



The “Prouty Ultimate” Sample Training Schedule

Two-day, 200 mile Ride

You can do this!

We have compiled a sample 12-week training schedule to help you prepare for the Prouty Ultimate. This plan was not developed by a professional coach and is based upon publicly available training information. This sample plan will offer you some general guidelines on how to schedule your time to prepare for the event and build the confidence needed to have a great “Prouty Ultimate” experience!

Note - As with any athletic endeavor, it is recommended that you work with your health care professional to address any health concerns that may affect or be affected by training for and participating in the Prouty Ultimate.

See the full **Prouty Ultimate Training Guide** for more information and tips and learn about the **Prouty Conditioning Rides** to help you prepare: <http://theprouy.org/ways-to-prouty/cycling/training/>

Sample Training Schedule: This plan was designed to prepare you for back-to-back century rides. The program covers 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. Be safe and have fun!

The Prouty Ultimate: Sample 12-week Training Schedule

Week (Date)	Short Rides (Week Days)			Long Rides (Weekend)	Total Miles
1: <i>April 20 – 26</i>	Tu: 10		W: 10	Sa: 20	40
2: <i>April 27 – May 3</i>	Tu: 20		W: 10	Sa: 20	50
3: <i>May 4 – 10</i>	Tu: 20		W: 10	Sa: 30	60
4: <i>May 11 – 17</i>	Tu: 20		W: 20	Sa: 30	70
5: <i>May 18 – 24</i>	W: 20			Sa: 30 Su: 30	80
6: <i>May 25 – 31</i>	Tu: 20	W: 20	Th: 20	Sa: 30	90
7: <i>June 1 – 7</i>	W: 20			Sa: 40 Su: 40	100
8: <i>June 8 – 14</i>	Tu: 20	W: 20	Th: 20	Sa: 50*	110*
9: <i>June 15 – 21</i>	W: 30			Sa: 50 Su: 50	130
10: <i>June 22 – 28</i>	Tu: 30	W: 20	Th: 30	Sa: 30	110
11: <i>June 29 – July 5</i>	Tu: 20		Th: 20	Sa: 50	90
12: <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 some climbing as you feel comfortable. Hills are a fact of life here in New England and are an important part of your training! Try to make at least 20% of your training mileage climbing miles! It might hurt now but your body will thank you later! !

Remember to work on developing a consistent nutrition and hydration plan

during your training rides... and stick to it once you find one that works for you! Your body will thank you for not throwing any surprises at it on event day and your ride will be much more enjoyable as a result!

You should also stick to your training program despite the weather! Typically the weather in early July is hot and somewhat humid! Plan to start your event as early as possible to avoid the potential for getting caught out in an afternoon thunderstorm. And typically the humidity is lower in the early morning hours.

But riding in the rain is a possibility anytime and you should be prepared to do so safely by practicing your bike handling skills during a few rainy training rides! Oh, and we'll tell you right now that the most important aspect of riding in the rain is to be aware of the increased braking distances to either stop or moderate speed!! This is especially important in a group ride situation and although it's great to sit in close, give that rider in front of you some room so that if something unexpected happens, you're not up their rear wheel resulting in you both being on the floor!