

# The Prouty Ultimate

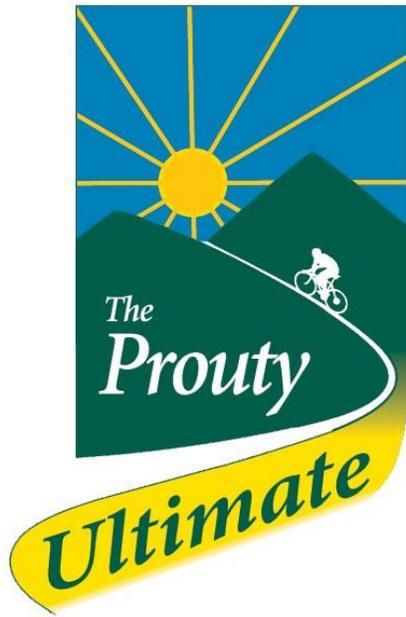
---

## Training Guide



*You Can Do IT! This can help.*

**FRIENDS OF NORRIS COTTON CANCER CENTER**



# Training for The Prouty Ultimate

---

**There is no doubt The Prouty Ultimate is a significant physical and mental challenge! The following training guide is being provided as a starting point to plan your training and preparing yourself and your equipment for this rewarding challenge!**

**But realize it is only a ‘guide’ and not a guarantee of success! The best training plan includes a structured set of rides designed to prepare you for the challenge ahead and a plan that addresses your individual needs for on the bike nutrition and hydration needs and we have attempted to provide that below! :-)**

**But you should also listen to your body and the advice of former participants and riding partners! So adjust ride schedules and nutrition plans accordingly. With that in mind, please feel free to take advantage of the resources below, but also like and follow our Prouty Ultimate Facebook page, follow us on Twitter and check out our Instagram feed! Click here for the Prouty Social Media page and links that connect the Ultimates.**

**Message us with any questions and by all means seek out the wealth of knowledge and information available within your local cycling community. Ultimately riders who have done what you are attempting are a great resource!**

- **sample** training schedule
- **tips** and resources to help you connect with your local cycling community
- **basic** bicycle maintenance information
- **links** to relevant *Bicycling Magazine* articles and blogs that review technique, group riding, long rides and recovery
- **general** nutrition and hydration tips from *Bicycling Magazine* and UltraMarathon Cycling Association

We have compiled a sample 12-week training schedule to help you prepare for the Prouty Ultimate (see below). This plan was not developed by a professional coach, and is based upon publically available training information. The sample plan will offer you a general guide on how to schedule time to prepare for the event and build confidence that you will have a great Prouty Ultimate experience!

As with any athletic endeavor, it is recommended that you work with your physician to address any health concerns that may affect or be affected by participation in the Prouty Ultimate.

There are options if you prefer to consult with a professional coach:



**TrainingPeaks** is a web-based training platform for athletes, including cyclists. Coaches from across the country use TrainingPeaks to offer services.

[www.trainingpeaks.com](http://www.trainingpeaks.com)



**USA Cycling** offers a cycling coach search based upon location and certification level.

[www.usacycling.org/coaches/search.php](http://www.usacycling.org/coaches/search.php)

## 12 – Week Training Schedule

This is a sample training schedule designed to prepare a rider for back-to-back century rides. The program includes the 12 weeks leading up to the event and is based on 3 to 4 training days per week. You will gradually increase ride distance and time on your bike with consecutive training days.

Week (Date)	Short Rides (Week Days)	Long Rides (Weekend)	Total Miles
<b>1:</b> <i>April 20 – 26</i>	Tu: 10    W: 10	Sa: 20	40
<b>2:</b> <i>April 27 – May 3</i>	Tu: 20    W: 10	Sa: 20	50
<b>3:</b> <i>May 4 – 10</i>	Tu: 20    W: 10	Sa: 30	60
<b>4:</b> <i>May 11 – 17</i>	Tu: 20    W: 20	Sa: 30	70
<b>5:</b> <i>May 18 – 24</i>	W: 20	Sa: 30    Su: 30	80
<b>6:</b> <i>May 25 – 31</i>	Tu: 20    W: 20    Th: 20	Sa: 30	90
<b>7:</b> <i>June 1 – 7</i>	W: 20	Sa: 40    Su: 40	100
<b>8:</b> <i>June 8 – 14</i>	Tu: 20    W: 20    Th: 20	Sa: 50*	110*
<b>9:</b> <i>June 15 – 21</i>	W: 30	Sa: 50    Su: 50	130
<b>10:</b> <i>June 22 – 28</i>	Tu: 30    W: 20    Th: 30	Sa: 30	110
<b>11:</b> <i>June 29 – July 5</i>	Tu: 20    Th: 20	Sa: 50	90
<b>12:</b> <i>July 6 – 12</i>	Tu: 20    Fr: 100 (Ultimate)	Sa: 100 (Ultimate)	220

\* **Week 8:** If you prefer to do a longer ride this weekend, forego **Th** ride and add miles to your weekend ride (70-90 miles).

