

TRAINING PLAN BY PAUL WARLOSKI

# AUDAXITY<sup>®</sup>

## 50-MILE TRAINING PLAN



**CANCER ENDS HERE.**





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# WELCOME TO YOUR 50-MILE TRAINING PLAN

Congrats on taking on this challenge! While a 50-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/Tempo Interval +  
Back and Booty

## WEEK 5

**MON:** Rest

**TU:** 30/30 + Strength 1

**WED:** Big Gear Low Cadence

**TH:** Endurance + Strength 1

**FRI:** Yoga Strength 2

**SA:** Endurance

**SU:** Endurance/Tempo Interval

## WEEK 6

**MON:** Rest

**TU:** 30/30 + Strength 1

**WED:** Big Gear Low Cadence

**TH:** Endurance + Strength 1

**FRI:** Yoga Strength 2

**SA:** Endurance

**SU:** Endurance/Tempo Interval

## WEEK 7

**MON:** Rest

**TU:** 30/30 + Strength 1

**WED:** Big Gear Low Cadence

**TH:** Endurance + Strength 1

**FRI:** Yoga Strength 2

**SA:** Endurance

**SU:** Endurance/Tempo Interval

## WEEK 8

**MON:** Rest

**TU:** 30/30 + Strength 1

**WED:** Big Gear Low Cadence

**TH:** Endurance + Strength 1

**FRI:** Endurance + Yoga Strength 2

**SA:** Rest

**SU:** Endurance

## WEEK 9

**MON:** Rest

**TU:** 30/30 + Strength 2

**WED:** Big Gear Low Cadence

**TH:** Threshold + Strength 2

**FRI:** Yoga Strength 3

**SA:** Endurance

**SU:** Endurance/Tempo Interval

## WEEK 10

**MON:** Rest

**TU:** 30/30 + Strength 2

**WED:** Big Gear Low Cadence

**TH:** Threshold + Strength 2

**FRI:** Yoga Strength 3

**SA:** Endurance

**SU:** Endurance/Tempo Interval

## WEEK 11

**MON:** Rest

**TU:** 30/30 + Strength 2

**WED:** Big Gear Low Cadence

**TH:** Threshold + Strength 2

**FRI:** Yoga Strength 3

**SA:** Endurance

**SU:** Endurance/Tempo Interval

## WEEK 12

**MON:** Rest

**TU:** 30/30 + Strength 2

**WED:** Endurance

**TH:** Threshold + Strength 2

**FRI:** Yoga Strength 3

**SA:** Rest

**SU:** Endurance

## WEEK 13

**MON:** Rest

**TU:** 30/30 + Strength 2

**WED:** Big Gear Low Cadence

**TH:** Threshold + Strength 2

**FRI:** Yoga Strength 4

**SA:** Endurance

**SU:** Endurance/Tempo Interval

## WEEK 14

**MON:** Rest

**TU:** 30/30 + Strength 2

**WED:** Big Gear Low Cadence

**TH:** Threshold + Strength 2

**FRI:** Yoga Strength 4

**SA:** Endurance

**SU:** Endurance/Tempo Interval

## WEEK 15

**MON:** Rest

**TU:** 30/30 + Strength 2

**WED:** Big Gear Low Cadence

**TH:** Threshold + Strength 2

**FRI:** 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.

## TEMPO INTERVALS

Within an endurance workout, do a 10-minute interval for the specified number of sets at a medium pace. This should be challenging but doable – sitting around a 6 RPE. These sessions can be extended each week for additional training stress, if the body allows.

## 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

Sumo Deadlifts (3 sets of 5 - 8 reps)  
Half-kneeling Shoulder Press  
B-stance Single Leg RDL  
Dumbbell Bent Over Row  
Hollow Body Hold  
Side Plank  
Dumbbell Chest Press  
Side Lunge  
Lat Pull Downs

## STRENGTH 2

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

Goblet Squat  
Dumbbell Bent Over Row  
Superhero  
Glute Bridge  
Kneeling Windmill  
Hollow Body Hold  
Dumbbell Chest Press  
Side Lunge with High Pull

## 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 (optional)

**YOGA  
STRENGTH 1**

Click [here](#)

NOTES:

## FRIDAY

NOTES:

**BACK AND  
BOOTY**

Click [here](#)

## SATURDAY

NOTES:

**ENDURANCE**

1 hour

## SUNDAY

NOTES:

**ENDURANCE**

1.5 hours

**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 hour (optional)

**YOGA  
STRENGTH 1**

Click [here](#)

NOTES:

## FRIDAY

NOTES:

**BACK AND  
BOOTY**

Click [here](#)

## SATURDAY

NOTES:

**ENDURANCE**

1.5 hours

## SUNDAY

NOTES:

**ENDURANCE**

1.5 hours

**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**

1 hour (optional)

**YOGA  
STRENGTH 1**

Click [here](#)

NOTES:

## FRIDAY

NOTES:

**BACK AND  
BOOTY**

Click [here](#)

## SATURDAY

NOTES:

**ENDURANCE**

2 hours

## SUNDAY

NOTES:

**ENDURANCE**

1 hour

**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 (optional)

**YOGA  
STRENGTH 1**

Click [here](#)

