

Congrats on your decision to bike RAW ride this year, it is an incredible Wisconsin event by Bike Fed!
 P3 - Peak Performance Professionals is happy to lend our expertise showing you the hours training that will lead to a great ride at RAW.
 If you have questions on the training, email Bob Hanisch at bob@peakperformancepros.com

This plan provides structure along with some built in flexibility.
 You can adjust as needed based on your fitness, schedule and available training time.
 Riders bring different cycling backgrounds to this incredible event & we want you to maximize your experience.
 By following this plan you'll have a terrific performance August 27 and the 28th for those of you doing the 2-day option.
 The plan is based on duration vs. miles so you can see the hours of training we're suggesting.
 This plan contains a lot of volume towards the last few weeks, definitely a challenge to fit this in.
 However, you're going to be rewarded for those training hours at RAW ride!
 There are two training plans for the one day and two day option.
 The plans are the same during the week but less training on the weekend.

Day	Zone**	Purpose
Monday		Recovery Day from weekend riding
Tuesday	3 to 4	Group ride on rolling course, start out zone 3 eventually most near zone 4
Wednesday	2 to 3	Flat ride on own or group
Thursday	4 to 5	Repeat hills on own or group, recover from hills in zone 1 with at least twice the amount of time you rode up hill If the hill takes one minute, get at least 2 minutes recovery. Start with 3 hills add 1 more each week that increases time
Friday		Recovery Day to be ready for the weekend
Saturday	3	Group ride on rolling course
Sunday	2	Group ride on relatively flat course

** See explanation of Zones below

You'll notice typically there are 3 weeks of increase duration, then the 4th week is a planned recovery week.
 Recovery days or weeks are planned so you can reach your full potential on Ride day.

One Day RAW ride training, hours of riding each day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total hrs.	% change
5/9	0	1.5	1	1.5	0	2	4	10	
5/16	0	1.5	1	1.5	0	2.5	5	11.5	15%
5/23	0	1.5	1	1.5	0	3	6	13	13%
5/30	0	1.5	1	1.5	0	2.5	4	10.5	-19%
6/6	0	1.5	1	1.5	0	3	5	12	14%
6/13	0	1.5	1	1.5	0	3.5	6	13.5	13%
6/20	0	1.5	1	1.5	0	4	7	15	11%
6/27	0	1.5	1	1.5	0	3	4.5	11.5	-23%
7/4	0	1.5	1	1.5	0	3.5	6	13.5	17%
7/11	0	1.5	1	1.5	0	4	7	15	11%
7/18	0	1.5	1	1.5	0	3	6	13	-13%
7/25	0	1.5	1	1.5	0	7	4	15	15%
8/1	0	1.5	1	1.5	0	4	8	16	7%
8/8	0	1.5	1	1.5	0	3	6	13	-19%
8/15	0	1.5	1	1.5	0	2	4	10	-23%
8/22	0	1.5	1	1.5	0			4	

*** Similar duration as RAW training camp 7/30 and 7/31

Two Day RAW ride training next page

Two Day RAW ride training, hours of riding each day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total hrs.	% change
5/9	0	1.5	1	1	1	0	2	3	8.5
5/16	0	1.5	1	1	1	0	2.5	3.5	9.5 12%
5/23	0	1.5	1	1	1	0	3	4	10.5 11%
5/30	0	1.5	1	1	1	0	2	3	8.5 -19%
6/6	0	1.5	1	1	1	0	3	4	10.5 24%
6/13	0	1.5	1	1	1	0	3	4.5	11 5%
6/20	0	1.5	1	1.5	1.5	0	3	5	12 9%
6/27	0	1.5	1	1	1	0	2	3	8.5 -29%
7/4	0	1.5	1	1.5	1.5	0	3	5	12 41%
7/11	0	1.5	1	1.5	1.5	0	3	6	13 8%
7/18	0	1.5	1	1	1	0	2	3	8.5 -35%
7/25	0	1.5	1	1.5	1.5	0	6	3	13 53%
8/1	0	1.5	1	1.5	1.5	0	3	6	13 0%
8/8	0	1.5	1	1	1	0	2	4	9.5 -27%
8/15	0	1.5	1	1	1	0	2	3	8.5 -11%
8/22	0	1.5	1	1	1	0			3.5

*** Similar duration as RAW training camp 7/30 and 7/31

Intensity – Zones for Watts and Heart Rate or RPE (Rating of Perceived Exertion) from work by Andy Coggan

Watts and HR are percentage of thresholds. RPE is subjective opinion of the rider of current overall effort
 Threshold is typically determined by a 20 minute TT for watts or VO2 evaluation for HR. P3 offers both these services.

Zone	Title	Watts	HR	RPE	Description
1	Active Recovery	<55%	<68	<2	Very easy spinning after hard effort
2	Easy Aerobic	56-75%	69-83%	3	Classic LSD training, continuous conversation possible
3	Moderate Aerobic	76-90%	84-94%	4	Upper level of aerobic, some talk possible but harder to do
4	Threshold	91-105%	95-105%	5	Just below or above 60-minute TT effort, very little talking if any
5	VO2 Max	106-120%	>106%	6	Close to maximal effort for 2 to 10 minutes

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