

# Fat Bike Birkie (21K) Training Plan

This training plan gives you a guideline for getting prepped for the 21K Fat Bike Birkie! Feel free to modify it to suit your needs/schedule. Hardly anyone follows a training plan exactly, so don't worry if you need to modify things.

The most important workout is getting a longer ride in. If that is all you have time for, you will be just fine in completing the Fat Tire Half. Next important is getting in a little intensity with hills or speed workouts, all the other days will help your general fitness.

You can move these around during the week, especially fine to swap Sat and Sun workouts due to your schedule. It is good to have a rest day on Friday before the two workouts on the weekend though.

	<b>Week Beg</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Week 1	13-Jan	Rest	Cross Train/Strength	Hills/Speed 30 minutes	Cross Train/Strength	Rest	Long 60 minutes	Easy 30-45 minutes
Week 2	20-Jan	Rest	Cross Train/Strength	Hills/Speed 30 minutes	Cross Train/Strength	Rest	Long 60 minutes	Easy 30-45 minutes
Week 3	27-Jan	Rest	Cross Train/Strength	Hills/Speed 45 minutes	Cross Train/Strength	Rest	Long 60-75 minutes	Easy 30-45 minutes
Week 4	3-Feb	Rest	Cross Train/Strength	Hills/Speed 45 minutes	Cross Train/Strength	Rest	Long 60-75 minutes	Easy 45-60 minutes
Week 5	10-Feb	Rest	Cross Train/Strength	Hills/Speed 60 minutes	Cross Train/Strength	Rest	Long 75-90 minutes	Easy 45-60 minutes
Week 6	17-Feb	Rest	Cross Train/Strength	Hills/Speed 60 minutes	Cross Train/Strength	Rest	Long 75-90 minutes	Easy 45-60 minutes
Week 7	24-Feb	Rest	Cross Train/Strength	Hills/Speed 60 minutes	Cross Train/Strength	Rest	Long 120 minutes	Easy 45-60 minutes
Week 8	3-Mar	Rest	Easy Cross Train/Strength	Easy Ride	Easy Cross Train/Strength	Rest	FAT TIRE BIRKIE	

## **Components (descriptions of riding zones below this section)**

**Long Ride:** Best to do these outside if you can. Start with an easy warm up (zone 1), then just enjoy the ride in zone 2 mainly, with some time in zone 3 (up hills or just slight bursts of higher cadence/gearing to mix things up). Think about your clothing choices and test things out. End with a 5 -10 min warm down in zone 1 as well. The warm up and warm down times count in the total time for these rides. Also good to work on hydration during these – either practicing grabbing your water bottle to drink while riding, or using a hydration pack with the hose protected from the cold in your jacket.

Progression: If you want to really mix up this ride, through in some zone 5/6 5 to 10 second bursts in there once in a while.

### **Cross Train/Strength:**

Goal is to combine balance, upper body, core and lower body - all so important in fat biking

Do 3 sets of the 7 exercises in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set). If you are new to strength training, feel free to start out with lower reps, then increase as the weeks go on. If you are unsure of any of the exercises, google for help.

Total time approximately 20-30 minutes

1. 20 pushups from toes or knees
2. 20 slow, control squats (keep knees behind toes, go down to 90 degrees)
3. 20 bicycle crunches
4. 12 each leg, lunges (add weight if needed)
5. 20 bird dogs
6. 12 each leg, single leg dead lifts (add weight if needed)
7. 15 chair dips/tricep dips

**Hills/Speed Ride:** For this ride you'll want to do a warm up and warm down on either end in zone 1. Then work through some longer zone 3 time, with some dips into zone 2 as needed. You can do this naturally if you plan a route with hills! It's also great to do some lower and higher cadence in your intensity so you are ready to do an easy spin up a hill or a harder pedal on a steep hill.

**Easy Ride:** These are the best! Just get out on your bike and do some easy spinning in zones 1 and 2. Great to also use this ride to test your gear/clothing, but know you'll need to dress more warmly on these than for race day or your hills/speed ride when you'll be exerting more effort.

### **Zone Training (6 Zone description from [Bike Radar](#))**

**Zone 1:** Should feel very easy with little pressure going through the pedals. Breathing will be light and conversation easy.

**Zone 2:** Conversation while riding should still be easy but your breaths will be a little heavier and more frequent than in zone one. Well-trained riders can ride for three hours (or significantly more) at this pace with adequate fueling. Use this zone for your endurance training.

**Zone 3:** Breathing is getting sharper now with more concentration required to maintain the effort. It's harder to talk and starting to feel uncomfortable.

**Zone 4:** Regular conversation while riding will be very difficult and your breathing will be heavy, but not strained. You will be feeling 'the burn' and it will require concentration and mental determination to stay in this zone, so it's usually broken down into blocks or intervals of 10 to 30 minutes.

**Zone 5:** This is a hard zone that's painful to ride at for more than a few minutes, so you should be suffering. Breathing will be heavy and the effort will be difficult to maintain. The next day you'll want to stay in zone one or two.

**Zone 6:** These efforts are very painful and not far off full gas sprinting. They should only be sustainable for 30 seconds to three minutes. Any longer and you're probably not trying hard enough!

Keep in mind, we have put this together to enhance your journey for health and wellness. Don't stress out if there are some weeks where life gets in the way of training. This is only a tool to help you on your fitness journey and motivate you for an event among a community of others. It's only an Event! Most important are the steps you take toward a healthier you! You can do hard things!

Feel free to send questions to Martha ([martha@littlebellas.org](mailto:martha@littlebellas.org)) or Julie ([Julie.rieth@enduranceunited.org](mailto:Julie.rieth@enduranceunited.org)).