don't prematurely wear out the chain, gears etc.

### How do I wash my bike?

Spray a degreaser on the rear gears, chain and derailleur. While the degreaser is working on the grime, fill up a bucket with soap and water. Use a soft brush to clean the gears by placing the brush on the rear gears and spin the cranks backwards. The bristles will get down between the gears and work out any loose grim. Lightly spray off the entire bike with a garden hose, and when wet use a soft soapy rag to wipe down the frame and chain. Lightly rinse until all the water is off. Dry with soft cloth.



# Training Tips for Beginner Cyclists

## How do I begin training for a 25 Mile Ride?

After purchasing your bike, you will need to get familiar with how it functions.

It is best to put the bike into a stationary trainer so that you get familiar with how to brake, shift and function your bike. Once comfortable with the functionality, go to a large grassy area and practice riding on the grass. (Make sure to always wear your helmet). Once you get comfortable in the grass, try out a large vacant parking lot to increase your familiarity with riding.



It will take you about eight weeks to slowly progress towards your riding goal of 25 miles. The chart below can be used as a guide. Incorporating hill work into your training will increase leg strength and help with the endurance on the longer rides. If you don't have hills where you live, put it into a harder gear (Over Gear) for a minute and then ease off throughout the ride. However, do not do this until about week 4. *Please ensure that you consult with a doctor before beginning any physical training program.*

## 25 Mile Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Familiarity</b>	Practice shifting & braking on trainer		Practice shifting & braking on trainer		Practice on flat, grassy area	Practice on flat, grassy area	Practice in a large vacant parking lot	
<b>Week 1</b>	3 mile ride (Ensure you are comfortable)	Off	3 mile ride	Off	3 mile ride	5 mile ride	Easy 3 mile spin	17 miles
<b>Week 2</b>	3 mile ride	Off	5 mile ride	Off	3 mile ride	8 mile ride	Easy 2 mile spin	21 miles
<b>Week 3</b>	5 mile ride	Off	5 mile ride	Off	5 mile ride	10 mile ride	Off or easy 3 mile spin	25 miles
<b>Week 4</b>	6 mile ride	Off	6 mile ride / 1 minute hill x 2 if available	Off	6 mile ride / 1 minute hill x 1 if available	12 mile ride / rolling terrain if available	Off or easy 3 mile spin	30 miles
<b>Week 5</b>	5 mile ride	Off	8 mile ride / 1 minute hill x 4 if available	Off	5 mile ride / 1 minute hill x 2 if available	15 mile ride / rolling terrain if available	Easy 3 mile spin	36 miles
<b>Week 6</b>	6 mile ride	Off	8 mile ride / 1 minute hill x 6 if available	Off	6 mile ride / 1 minute hill x 3 if available	20 mile ride / rolling terrain if available	Easy 3 mile spin	43 miles
<b>Week 7</b>	8 mile ride	Off	10 mile ride / 1 minute hill x 8 if available	Off	6 mile ride / 1 minute hill x 4 if available	20 mile ride / rolling terrain if available	Easy 6 mile spin	50 miles
<b>Week 8</b>	3 mile ride	Off	5 mile ride	Off	Easy 5 miles to loosen legs for tomorrow	<b>25 Mile Ride. Today is the day. GET IT!</b>	Easy 5 mile spin to flush out legs	43 miles