**Date indicated for each ride is recommended.** Amend the schedule to better reflect your ideal riding days. However, it is important that you focus on incorporating back-to-back rides during the week and include short and long rides with time to recover. Incorporate hills as you feel comfortable.

**Remember** to practice nutrition and hydration on training rides. You might also try to ride (safely) in different conditions to feel prepared for the event.

## Tips & Resources

---

There are many challenges you may face in training for a back-to-to-back century event. The following resources can help you stick to your mileage schedule by finding good routes, connecting with riders, and managing obstacles, like inclement weather.

### Planning your ride:

- **Local bike shops:** Get to know the bicycle shops in your area, and ask about good routes and group ride opportunities. Most shops know the ins-and-outs of the local riding scene – and they love to talk about their favorite rides! (Who doesn't?) For a list of local bike shops supporting The Prouty, see: <http://theprouthy.org/ways-to-prouty/cycling/bike-shop-specials/>
- **Prouty Conditioning Rides:** The Prouty is offering a series of volunteer-led conditioning rides, held on a few Sunday mornings prior to the event. Rides will leave from Richmond Middle School (The Prouty venue) and follow the existing 20- or 35-mile routes. Expected pace is ~ 2 hours. Learn more: <http://theprouthy.org/ways-to-prouty/cycling/training/>
- **Cycling clubs:** Ask around (or ask Google) to find local cycling clubs. Although some local clubs are race-oriented, many offer multiple levels of participation. Check “Google Groups,” “Facebook” and “Meetup.com” for cycling groups in your area.
- **Indoor training:** Whether it's at home on a trainer, at a health club spin class, or taking advantage of bicycle shop indoor rides, get on a bike! It's never too early to start training. If you find good indoor riding opportunities during the winter, you can go back to those when the weather is inclement during the outdoor season.

## Training Resources

There are a number of web-based resources that can help you connect with other riders, map out a cycling route, or track training progress. All of the options below are free (some offering advanced pay-based services).



**MapMyRide**

[www.mapmyride.com](http://www.mapmyride.com)

You can plot your routes and get mileage and climbing / elevation profiles. You can also check out routes other people have planned. Search for the Prouty!



**RIDE**  
WITH GPS

**Ride with GPS**

[www.ridewithgps.com](http://www.ridewithgps.com)

If you use a gps computer or phone-based app, you can plot your routes and get mileage and climbing / elevation profiles. You can also check out routes other people have planned. Search for the Prouty!



