



## Bike MS

### Indoor/ Outdoor Training Plan

\*RPE = rate of perceived exertion, scale 1-10

\*Heart Rate = Zones 1 – 5

#### Bike MS Ride Training—Week 1

##### Bike 1:00

Zone 2-3, RPE 4-6, Resistance 4-6. Isolated Leg Training on Trainer, Road, or RevMaster. After 5-10min warm-up, alternate 45-60 seconds with 1 leg. Get a total of 8-10 minutes on each leg in workout. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top. \*\*\*\*\*3min Recovery\*\*\*\*\*Then use Resistance of **7-8**-or-Big Chain ring and a gear that allows only about 50-60 rpm. While in the saddle drive the pedals down as hard for **45sec**, allow **1min** recovery between. Do 6-10 of these. Heart rate is not observed 5-10min recovery in Zone 1, PRE 1-3, focus on making circles with feet.

##### Bike 1:00

Tempo intervals. On Road, Trainer, or RevMaster. Do 4-5 x 6 minutes in Zone 3, RPE 6-7, Resistance 4-6 (2 minute recoveries). Relax! Smooth pedaling. 70-80 rpm. Recover well and do 5 x 15 second Spin Money's at high cadence and very Light Resistance 2-3, PRE 7-10!, with 1 minute recoveries in between. Cool down.

##### Bike 1:30

Rolling Hills & Leg Speed. Use Gears or Resistance to simulate small rolling hills. Warm up for 15-20 mins; 10mins in Zone 1, RPE 1-3, 10 mins in Zone 2, RPE 3-5. Then, ride 30 mins of rolling hills; 2 mins in Zone 2, RPE 3-5(2mins recovery in Zone 1, RPE 2-3)...3min in Zone 3,RPE 6-7(3mins recovery in Zone 1, RPE 2 3)...repeat to 4mins & descend to 2mins. Five minute recovery and start Spin-ups. Spin-ups...8x35 seconds with 1:30min recovery. Slowly spin-up to max rpm over 30 seconds. Resistance of 2-3, RPE starts at 5, ends at 10! When you begin to bounce, back off and then hold it for several seconds. Recover completely and repeat several times. Stay RELAXED! Follow with 15min cool down.

#### Bike MS Ride Training—Week 2

##### Bike 1:00

**\*\*Endurance Focus\*\*** Warm up for 15 mins; 10mins in Zone 1,(RPE 1-3, Resistance 2-3), 5 mins in Zone 2, (RPE 3-5, Resistance 3-5). Ride 40 mins of rolling hills; 5 minutes in zone 2, (RPE 3-5, Resistance 4-5), 5 in zone 3,(RPE 5-7, Resistance 5-6) Repeat. **\*\*\*** Five minute recovery\*\*\*\* Then Zone 4,(RPE 7-9, Resistance 6-8), for 10 minutes, recover zone 2 for 10 minutes and repeat 3 times. **\*\*\***Spin Moneys...10 x 15 seconds with 45 second recovery. When you begin to bounce, back off and then hold it there. Follow with 10+ min cool down

##### Bike 1:00

Warm up 10 minutes in Zone 1-2,RPE 1-3, Resistance 2-3, then do (3) 30 sec. fast spins with Low Resistance 2-3,RPE 8-10, 1 minute recovery in between. Then work up to Zone 3, RPE 6-7, increasing Resistance to 6-7. Add resistance every minute for 5 minutes. Recover easy for 2 minutes in Zone 1, RPE 1-3. \*\*\*\*Then Race Efforts\*\*\*\*30 secs on, 1:30 minutes off, do a total of 4 at Resistance of 3-5, RPE 8-10! Recover for 4 minutes and gradually bring it up to Zone 4, RPE 7-8, Resistance 6-8, ride there for 10 minutes. Recover 5 minutes and repeat. Then do (5) Spin money's for 15 seconds SUPER FAST cadence with 1 minute recoveries, Resistance 1-3, RPE 8-10, and cool down. You are done!