## 45 Mile Training Plan: 2 Phases

PHASE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Familiarity</b>	Practice shifting & braking on trainer		Practice shifting & braking on trainer		Practice on flat, grassy area	Practice on flat, grassy area	Practice in a large vacant parking lot	
<b>Week 1</b>	3 mile ride (Ensure you are comfortable)	Off	3 mile ride	Off	3 mile ride	5 mile ride	Easy 3 mile spin	17 miles
<b>Week 2</b>	3 mile ride	Off	5 mile ride	Off	3 mile ride	8 mile ride	Easy 2 mile spin	21 miles
<b>Week 3</b>	5 mile ride	Off	5 mile ride	Off	5 mile ride	10 mile ride	Off or easy 3 mile spin	25 miles
<b>Week 4</b>	6 mile ride	Off	6 mile ride / 1 minute hill x 2 if available	Off	6 mile ride / 1 minute hill x 2 if available	12 mile ride / rolling terrain if available	Off or easy 3 mile spin	30 miles
<b>Week 5</b>	5 mile ride	Off	8 mile ride / 1 minute hill x 4 if available	Off	5 mile ride / 1 minute hill x 2 if available	15 mile ride / rolling terrain if available	Easy 3 mile spin	36 miles
<b>Week 6</b>	6 mile ride	Off	8 mile ride / 1 minute hill x 6 if available	Off	6 mile ride / 1 minute hill x 3 if available	20 mile ride / rolling terrain if available	Easy 3 mile spin	43 miles
<b>Week 7</b>	8 mile ride	Off	10 mile ride / 1 minute hill x 8 if available	Off	6 mile ride / 1 minute hill x 4 if available	20 mile ride / rolling terrain if available	Easy 6 mile spin	50 miles
<b>Week 8</b>	3 mile ride	Off	5 mile ride	Off	Easy 5 miles to loosen legs for tomorrow	25 Mile Ride	Easy 5 mile spin to flush out legs	43 miles

PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Week 9</b>	5 mile ride	Off	8 mile ride with 3:00 OG	Off	9 mile ride	30 mile ride	Easy 3 mile spin	52 miles
<b>Week 10</b>	10 mile ride	Off	10 mile ride / 1 minute hill x 10 if available	Off	10 mile ride	30 mile ride	Easy 2 mile spin	62 miles
<b>Week 11</b>	10 mile ride	Off	15 mile ride	Off	10 mile ride	35 mile ride	Off or easy 4 mile spin	74 miles
<b>Week 12</b>	15 mile ride	Off	20 mile ride / 1 minute hill x 8 if available	Off	15 mile ride	35 mile ride	Off or easy 3 mile spin	88 miles
<b>Week 13</b>	10 mile ride	Off	15 mile ride with 3:00 OG x 2	Off	10 mile ride	40 mile ride	Easy 3 mile spin	78 miles
<b>Week 14</b>	20 mile ride	Off	20 mile ride with 3:00 OG x 3	Off	20 mile ride	40 mile ride	Easy 5 mile spin	105 miles
<b>Week 15</b>	25 mile ride	Off	35 mile ride (break into Am and PM session if cannot do all at once).	Off	25 mile ride	35 mile ride	Easy 6 mile spin	126 miles
<b>Week 16</b>	15 mile ride	Off	10 mile ride	Off	Easy 10 mile spin	45 mile ride. Today is the day. GET IT!	5 mile easy spin to flush out legs	85 miles



### 100 Mile Training Plan: 3 Phases

PHASE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Familiarity</b>	Practice shifting & braking on trainer		Practice shifting & braking on trainer		Practice on flat, grassy area	Practice on flat, grassy area	Practice in a large vacant parking lot	
<b>Week 1</b>	3 mile ride (Ensure you are comfortable)	Off	3 mile ride	Off	3 mile ride	5 mile ride	Easy 3 mile spin	17 miles
<b>Week 2</b>	3 mile ride	Off	5 mile ride	Off	3 mile ride	8 mile ride	Easy 2 mile spin	21 miles
<b>Week 3</b>	5 mile ride	Off	5 mile ride	Off	5 mile ride	10 mile ride	Off or easy 3 mile spin	25 miles
<b>Week 4</b>	6 mile ride	Off	6 mile ride / 1 minute hill x 2 if available	Off	6 mile ride / 1 minute hill x 2 if available	12 mile ride / rolling terrain if available	Off or easy 3 mile spin	30 miles
<b>Week 5</b>	5 mile ride	Off	8 mile ride / 1 minute hill x 4 if available	Off	5 mile ride / 1 minute hill x 2 if available	15 mile ride / rolling terrain if available	Easy 3 mile spin	36 miles
<b>Week 6</b>	6 mile ride	Off	8 mile ride / 1 minute hill x 6 if available	Off	6 mile ride / 1 minute hill x 3 if available	20 mile ride / rolling terrain if available	Easy 3 mile spin	43 miles
<b>Week 7</b>	8 mile ride	Off	10 mile ride / 1 minute hill x 8 if available	Off	6 mile ride / 1 minute hill x 4 if available	20 mile ride / rolling terrain if available	Easy 6 mile spin	50 miles
<b>Week 8</b>	3 mile ride	Off	5 mile ride	Off	Easy 5 miles to loosen legs for tomorrow	25 Mile Ride	Easy 5 mile spin to flush out legs	43 miles

PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Week 9</b>	5 mile ride	Off	8 mile ride with 3:00 OG	Off	9 mile ride	30 mile ride	Easy 3 mile spin	52 miles
<b>Week 10</b>	10 mile ride	Off	10 mile ride / 1 minute hill x 10 if available	Off	10 mile ride	30 mile ride	Easy 2 mile spin	62 miles
<b>Week 11</b>	10 mile ride	Off	15 mile ride	Off	10 mile ride	35 mile ride	Off or easy 4 mile spin	74 miles
<b>Week 12</b>	15 mile ride	Off	20 mile ride / 1 minute hill x 8 if available	Off	15 mile ride	35 mile ride	Off or easy 3 mile spin	88 miles
<b>Week 13</b>	10 mile ride	Off	15 mile ride with 3:00 OG x 2	Off	10 mile ride	40 mile ride	Easy 3 mile spin	78 miles
<b>Week 14</b>	20 mile ride	Off	20 mile ride with 3:00 OG x 3	Off	20 mile ride	40 mile ride	Easy 5 mile spin	105 miles
<b>Week 15</b>	25 mile ride	Off	35 mile ride (break into Am and PM session if cannot do all at once).	Off	25 mile ride	35 mile ride	Easy 6 mile spin	126 miles
<b>Week 16</b>	15 mile ride	Off	10 mile ride	Off	Easy 10 mile spin	45 mile ride	5 mile easy spin to flush out legs	85 miles





## 100 Mile Training Plan: 3 Phases Continued

PHASE 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Week 17</b>	15 mile ride	Off	15 mile ride	Off	Easy 10 mile spin	50 mile ride	Easy 5 mile spin to flush out legs	95 miles
<b>Week 18</b>	10 mile ride	Off	15 mile ride with 3:00 OG x 6	Off	Easy 10 mile spin	55 mile ride	20 mile ride	110 miles
<b>Week 19</b>	12 mile ride easy	Off	10 mile ride with 3:00 OG x 4	Off	10 mile ride	65 mile ride	25 mile ride	122 miles
<b>Week 20</b>	10 mile ride easy	Off	25 mile ride / 1:00 hill x 6	Off	15 mile ride	75 mile ride	30 mile ride	146 miles
<b>Week 21</b>	10 mile ride easy	Off	25 mile ride with 1:00 hill x 6	Off	20 mile ride	85 mile ride	35 mile ride	175 miles
<b>Week 22</b>	25 mile ride easy	Off	30 mile ride with 1:00 hill x 4	Off	25 mile ride	90 mile ride	40 mile ride	210 miles
<b>Week 23</b>	10 mile ride easy	Off	15 mile ride with 1:00 hill x 2	Off	12 mile ride easy	75 mile ride	10 mile ride	122 miles
<b>Week 24</b>	Off	20 mile ride	Off	15 mile ride easy	10 mile ride easy	<b>100 mile ride. Today is the day. GET IT!</b>	5 mile easy spin to flush out legs	150 miles

