



CAF MDC Training Plan 2017

INTRODUCTION

The Challenged Athletes Foundation (CAF) Million Dollar Challenge (MDC) training program will prepare you for the weeklong MDC from San Francisco, CA to San Diego, CA via 20 weeks of weekend group training rides, plus ancillary workouts for individual completion during the week. This program, as a benefit of your fundraising, will physically prepare you for 7 consecutive days on the bike covering over 620 miles.

If you are based in San Diego, there are weekend training rides with 4 groups, which you can join depending on your experience level and physical ability. Each group will have multiple Ride Leaders, whom you will meet at the first ride and come to know during the program. These experienced Ride Leaders will be points of contact for learning more about cycling, guidance about the event, support during training rides and at the event, and friendship for years to come.

If you are not based in San Diego, and will not be attending the weekend training rides, please try to simulate the training ride mileage and climbing on those days based on the ride schedule.

GENERAL OVERVIEW

The training plan calendar on the following pages will follow this general pattern:

Monday:	Day Off with Optional Off-the-bike Strength Training
Tuesday:	Structured Workout
Wednesday:	Endurance Ride with Optional Off-the-bike Strength Training
Thursday:	Structured Workout
Friday:	Easy Spin or Day Off with Optional Off-the-bike Strength Training
Saturday:	Either CAF Training Ride or Endurance Ride (Individual or Group)
Sunday:	Either CAF Training Ride or Endurance Ride (Individual or Group)

Please review the training plan calendar on the following pages for specific workouts, training ride dates, and other information.

PLAN STRUCTURE

The training plan is progressive and structured. As the weeks progress, the **volume** (either hours or miles) and **intensity** (either zones or time in zones) will increase. The **frequency** of workouts (how many times per week), as shown above in General Overview will remain the same.

The program moves linearly through various phases of physical workouts as follows:

- **Endurance:** Building of a solid base of endurance miles to ensure one can handle the later phases of training.
- **Development:** Development of on-the-bike strength and progression to harder aerobic workouts.

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- **Capacity:** Continues the development of aerobic engine and builds in threshold workouts to improve lung and heart capacity.
 - **Overload:** Pushes one's threshold higher and deeper and progression into raising the VO2 Max.
 - **Taper and Event:** Recovers all systems in preparation for the main event.

The weekly mileage goals are just that: goals. While it would be to your advantage to meet the weekly mileage goals, do not stress out if you cannot. We realize that you are busy with family, work, fundraising, etc. Do your best to reach the goals.

If you cannot meet the weekly mileage goals, just focus on performing the two weekly structured workouts during the week sometime, and attending the weekend training rides.

TRAINING ZONES

You will find a description of training zones at the back of the training guide.

Follow the Training Zones: Overview if you wish to perform the workouts using perceived effort. This is the easiest way to get started on the training plan without extra equipment or testing. If you wish to delve deeper and become more focused with the training plan, follow the Training Zones: Detailed, which requires a heart rate monitor or a power meter. A link to a test protocol can be found with the details.

STRENGTH TRAINING

As an addendum to the on-the-bike workouts, off-the-bike strength training is suggested on select days of the workout calendar. Strength training comes in many forms, from traditional weight work in the gym to Pilates to yoga to CrossFit to Boot Camp to etc. There is no one strength training program fit for any one person.

We recommend that if you have a current strength program, then execute it on the days that coincide with the training plan calendar. If you do not have a current strength program, we recommend you work with a fitness professional who understands your cycling goals to develop an appropriate workout routine.

FINAL NOTE

This plan is designed for a variety of riders of different physical conditions and athleticism. If you follow the plan, including the weekday workouts and pay attention to the mileage and climbing, you will be prepared for your CAF event.