##### Bike 2:00

Rolling Hills & Endurance. Warm up for 10 mins; 5 mins in Zone 1, RPE 1-3, 5 mins in Zone 2, RPE 3-5, Resistance 2-3.\*\*\* Then ride 30 mins of rolling hills; 2 mins in Zone 2, RPE\ 4-6 (2mins recovery in Zone 1, RPE 2-3)...3min in Zone 3, RPE 6-7(3mins recovery in Zone 3)...repeat to 4mins & descend to 2mins. Five minute recovery. \*\*\*\*Now work up to zone 4, RPE 7-9, Resistance 6-8, and spend 10 minutes there. Recover 5 minutes and repeat. \*\*\*\* Spinups...(6)x45 seconds with 1:30min recovery, RPE starts at 5 ends at 10!. Slowly spin-up to max rpm over 30 seconds. When you begin to bounce, back off and then hold it for several seconds. Recover completely and repeat several times. Stay RELAXED! Follow with 5-10min cool down.

## **Bike MS Ride Training—Week 3**

### **Bike 1:00**

Zone 2-3, RPE 4-6, Resistance 4-6. Isolated Leg Training on Trainer or RevMaster. After 10 min warm-up, alternate 45-60 seconds with 1 leg. Get a total of 8-10 minutes on each leg in workout. Equal time per leg. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top. 5 min recovery in Zone1, RPE 2-3 focus on making circles with feet.\*\*\*Spin Money's, max spin without bouncing, do (8) x 45 sec. , 1:30 sec. recovery. PRE 7-10, heart rate is not observed. Challenge yourself!!!

### **Bike 1:00**

Warm up 10 minutes in Zone 1-2,RPE 1-3, Resistance 2-3, then do (3) 30 sec. fast spins with Low Resistance 2-3,RPE 8-10, 1 minute recovery in between. Then work up to Zone 3, RPE 6-7, increasing Resistance to 6-7. Add resistance every minute for 5 minutes. Recover easy for 2 minutes in Zone 1, RPE 1-3.\*\*\*\*Then Race Efforts\*\*\*\*30 secs on, 1:30 minutes off, do a total of 4 at Resistance of 3-5, RPE 8-10! Recover for 4 minutes and gradually bring it up to Zone 4, RPE 7-8, Resistance 6-8, ride there for 10 minutes. Recover 5 minutes and repeat. Then do (5) Spin money's for 15 seconds SUPER FAST cadence with 1 minute recoveries, Resistance 1-3, RPE 8-10, and cool down. You are done!

### **Bike 2:30**

Rolling Hills & Endurance. Warm up for 10 mins; 5 mins in Zone 1, RPE 1-3, 5 mins in Zone 2, RPE 3-5, Resistance 2-3.\*\*\* Then ride 30 mins of rolling hills; 2 mins in Zone 2, RPE 4-6 (2mins recovery in Zone 1, RPE 2-3)...3min in Zone 3, RPE 6-7(3mins recovery in Zone 3)...repeat to 4mins & descend to 2mins. Five minute recovery. \*\*\*\*Now work up to zone 4, RPE 7-9, Resistance 6-8, and spend 10 minutes there. Recover 5 minutes and repeat. \*\*\*\* Spinups...(6)x45 seconds with 1:30min recovery, RPE starts at 5 ends at 10!. Slowly spin-up to max rpm over 30 seconds. When you begin to bounce, back off and then hold it for several seconds. Recover completely and repeat several times. Stay RELAXED! Follow with 5-10min cool down.

## **Bike MS Ride Training—Week 4**

### **Bike 1:00**

Zone 2-3, RPE 4-6, Resistance 4-6. Isolated Leg Training on Trainer or RevMaster. After 10 min warm-up, alternate 45-60 seconds with 1 leg. Get a total of 8-10 minutes on each leg in workout. Equal time per leg. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top. 5 min recovery in Zone1, RPE 2-3 focus on making circles with feet.\*\*\*Spin Money's, max spin without bouncing, do (8) x 45 sec. , 1:30 sec. recovery. RPE 7-10, heart rate is not observed. Challenge yourself!!!

### **Bike 1:00**

\*\*\*\*Hard Riding Focus\*\*\*\*Warm up 10 minutes in Zone 1-2,RPE 1-3, Resistance 2-3, then do (3) 30 sec. fast spins with Low Resistance 2-3,RPE 8-10, 1 minute recovery in between. Then work up to Zone 3, RPE 6-7, increasing Resistance to 6-7. Add resistance every minute for 5 minutes. Recover easy for 2 minutes in Zone 1, RPE 1-3.\*\*\*\*Power Builders\*\*\*\*Gradually ramp it up to Zone 4, RPE 7-8, Resistance 6-8, ride there for 10 minutes. Recover 5 minutes and repeat. Then do (5) Spin money's for 15 seconds SUPER FAST cadence with 1 minute recoveries, Resistance 1-3, RPE 8-10, and cool down. You are done!

