

DePauw University Cycling Team 2010 Training Plan
(Women, except Rita, and beginners subtract 2 hours from each week's total)

Monday	Wk		Saturday Races		Sunday Races	Pri	Period	Hours	Notes!
5.Oct	1	10.10		10.11			REST/TRANS	8	
12.Oct	2	10.17		10.18			Base I	10	
19.Oct	3	10.24		10.25			Base I	12	Fall Break/Hilly 100
26.Oct	4	10.31		11.1			Base I	14	
2.Nov	5	11.7		11.8			Base I	16	
9.Nov	6	11.14		11.15			Base I RR	8	
16.Nov	7	11.21		11.22			Base II	12	
23.Nov	8	11.28		11.29			Base II	14	Thanksgiving
30.Nov	9	12.5		12.6			Base II	16	
7.Dec	10	12.12		12.13			Base II	18	
14.Dec	11	12.19	TEST	12.20			Base II RR	8	Finals
21.Dec	12	12.26		12.27			TRANS	8	
28.Dec	13	1.2		1.3			TRANS	8	
4.Jan	14	1.9	LT Intervals 1	1.10			Base III	14	WT Begins
11.Jan	15	1.16	2	1.17			Base III	16	
18.Jan	16	1.23	3	1.24			Base III	18	
25.Jan	17	1.30	4	1.31			Base III	20	WT Ends
1.Feb	18	2.6	TEST	2.7			Base III RR	8	Classes Begin
8.Feb	19	2.13	LT Intervals 1	2.14			BUILD I	16	
15.Feb	20	2.20	2	2.21			BUILD I	16	DePauw Races
22.Feb	21	2.27	3	2.28			BUILD I	16	Ohio Races
1.Mar	22	3.6	4	3.7			BUILD I	16	
8.Mar	23	3.13	TEST	3.14			BUILD I RR	10	
15.Mar	24	3.20	VOMAX Intervals 1	3.21			BUILD II	14	
22.Mar	25	3.27	2	3.28			BUILD II	14	Spring Break
29.Mar	26	4.3	3	4.4			BUILD II	14	
5.Apr	27	4.10	4	4.11			BUILD II	14	
12.Apr	28	4.17	TEST	4.18			BUILD II RR	10	Little 5
19.Apr	29	4.24		4.25			PEAK	12	Collegiate Regionals
26.Apr	30	5.1		5.2			RACE	14	Tour of the Gila
3.May	31	5.8		5.9			RACE	14	Collegiate Nationals
10.May	32	5.15		5.16			RACE	14	Finals Begin May 15
17.May	33	5.22		5.23			RACE	14	Graduation May 23
24.May	34	5.29		5.30			RACE	14	Tulsa Tough
31.May	35	6.5		6.6			RACE	14	Memorial Day Racing
7.Jun	36	6.12		6.13			TRANS	10	Nature Valley
14.Jun	37	6.19		6.20			TRANS	10	Winghaven
21.Jun	38	6.26		6.27			BUILD I	18	
28.Jun	39	7.3		7.4			BUILD I	18	Fitchburg
5.Jul	40	7.10		7.11			BUILD I	18	
12.Jul	41	7.17		7.18			BUILD I	18	Superweek/Alpenrose
19.Jul	42	7.24		7.25			BUILD I	12	Superweek/Chicago Crit
26.Jul	43	7.31		8.1			BUILD I	17	Indy Velodrome Challenge
2.Aug	44	8.7		8.8			BUILD II	17	
9.Aug	45	8.14		8.15			BUILD II	17	
16.Aug	46	8.21		8.22			BUILD II	17	Classes Begin/Marion Classic
23.Aug	47	8.28		8.29			BUILD II	12	
30.Aug	48	9.4		9.5			BUILD II	17	Gateway Cup
6.Sep	49	9.11		9.12			BUILD II	15	
13.Sep	50	9.18		9.19			RACE	14	Track Nationals
20.Sep	51	9.25		9.26			TRANS	8	
27.Sep	52	10.2		10.3			TRANS	8	

These times do NOT include weights.
 Weights should be done M/W or T/Thurs
 If weights are done on T/Thurs it should be AFTER riding

Basic "Base" Training Hour Distribution:

Training Hour Calculator

MEN	Hours	Miles Ride theme:
M	0	0 Rest and Recovery
T	1.5	24 Speed work or Intervals
W	2	32 Long and moderate
R	1.5	24 Speed work or Intervals
F	1	16 Rest and Recovery
S	2	32 Long with intensity
S	2	32 Long and easy
TOTAL	10	160

WOMEN	Hours	Miles Ride theme:
M	0	0 Rest and Recovery
T	1	16 Speed work or Intervals
W	2	32 Long and moderate
R	1	16 Speed work or Intervals
F	1	16 Rest and Recovery
S	1.5	24 Long with intensity
S	1.5	24 Long and easy
TOTAL	8	128