

TRAINING PLAN BY PAUL WARLOSKI

AUDAXITY[®]

100-MILE TRAINING PLAN



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COLLEGE
OF WISCONSIN
CANCER CENTER





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WELCOME TO YOUR 100-MILE TRAINING PLAN

Congrats on taking on this challenge! While a 100-mile bike race may sound daunting, have no fear! For the next 16 weeks, we will be right by your side, helping you crush your training. We will gradually build up your strength and endurance, slowly transforming you into a cycling machine! Now, here's a brief overview of what you can expect in the next 4 months.

This training plan is split up into 4 chunks:



Each week will look something like this:

6 ACTIVE DAYS + 1 REST DAY

5 BIKE WORKOUTS

4 STRENGTH SESSIONS

NOW, LET'S GET TO IT!

WEEK 1

MON: Rest

TU: 30/30 + Back and Booty

WED: Big Gear Low Cadence

TH: Endurance + Yoga Strength 1

FRI: Back and Booty

SA: Endurance

SU: Endurance + Back and Booty

WEEK 2

MON: Rest

TU: 30/30 + Back and Booty

WED: Big Gear Low Cadence

TH: Endurance + Yoga Strength 1

FRI: Back and Booty

SA: Endurance

SU: Endurance + Back and Booty

WEEK 3

MON: Rest

TU: 30/30 + Back and Booty

WED: Big Gear Low Cadence

TH: Endurance + Yoga Strength 1

FRI: Back and Booty

SA: Endurance

SU: Endurance + Back and Booty

WEEK 4

MON: Rest

TU: 30/30 + Back and Booty

WED: Big Gear Low Cadence

TH: Endurance + Yoga Strength 1

FRI: Back and Booty

SA: Endurance

SU: Endurance + Back and Booty

WEEK 5

MON: Rest

TU: 30/30 + Strength 1

WED: Big Gear Low Cadence

TH: Endurance + Strength 1

FRI: Threshold + Yoga Strength 2

SA: Endurance

SU: Endurance

WEEK 6

MON: Rest

TU: 30/30 + Strength 1

WED: Big Gear Low Cadence

TH: Endurance + Strength 1

FRI: Threshold + Yoga Strength 2

SA: Endurance

SU: Endurance

WEEK 7

MON: Rest

TU: 30/30 + Strength 1

WED: Big Gear Low Cadence

TH: Endurance + Strength 1

FRI: Threshold + Yoga Strength 2

SA: Endurance

SU: Endurance

WEEK 8

MON: Rest

TU: 30/30 + Strength 1

WED: Big Gear Low Cadence

TH: Yoga Strength 2

FRI: Endurance + Strength 1

SA: Rest

SU: Endurance

WEEK 9

MON: Rest

TU: 30/30 + Strength 2

WED: Big Gear Low Cadence

TH: Endurance + Strength 2

FRI: Threshold + Yoga Strength 3

SA: Endurance

SU: Endurance

WEEK 10

MON: Rest

TU: 30/30 + Strength 2

WED: Big Gear Low Cadence

TH: Endurance + Strength 2

FRI: Threshold + Yoga Strength 3

SA: Endurance

SU: Endurance

WEEK 11

MON: Rest

TU: 30/30 + Strength 2

WED: Big Gear Low Cadence

TH: Endurance + Strength 2

FRI: Threshold + Yoga Strength 3

SA: Endurance

SU: Endurance

WEEK 12

MON: Rest

TU: 30/30 + Strength 2

WED: Endurance

TH: Yoga Strength 3

FRI: Strength 2

SA: Rest

SU: Endurance

WEEK 13

MON: Rest

TU: 30/30 + Strength 2

WED: Big Gear Low Cadence

TH: Endurance + Strength 2

FRI: Threshold + Yoga Strength 4

SA: Endurance

SU: Endurance

WEEK 14

MON: Rest

TU: 30/30 + Strength 2

WED: Big Gear Low Cadence

TH: Endurance + Strength 2

FRI: Threshold + Yoga Strength 4

SA: Endurance

SU: Endurance

WEEK 15

MON: Rest

TU: 30/30 + Strength 2

WED: Big Gear Low Cadence