### **Bike 2:00 Note: Bike MS riders should complete 3-4hr ride (40-60 miles)**

\*\*Endurance Focus\*\* Rolling Hills & Endurance. Warm up for 10 mins; 5 mins in Zone 1,RPE1-3, 5 mins in Zone 2, RPE 3-5. Do (5) 30sec Spin Money's, RPE 8-10, Resistance 2-3, with 30 sec recovery between. 3 minutes recovery.\*\*\*Now work it up to zone 4, RPE 7-9, Resistance 5-8, over 5 minutes of GRADUALLY increasing resistance or gears. Ride here for 10 minutes. Recover 8 minutes in Zone 1, RPE 1-3, and do another 15 minutes of Zone 4. Recover 5 minutes.\*\*\*\*Climbing Hills\*\*\*\* Do (3) 5 min hills in Zone 3, RPE 5 7, Resistance 7-8, finishing with accelerations(RPE 8-10) over the last 1 minute to max effort OVER THE TOP! Follow with 15min cool down.

## **Bike MS Ride Training—Week 5**

### **Bike 1:00**

\*\*\*Start Endurance Building\*\*\*Zone 2-3, RPE 4-6, Resistance 4-6. Isolated Leg Training on Trainer or RevMaster. After 10 min warm-up, alternate 45-60 seconds with 1 leg. Get a total of 5 minutes on each leg in workout. Equal time per leg. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top. 5 min recovery in Zone1, RPE 2-3 focus on making circles with feet.\*\*\*Endurance Riding\*\*\*\* Ride remainder of class(30-35mins) at steady, continuous effort, Zone 2-3, RPE 3-7, Resistance 4-7, minimum recovery. Use Music to set tempo/pace. Challenge yourself!!! Stretch, hydrate, celebrate!

### **Bike 1:00**

Power Builders. Do (4 or 5) x 6 minutes in Zone 3, RPE 5-7, Resistance 7-8, with 2 minute recoveries between. Relax! Smooth pedaling. Recover well and do (5) x 15 second Spin Money's at high cadence, RPE 7-9, Resistance 2-3 with 1 minute recoveries in between. Cool down.

#### **Bike 2:30 Note: Bike MS riders should complete 4-5hr ride (60-70 miles)**

**\*\*Endurance Focus\*\*** Rolling Hills & Leg Speed. Long-steady riding. 50% of ride in Zone 2. Use music to set tempo/pace. Use class to determine duration....30, 45, 50 min of continuous riding. Keep the focus!

### **Bike MS Ride Training—Week 6**

#### **Bike 1:00**

**\*\*\*Start Endurance Building\*\*\***Zone 2-3, REP 4-6, Resistance 4-6. Isolated Leg Training on Trainer or RevMaster. After 10 min warm-up, alternate 45-60 seconds with 1 leg. Get a total of 5 minutes on each leg in workout. Equal time per leg. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top. 5 min recovery in Zone1, RPE 2-3 focus on making circles with feet.**\*\*\*Endurance Riding\*\*\*** Ride remainder of class(**40-45mins**) at steady, continuous effort, Zone 2 3, RPE 3-7, Resistance 4-7, minimum recovery. Use Music to set tempo/pace. Challenge yourself!!! Stretch, hydrate, celebrate.

#### **Bike 1:00**

**\*\*Hard Riding Focus\*\*** Warm Up 10m, then (5) x 30 second moderate Spin Money's, RPE 6-8, with low Resistance 2-3, 1 minute recoveries in between. Then work up to zone 3, RPE 5-7, increasing resistance from 4 to7, over the next 5 minutes. **\*\*\*Power Builders, Zone 3, RPE 5-7, Resistance 6-7. Do 5 minutes on, minutes recovery 5 times.\*\*\***5 min. Recovery**\*\*\*** Then do 15 second "Power Bursts", RPE 9-10, Resistance 7-8, accelerate for 15 seconds, until spinning fast. Recover 2 minutes and repeat 4 more times for a total of 5. **\*\*\*** Finally do Spin Money's, fast pedaling to the point where your butt starts to bounce and you stop being able to feel pressure on the pedals all the way around. Hold it here for 30 seconds. Then recover easy for 1minute, repeat 6 x. Cool down 10 min.

