

## ODYSSEY WORLD CYCLING TOURS - TRAINING CALENDAR

Attached you will find a 20 week training schedule to help you to get in what could be the best shape of your life!

Please keep in mind this schedule is a guideline and it is not necessary for you to follow every day's instruction to the letter, but try to modify this calendar to fit your own daily schedule. The important thing is to get as much time and mileage as possible under your belt to make the California Coast Classic a truly pleasurable experience.

If you are already an experienced and fit cyclist, we suggest you begin with Week #7's schedule and hold at that level until the week of October 13, when we start increasing mileage.

If you are not in cycling shape and sign on later than August 18, 2002, please follow the first four weeks as they are laid out. Then increase time and distance more rapidly by omitting repetitive weeks and moving down the schedule until you catch up with the group.

The most important weeks in this schedule are the first four weeks (working up to a good base) and the last four weeks. It is most important that cyclists "peak" at the right time. The last 2 1/2 weeks should be a tapering down of longer workouts. The week before the event should be non-stressful. Do not push yourself. A cyclist cannot train for an event in the last week. Just relax, have some fun "easy spinning" rides so that you are rested for our first day on the road.

Definition of calendar terms:

"Spinning": Means turning the pedals as rapidly as possible, with not too much pressure. This is a technique that will save your knees and is the most efficient way to cycle. We recommend beginners start out at 70 R.P.M.'s and build up to an optimum of 90 –110 R.P.M.'s. It is for this reason that we do not recommend hills for the first several weeks. Try to develop a rapid, circular pedal stroke.

"Small or Middle Chainring": Most riders will have "triple chainrings" which means 3 chain rings in the front (located next to the right pedal). These cyclists should spend most of their time in the "middle chainring" except when going up steep hills (then use the little chainring) or going downhill (then use the big chainring). For those cyclists with only two rings in the front, they should stay in the "small chainring" except when going downhill, or when they get much stronger on the flats.

Please refer to the printed training manual for techniques on pedal stroke, climbing and descents.

Most importantly, have a great time while you pedal your way to fitness!