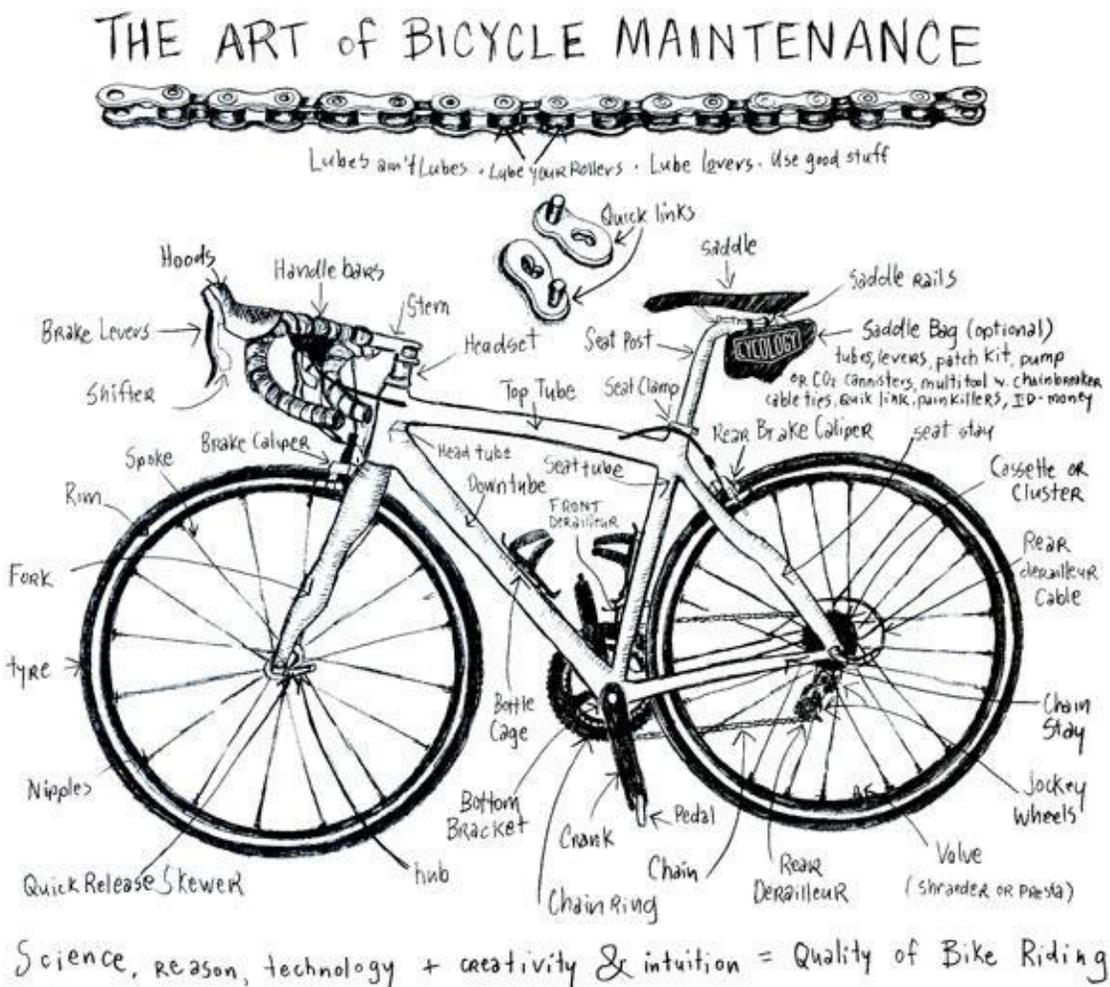
**Strava**

[www.strava.com](http://www.strava.com)

If you use a gps computer or phone-based app, you can track your workouts (and add photo memories). Strava is also a “social networking” tool that allows you to follow other riders. Search for the “Prouty Ultimate” club and join us to connect with others training for the eve

## Basic Bicycle Maintenance

Keeping your bicycle well maintained is a key to successful train Bicycles are simple *and* complex. You should take some time to what *you* can do to upkeep your bike and stay safe on the road and what's best left to your local bike shop mechanic.



See **Bicycling Magazine** for basic maintenance and repair articles as well as how-to videos!

[www.bicycling.com/maintenance](http://www.bicycling.com/maintenance)

## Basic Bicycle Maintenance

---

What can *you* can do to keep your bike running smoothly and avoid costly repairs? Attending a basic maintenance clinic will help you practice these skills, and allow you to ask questions!

- ü□ **Know your tire pressure:** Typically, 100 psi is standard for road tires. Know the optimal pressure for your tires and how to inflate them.
- ü□ **Fix a flat:** Practice this! Whether you watch an online video or attend a local shop clinic, learn how to fix a flat *before* it happens to you on the road.
- ü□ **Check your chain length:** Over time your chain will “stretch” and the links wear down. Know when to replace your chain. Your local shop mechanic can show you how to check it with a tool (or regular ruler).
- ü□ **Check your brake pads:** Your brake pads will wear down over time, and most have a replacement indicator line.
- ü□ **Know your cleats:** If you ride with clipless pedals (cleats), be sure to check your cleats on occasion. Loose cleats are easily tightened with the right tool.
- ü□ **Keep it clean:** Learn how to clean your chain and apply lube. Whether time sets in or you ride in wet conditions, keeping your chain clean will make shifting smoother.
- ü□ **Know what to carry:** A conscientious rider has the supplies on board to handle basic bike repairs. Even if you get help from others, carry your own flat fixing gear.
- ü□ **Support your local bike shop:** Stay on top of maintenance with your local shop. Consider maintenance turnaround time when you take your bike in for a tune-up or repair.

## Cycling Articles and Blogs

Not sure where to start? Want reviews on the best gear or apparel Are you looking for tips on how to ride in a group? The following resources will help you plan ahead and push forward to reach your Prouty Ultimate training goals.



**Bicycling Magazine** offers online articles for every level and genre of cycling. **The Ultimate Beginners Guide to Bicycling** includes a “novice’s bible”

of how to get started in cycling. Articles focus on: riding position, road skills, cornering, climbing hills, flat repair, cycling etiquette, apparel guide and nutrition tips.

<http://www.bicycling.com/training>

**Bicycling Magazine** also offers blog recommendations for “all things cycling” - from professional cyclists to everyday folks who love to chronicle their cycling journeys. Having a bad training day? Look for tips and inspiration: [www.bicycling.com/blogs](http://www.bicycling.com/blogs)

## Nutrition and Hydration Tips

---

Possibly the single most important aspect of completing back-to-back century rides is proper nutrition and hydration. Check in with your doctor if you have any concerns or questions specific to you.

Over the course of two days, a rider can expect to ‘burn’ over 10,000 kilocalories (over 3-lbs) and 20 liters of water (depending on the temperature). Understanding how to replenish those losses is crucial. **Nutrition and hydration should be a focus of your training rides.** Learn what foods your stomach can handle, how much fluid you need, and practice the timing of taking on calories and fluids.

There are a number of great resources available on the web to help you start planning for your training and Prouty Ultimate event. The aid stations along the courses will be stocked with options. If your health or diet requires specialty items, be sure to bring them with you on your rides.

- **Bicycling Magazine** offers nutrition information on topics like “avoiding cramps” and recipes to keep you fueled:  
<http://www.bicycling.com/training>
- **UltraMarathon Cycling Association** maintains a series of articles on nutrition, written by notable experts in the field. Topics include everything from eating for a double century to electrolyte and fluid replacement in different weather conditions.