TH: Endurance + Strength 2

FRI: Threshold + Yoga Strength 4

SA: Endurance

SU: Endurance

WEEK 16

MON: Rest

TU: 30/30

WED: Endurance

TH: Rest

FRI: Endurance

SA: Event

SU: Recover

BIKE WORKOUTS

WARM UP

Before every bike workout, take 10 - 15 minutes to warm up. The purpose of a warm up is to help your body prepare for the work ahead. This should build up your heart rate, but it should not be challenging.

BIG GEAR LOW CADENCE

These rides are generally 60 minutes – longer if you have the time. Within that span of time, do the specified number of 10-minute intervals of big gear work. Pedal at a normal pace for the remainder of the ride.

30/30

Within a 60-minute ride, do a hard effort of 30 seconds at a 9 RPE. Then, rest for 30 seconds with easy pedaling to catch your breath before your next 30-second effort. Between sets, rest for 3 minutes. Try to produce the same amount of power across every effort.

ENDURANCE

Ride for the specified length of time – or longer – at an endurance pace. Your endurance pace should be a level of effort where you can still hold a conversation with someone and breathe through your nose. Aim to ride at roughly 60 - 70% of your maximum heart rate.

THRESHOLD

Do the specified number of moderately hard 4-minute intervals at a 7 - 8 RPE. Each effort should be challenging enough where you can only talk in one- or two-word sentences. Rest for 2 minutes between sets with easy pedaling.

COOL DOWN

After every bike workout, take 10 - 15 minutes to cool down. This cool down will help your heart rate decrease gently and prevent post-ride soreness.

PRO TIP

If you are riding for 1.5 hours or longer, pack fruit, gels, or your preferred source of quick-digesting carbohydrates to replenish your body.

STRENGTH SESSIONS

STRENGTH 1

PERFORM 2 SETS OF 6 - 8 REPS FOR EACH EXERCISE,
REST FOR 1 MINUTE BETWEEN SETS

Deadlifts
Dumbbell Chest Press
Dumbbell Single Arm Row
Dumbbell Shoulder Press
Dumbbell High Pulls
Hollows
Side Plank

STRENGTH 2

PERFORM 2 SETS OF 6 - 8 REPS FOR EACH EXERCISE,
REST FOR 1 MINUTE BETWEEN SETS

Deadlifts
Push Ups
Pull Ups (Assisted)
Single Arm Shoulder Press
Clam Shells
Hollows
Side Plank Rotations

YOGA STRENGTH 1

CLICK [HERE](#) TO FOLLOW ALONG

YOGA STRENGTH 2

CLICK [HERE](#) TO FOLLOW ALONG

YOGA STRENGTH 3

CLICK [HERE](#) TO FOLLOW ALONG

YOGA STRENGTH 4

CLICK [HERE](#) TO FOLLOW ALONG

BACK AND BOOTY

CLICK [HERE](#) TO FOLLOW ALONG

MONDAY - REST

TUESDAY

30/30

1 x 6 efforts

**BACK AND
BOOTY**

Click [here](#)

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

1 x 10-minute interval

THURSDAY

ENDURANCE

1 hour

**YOGA
STRENGTH 1**

Click [here](#)

NOTES:

FRIDAY

NOTES:

**BACK AND
BOOTY**

Click [here](#)

SATURDAY

NOTES:

ENDURANCE

2 hours

SUNDAY

NOTES:

ENDURANCE

1.5 hours with
1 x 10-minute interval

**BACK AND
BOOTY**

Click [here](#)

MONDAY - REST

TUESDAY

30/30

1 x 7 efforts

**BACK AND
BOOTY**

Click [here](#)

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

1 x 10-minute interval

THURSDAY

ENDURANCE

1.5 hours

**YOGA
STRENGTH 1**

Click [here](#)

NOTES:

FRIDAY

NOTES:

**BACK AND
BOOTY**

Click [here](#)

SATURDAY

NOTES:

ENDURANCE

2.5 hours

SUNDAY

NOTES:

ENDURANCE

1.5 hours with
1 x 10-minute interval

**BACK AND
BOOTY**

Click [here](#)

MONDAY - REST

TUESDAY

30/30

1 x 8 efforts

**BACK AND
BOOTY**

Click [here](#)

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

1 x 10-minute interval

THURSDAY

ENDURANCE

2 hours

**YOGA
STRENGTH 1**

Click [here](#)

NOTES:

FRIDAY

NOTES:

**BACK AND
BOOTY**

Click [here](#)

SATURDAY

NOTES:

ENDURANCE

3 hours

SUNDAY

NOTES:

ENDURANCE

1.5 hours with
1 x 10-minute interval

**BACK AND
BOOTY**

Click [here](#)

MONDAY - REST

TUESDAY

30/30

1 x 6 efforts

**BACK AND
BOOTY**

Click [here](#)

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

1 x 10-minute interval

THURSDAY

ENDURANCE

1 hour

**YOGA
STRENGTH 1**

Click [here](#)

NOTES:

FRIDAY

NOTES:

**BACK AND
BOOTY**

Click [here](#)

SATURDAY

NOTES:

ENDURANCE

2 hours

SUNDAY

ENDURANCE

1.5 hours with
1 x 10-minute interval

**BACK AND
BOOTY**

Click [here](#)

NOTES:

MONDAY - REST

TUESDAY

30/30

2 x 5 efforts

STRENGTH 1

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

2 x 10-minute intervals

THURSDAY

ENDURANCE

1.5 hours

STRENGTH 1

NOTES:

FRIDAY

THRESHOLD

4 x 4-minute intervals

**YOGA
STRENGTH 2**

Click [here](#)

NOTES:

SATURDAY

NOTES:

ENDURANCE

3.5 hours

SUNDAY

NOTES:

ENDURANCE

2 hours with
2 x 10-minute intervals

MONDAY - REST

TUESDAY

30/30

2 x 6 efforts

STRENGTH 1

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

2 x 10-minute intervals

THURSDAY

ENDURANCE

2 hours

STRENGTH 1

NOTES:

FRIDAY

THRESHOLD

4 x 4-minute intervals

**YOGA
STRENGTH 2**

Click [here](#)

NOTES:

SATURDAY

NOTES:

ENDURANCE

5 hours

SUNDAY

NOTES:

ENDURANCE

2 hours with
2 x 10-minute intervals

MONDAY - REST

TUESDAY

30/30

2 x 7 efforts

STRENGTH 1

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

2 x 10-minute intervals

THURSDAY

ENDURANCE

2 hours

STRENGTH 1

NOTES:

FRIDAY

THRESHOLD

4 x 4-minute intervals

**YOGA
STRENGTH 2**

Click [here](#)

NOTES:

SATURDAY

NOTES:

ENDURANCE

4 hours

SUNDAY

NOTES:

ENDURANCE

2 hours with
2 x 10-minute intervals

MONDAY - REST

TUESDAY

30/30
2 x 5 efforts

STRENGTH 1

NOTES:

WEDNESDAY

ENDURANCE

1 hour

NOTES:

THURSDAY

**YOGA
STRENGTH 2**

Click [here](#)

NOTES:

FRIDAY

ENDURANCE

1 hour

STRENGTH 1

NOTES:

SATURDAY - REST

SUNDAY

ENDURANCE

3 hours

NOTES:

MONDAY - REST

TUESDAY

30/30

3 x 5 efforts

STRENGTH 2

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

3 x 10-minute intervals

THURSDAY

ENDURANCE

2 hours

STRENGTH 2

NOTES:

FRIDAY

THRESHOLD

5 x 4-minute intervals

**YOGA
STRENGTH 3**

Click [here](#)

NOTES:

SATURDAY

NOTES:

ENDURANCE

4 hours

SUNDAY

NOTES:

