

# WABA in the Wild Training Plan



## Introduction

This is an 6-week training program designed for bicyclists to help gradually build fitness levels in preparation for the WABA in the Wild ride. The program is based around the principal of three shorter rides during the week and longer rides on the weekend. Feel free to adapt it! I also urge you to think about how you, personally, confront a physical challenge like this: some people need to prepare by training intensively beforehand, others do better if they don't know exactly what's in store. Time in the saddle, not speed, is the most important thing: you need to make sure you are comfortable on your bike and that you can go on longer rides on consecutive days, not that you can hit 20 mph on a gravel trail (and, for all of you speed demons out there: there is a 15 mph speed limit on all National Park Service trails). You should definitely be biking in the lead up to WABA in the Wild, but this training plan is a resource, not a requirement.

There are many ways to train for a ride like this, however the closer your workout resembles riding outside the better. If you are forced to ride inside, we recommend setting up your bicycle on a trainer. If you cannot ride outside and do not have a trainer, we recommend working out on an exercise bike. If you are unable to exercise outside, inside on a trainer, or inside on an exercise bike, we recommend you perform another cardio workout like running. To convert cycling miles to running miles divide by 4. The general rule is:

Ride outside > Ride your bicycle on a trainer > Ride an exercise bicycle > Running

Overall, this training plan will over-prepare you for WABA in the Wild.

# Training Plan

## Week 1

**Day 1:** 10 mile minimum, easy ride (conversation pace). Recommend a flat or easy rolling hills. If you run out of gears on a hill reset at the top and get back on track.

**Day 2:** Rest day

**Day 3:** 10 mile minimum. Tempo ride (steady breathing, but can still talk). Find a rolling-to-flat course and work it! Find a steady pace that gets your heart rate up, but you can manage for the duration of the ride. If you need to slow down to recover a little from time to time, that is OK.

**Day 4:** Rest day

**Day 5:** Easy ride 30 minutes

**Weekend Ride 1:** 20 mile minimum. You pick the course! This is just a nice steady ride, not too hard, not too easy.

**Weekend Ride 2:** Easy 30min ride. Take an easy spin around the block a few times in an easy gear. This is a recovery ride!

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## Week 2

**Day 1:** 15 mile minimum, easy ride (conversation pace). Recommend a flat or easy rolling hills. If you run out of gears on a hill reset at the top and get back on track.

**Day 2:** Rest day

**Day 3:** 15 mile minimum. Tempo ride (steady breathing, but can still talk). Find a rolling-to-flat course and work it! Find a steady pace that gets your heart rate up, but you can manage for the duration of the ride. If you need to slow down to recover a little from time to time, that is OK.

**Day 4:** Rest day

**Day 5:** Easy ride 30-45 minutes

**Weekend Ride 1:** 25 mile minimum. You pick the course! This is just a nice steady ride, not too hard, not too easy.

**Weekend Ride 2:** Easy 30min ride. Take an easy spin around the block a few times in an easy gear. This is a recovery ride!

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### **Week 3**

**Day 1:** 20 mile minimum, easy ride (conversation pace). Recommend a flat or easy rolling hills. If you run out of gears on a hill reset at the top and get back on track.

**Day 2:** Rest day

**Day 3:** 20 mile minimum. Tempo ride (steady breathing, but can still talk). Find a rolling to flat course and work it! Find a steady pace that gets your heart rate up, but you can manage for the duration of the ride. If you need to slow down to recover a little from time to time, that is OK.

**Day 4:** Rest day

**Day 5:** Easy ride 30-45 minutes

**Weekend Ride 1:** 30 mile minimum. You pick the course! This is just a nice steady ride, not too hard, not too easy.

**Weekend Ride 2:** Easy 30min ride. Take an easy spin around the block a few times in an easy gear. This is a recovery ride!

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### **Week 4**

**Day 1:** 25 mile minimum, easy ride (conversation pace). Recommend a flat or easy rolling hills. If you run out of gears on a hill reset at the top and get back on track.

**Day 2:** Rest day

**Day 3:** 25 mile minimum, Tempo ride (steady breathing, but can still talk). Find a rolling to flat course and work it! Find a steady pace that gets your heart rate up, but you can manage for

the duration of the ride. If you need to slow down to recover a little from time to time, that is OK.

**Day 4:** Rest day

**Day 5:** Easy spin 30-45min

**Weekend Ride 1:** 35 mile minimum. You pick the course! This is just a nice steady ride, not too hard, not too easy.

**Weekend Ride 2:** Easy 30min ride. Take an easy spin around the block a few times in an easy gear. This is a recovery ride!

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## **Week 5**

**Day 1:** 25 mile minimum, easy ride (conversation pace). Recommend a flat or easy rolling hills. If you run out of gears on a hill reset at the top and get back on track.

**Day 2:** Rest day

**Day 3:** 25 mile minimum, Tempo ride (steady breathing, but can still talk). Find a rolling to flat course and work it! Find a steady pace that gets your heart rate up, but you can manage for the duration of the ride. If you need to slow down to recover a little from time to time, that is OK.

**Day 4:** Rest day

**Day 5:** Easy spin 30-45min

**Weekend Ride 1:** 45 mile minimum. You pick the course! This is just a nice steady ride, not too hard, not too easy.

**Weekend Ride 2:** Easy 30min ride. Take an easy spin around the block a few times in an easy gear. This is a recovery ride!

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## **Week 6**

**Day 1:** 25 mile minimum, easy ride (conversation pace). Recommend a flat or easy rolling hills. If you run out of gears on a hill reset at the top and get back on track.

**Day 2:** Rest day

**Day 3:** 25 mile minimum, Tempo ride (steady breathing, but can still talk). Find a rolling to flat course and work it! Find a steady pace that gets your heart rate up, but you can manage for the duration of the ride. If you need to slow down to recover a little from time to time, that is OK.

**Day 4:** Rest day

**Day 5:** Easy spin 30-45min

**Weekend Ride 1:** 50 mile minimum. You pick the course! This is just a nice steady ride, not too hard, not too easy.

**Weekend Ride 2:** Easy 30min ride. Take an easy spin around the block a few times in an easy gear. This is a recovery ride!