#### **Bike 2:30 Bike MS riders should complete 4-5hr ride (60-70 miles)**

**\*\*Endurance Focus\*\*** Warm up for 15 mins; 10mins in Zone 1,(RPE 1-3, Resistance 2-3), 5 mins in Zone 2, (RPE 3-5, Resistance 3-5). Ride 40 mins of rolling hills; 5 minutes in zone 2, (RPE 3-5, Resistance 4-5), 5 in zone 3,(RPE 5-7, Resistance 5-6) Repeat. **\*\*\*** Five minute recovery**\*\*\*** Then Zone 4,(RPE 7-9, Resistance 6-8), for 10 minutes, recover zone 2 for 10 minutes and repeat. **\*\*\*Spin Moneys...10 x 15 seconds with 45 second recovery. When you begin to bounce, back off and then hold it there. Follow with 10+ min cool down.**

### **Bike MS Ride Training--Week 6**

#### **Bike 1:00**

**\*\*\*Start Endurance Building\*\*\***Zone 2-3, RPE 4-6, Resistance 4-6. Isolated Leg Training on Trainer or RevMaster. After 10 min warm-up, alternate 45-60 seconds with 1 leg. Get a total of 5 minutes on each leg in workout. Equal time per leg. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top. 5 min recovery in Zone1, RPE 2-3 focus on making circles with feet.**\*\*\*Endurance Riding\*\*\*** Ride remainder of class(**40-45mins**) at steady, continuous effort, Zone 2-3, RPE 3-7, Resistance 4-7, minimum recovery. Use Music to set tempo/pace. Challenge yourself!!!! Stretch, hydrate, celebrate

#### **Bike 1:00**

**\*\*Hard Riding Focus\*\*** Warm Up 10m, then (5) x 30 second moderate Spin Money's, RPE 6-8, with low Resistance 2-3, 1 minute recoveries in between. Then work up to zone 3, RPE 5-7, increasing resistance from 4 to7, over the next 8 minutes. **\*\*\*Power Builders, Zone 3, RPE 5-7, Resistance 6-7. Do 7 minutes on, 3 minutes recovery 3-5 times.\*\*\***5 min. Recovery**\*\*\*** Then do 15 second "Power Bursts", RPE 9-10, Resistance 7-8, accelerate for 15 seconds, until spinning fast. Recover 2 minutes and repeat 4 more times for a total of 5. **\*\*\*** Finally do Spin Money's, fast pedaling to the point where your butt starts to bounce and you stop being able to feel pressure on the pedals all the way around. Hold it here for 30 seconds. Then recover easy for 1minute, repeat 6 x. Cool down 10 min.

#### **Bike 2:30 Note: Bike MS riders should complete 4-5hr ride (60-70 miles)**

**\*\*Endurance Focus\*\*** Warm up for 15 mins; 10mins in Zone 1,(RPE 1-3, Resistance 2-3), 5 mins in Zone 2, (RPE 3-5, Resistance 3-5). Ride 40 mins of rolling hills; 5 minutes in zone 2, (RPE 3-5, Resistance 4-5), 5 in zone 3,(RPE 5-7, Resistance 5-6) Repeat. **\*\*\*** Five minute recovery**\*\*\*** Then Zone 4,(RPE 7-9, Resistance 6-8), for 10 minutes, recover zone 2 for 10 minutes and repeat 3 times. **\*\*\*Spin Moneys...10 x 15 seconds with 45 second recovery. When you begin to bounce, back off and then hold it there. Follow with 10+ min cool down**

### **Bike MS Ride Training—Week 7**

#### **Bike 1:00**

\*\*\*\*Endurance Building\*\*\*\*"Optional" Zone 2-3, RPE 4-6, Resistance 4-6. Isolated Leg Training on Trainer or RevMaster. After 10 min warm-up, alternate 45-60 seconds with 1 leg. Get a total of 5 minutes on each leg in workout. Equal time per leg. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top. 5 min recovery in Zone 1, RPE 2-3 focus on making circles with feet.\*\*\*Endurance Riding\*\*\*\* Ride remainder of class(50-55mins) at steady, continuous effort, Zone 2-3, RPE 3-7, Resistance 4-7, minimum recovery. Use Music to set tempo/pace. Challenge yourself!!!! Stretch, hydrate, celebrate