ENDURANCE

2 hours with
3 x 10-minute intervals

MONDAY - REST

TUESDAY

30/30

3 x 6 efforts

STRENGTH 2

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

3 x 10-minute intervals

THURSDAY

ENDURANCE

2 hours

STRENGTH 2

NOTES:

FRIDAY

THRESHOLD

5 x 4-minute intervals

**YOGA
STRENGTH 3**

Click [here](#)

NOTES:

SATURDAY

NOTES:

ENDURANCE

6 hours

SUNDAY

NOTES:

ENDURANCE

2 hours with
3 x 10-minute intervals

MONDAY - REST

TUESDAY

30/30

3 x 7 efforts

STRENGTH 2

NOTES:

WEDNESDAY

**BIG GEAR
LOW CADENCE**

3 x 10-minute intervals

NOTES:

THURSDAY

ENDURANCE

2 hours

STRENGTH 2

NOTES:

FRIDAY

THRESHOLD

6 x 4-minute intervals

**YOGA
STRENGTH 3**

Click [here](#)

NOTES:

SATURDAY

ENDURANCE

4 hours

NOTES:

SUNDAY

ENDURANCE

2 hours with
3 x 10-minute intervals

NOTES:

MONDAY - REST

TUESDAY

30/30
2 x 5 efforts

STRENGTH 2

NOTES:

WEDNESDAY

ENDURANCE
1 hour

NOTES:

THURSDAY

**YOGA
STRENGTH 3**
Click [here](#)

NOTES:

FRIDAY

STRENGTH 2

NOTES:

SATURDAY - REST

SUNDAY

ENDURANCE
3 hours

NOTES:

MONDAY - REST

TUESDAY

30/30

4 x 6 efforts

STRENGTH 2

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

3 x 10-minute intervals

THURSDAY

ENDURANCE

2 hours

STRENGTH 2

NOTES:

FRIDAY

THRESHOLD

6 x 4-minute intervals

**YOGA
STRENGTH 4**

Click [here](#)

NOTES:

SATURDAY

NOTES:

ENDURANCE

4 hours

SUNDAY

NOTES:

ENDURANCE

2 hours with
4 x 10-minute intervals

MONDAY - REST

TUESDAY

30/30

4 x 7 efforts

STRENGTH 2

NOTES:

WEDNESDAY

NOTES:

**BIG GEAR
LOW CADENCE**

3 x 10-minute intervals

THURSDAY

ENDURANCE

2 hours

STRENGTH 2

NOTES:

FRIDAY

THRESHOLD

7 x 4-minute intervals

**YOGA
STRENGTH 4**

Click [here](#)

NOTES:

SATURDAY

NOTES:

ENDURANCE

6 hours

SUNDAY

NOTES:

ENDURANCE

2 hours with
4 x 10-minute intervals

MONDAY - REST

TUESDAY

30/30
4 x 8 efforts

STRENGTH 2

NOTES:

WEDNESDAY

**BIG GEAR
LOW CADENCE**
3 x 10-minute intervals

NOTES:

THURSDAY

ENDURANCE
1 hour

STRENGTH 2

NOTES:

FRIDAY

THRESHOLD
5 x 4-minute intervals

**YOGA
STRENGTH 4**
Click [here](#)

NOTES:

SATURDAY

ENDURANCE
4 hours

NOTES:

SUNDAY

ENDURANCE
1.5 hours with
1 x 10-minute interval

NOTES:

MONDAY - REST

TUESDAY

30/30
2 x 6 efforts

STRENGTH 2

NOTES:

WEDNESDAY

ENDURANCE
1 hour

NOTES:

THURSDAY - REST

FRIDAY

ENDURANCE
1 hour

**YOGA
STRENGTH 4**
Click [here](#)

NOTES:

SATURDAY - REST

SUNDAY - EVENT



100-MILE TRAINING PLAN MADE BY:

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READY TO LEVEL UP YOUR TRAINING?

Click here to set up a free virtual coffee with Paul.



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