#### **Bike 1:00**

\*\*Hard Riding Focus\*\* TEST of Heart rate zones...Warm Up 10m, then 5 x 30 second moderate Spin Money's with low resistance, 1 minute recoveries in between. Then work up to zone 3 increasing resistance or gear every minute for 5 minutes. \*\*\*Power Builders, zone 3 slow cadence to 60-70 rpm, effort level should be a 6 on scale of 1-10. Do 5 minutes on, 3 minutes recovery x 3.\*\* Threshold, hard 10 minutes on, 10 minutes off times 2.\*\* Finally do 2 Power Bursts for 30 seconds with 3 minute recover and Spin Money's, fast pedaling to the point where your butt starts to bounce and you stop being able to feel pressure on the pedals all the way around. Hold it here for 30 seconds. Then recover easy for 1minute, repeat 6 x. Cool down 10 min.

#### **Bike 2:30 Note: Bike MS riders should complete 4-6hr ride (60-85 miles)**

\*\*Endurance Focus\*\* Warm up for 15 mins; 10mins in Zone 1,(RPE 1-3, Resistance 2-3), 5 mins in Zone 2, (RPE 3-5, Resistance 3-5). Ride 40 mins of rolling hills; 5 minutes in zone 2, (RPE 3-5, Resistance 4-5), 5 in zone 3,(RPE 5-7, Resistance 5-6) Repeat. \*\*\* Five minute recovery\*\*\*\* Then Zone 4,(RPE 7-9, Resistance 6-8), for 10 minutes, recover zone 2 for 10 minutes and repeat 3 times. \*\*\*Spin Money's...10 x 15 seconds with 45 second recovery. When you begin to bounce, back off and then hold it there. Follow with 10+ min cool down

### **Bike MS Ride Training—Week 8**

#### **Bike 1:00**

RECOVERY WEEK>< All zone 2-3\*\*Endurance Focus\*\* Warm up for 15 mins; 10mins in Zone 1,(RPE 1-3, Resistance 2-3), 5 mins in Zone 2, (RPE 3-5, Resistance 3-5). Ride 40 mins of rolling hills; 5 minutes in zone 2, (RPE 3-5, Resistance 4-5), 5 in zone 3,(RPE 5-7, Resistance 5-6) Repeat. \*\*\* Five minute recovery\*\*\*\*Spin Money's...10 x 15 seconds with 45 second recovery. When you begin to bounce, back off and then hold it there. Follow with 10+ min cool down.

#### **Bike 1:00**

\*\*Hard Day\*\* 10 minutes warm up, then ramp up to zone 4 over 5 minutes and recover 5 minutes Then\*\*Threshold(Zone 4, RPE 7-9, hard 10 minutes on, 7 minutes off times 2.\*\* Cool down stretch and hydrate.

#### **Bike 2:00 Note: Bike MS riders should complete 3-4hr ride (40-60miles)**

\*\*Endurance Focus\*\* Warm up for 15 mins; 10mins in Zone 1,(RPE 1-3, Resistance 2-3), 5 mins in Zone 2, (RPE 3-5, Resistance 3-5). Ride 40 mins of rolling hills; 5 minutes in zone 2, (RPE 3-5, Resistance 4-5), 5 in zone 3,(RPE 5-7, Resistance 5-6) Repeat. \*\*\* Five minute recovery\*\*\*\* Ride remainder of class in easy Zone 2, RPE 3-5. Use music to set tempo/pace.

### **Bike MS Ride Training—Week 9**

#### **Bike 1:00**

\*\*Event Prep\*\* After 10 min warm-up, work up to Zone 3, RPE 5-7, Resistance 4-7, and ride there for 5 minutes, normal cadence. Recover 3 minutes zone 1-2. \*\*Now Power Builders, increase resistance until back in Zone 3, RPE 5-7, hold it here 3 minutes, Think circles. Go back to zone 1-2 recover for 3 minutes normal cadence and repeat 5 times for a total of 15 minutes of these Power Builders. .\*\*\*Zone 4 for 10 minutes with a 30 second Spin Money at the end. Repeat once more\*\* Spin money's if feeling good, otherwise just stay in zone 2 endurance. Cool down 10 minutes with little or no resistance until heart rate is low.

#### **Bike 1:00**

\*\*Threshold, hard 8 minutes on, 7minutes off times 3.\*\*\*Shut it down\*\*\*

### **The Group Health Bike MS Ride!!!**