NOTES:

## FRIDAY

NOTES:

**BACK AND  
BOOTY**

Click [here](#)

## SATURDAY

NOTES:

**ENDURANCE**

1 hour

## SUNDAY

NOTES:

**ENDURANCE**

1.5 hours with  
1 x 10-minute tempo interval

**BACK AND  
BOOTY**

Click [here](#)

## MONDAY - REST

## TUESDAY

**30/30**

2 x 5 efforts

**STRENGTH 1**

NOTES:

## WEDNESDAY

**BIG GEAR  
LOW CADENCE**

2 x 10-minute intervals

NOTES:

## THURSDAY

**ENDURANCE**

1.5 hours

**STRENGTH 1**

NOTES:

## FRIDAY

**YOGA  
STRENGTH 2**

Click [here](#)

NOTES:

## SATURDAY

**ENDURANCE**

1.5 hours

NOTES:

## SUNDAY

**ENDURANCE**

2 hours with  
1 x 10-minute tempo intervals

NOTES:

## MONDAY - REST

## TUESDAY

**30/30**

2 x 6 efforts

**STRENGTH 1**

NOTES:

## WEDNESDAY

**BIG GEAR  
LOW CADENCE**

2 x 10-minute intervals

NOTES:

## THURSDAY

**ENDURANCE**

2 hours

**STRENGTH 1**

NOTES:

## FRIDAY

**YOGA  
STRENGTH 2**

Click [here](#)

NOTES:

## SATURDAY

**ENDURANCE**

2 hours

NOTES:

## SUNDAY

**ENDURANCE**

2 hours with  
2 x 10-minute tempo intervals

NOTES:

## 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**

1.5 hours

**STRENGTH 1**

NOTES:

## FRIDAY

NOTES:

**YOGA  
STRENGTH 2**

Click [here](#)

## SATURDAY

NOTES:

**ENDURANCE**

2.5 hours

## SUNDAY

NOTES:

**ENDURANCE**

2 hours with  
2 x 10-minute tempo intervals

MONDAY - REST

TUESDAY

**30/30**  
2 x 5 efforts

**STRENGTH 1**

NOTES:

WEDNESDAY

**ENDURANCE**  
1 hour

NOTES:

THURSDAY

**ENDURANCE**  
1 hour (optional)

**STRENGTH 1**

NOTES:

FRIDAY

**ENDURANCE**  
1 hour

**YOGA  
STRENGTH 2**  
Click [here](#)

NOTES:

SATURDAY - REST

SUNDAY

**ENDURANCE**  
3 hours

NOTES:

## MONDAY - REST

## TUESDAY

**30/30**

3 x 5 efforts

**STRENGTH 2**

NOTES:

## WEDNESDAY

**BIG GEAR  
LOW CADENCE**

3 x 10-minute intervals

NOTES:

## THURSDAY

**THRESHOLD**

5 x 4-minute intervals

**STRENGTH 2**

NOTES:

## FRIDAY

**YOGA  
STRENGTH 3**

Click [here](#)

NOTES:

## SATURDAY

**ENDURANCE**

2.5 hours

NOTES:

## SUNDAY

**ENDURANCE**

2 hours with  
3 x 10-minute tempo intervals

NOTES:

## MONDAY - REST

## TUESDAY

**30/30**

3 x 6 efforts

**STRENGTH 2**

NOTES:

## WEDNESDAY

**BIG GEAR  
LOW CADENCE**

3 x 10-minute intervals

NOTES:

## THURSDAY

**THRESHOLD**

5 x 4-minute intervals

**STRENGTH 2**

NOTES:

## FRIDAY

**YOGA  
STRENGTH 3**

Click [here](#)

NOTES:

## SATURDAY

**ENDURANCE**

3 hours

NOTES:

## SUNDAY

**ENDURANCE**

2 hours with  
3 x 10-minute tempo intervals

NOTES:

## MONDAY - REST

## TUESDAY

**30/30**

3 x 7 efforts

**STRENGTH 2**

NOTES:

## WEDNESDAY

**BIG GEAR  
LOW CADENCE**

3 x 10-minute intervals

NOTES:

## THURSDAY

**THRESHOLD**

6 x 4-minute intervals

**STRENGTH 2**

NOTES:

## FRIDAY

**YOGA  
STRENGTH 3**

Click [here](#)

NOTES:

## SATURDAY

**ENDURANCE**

3.5 hours

NOTES:

## SUNDAY

**ENDURANCE**

2 hours with  
3 x 10-minute tempo intervals

NOTES:

MONDAY - REST

TUESDAY

**30/30**  
2 x 5 efforts

**STRENGTH 2**

NOTES:

WEDNESDAY

**ENDURANCE**  
1 hour

NOTES:

THURSDAY

**THRESHOLD**  
6 x 4-minute intervals

NOTES:

FRIDAY

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

NOTES:

SATURDAY - REST

SUNDAY

**ENDURANCE**  
3 hours

NOTES:

## MONDAY - REST

## TUESDAY

**30/30**

4 x 6 efforts

**STRENGTH 2**

NOTES:

## WEDNESDAY

**BIG GEAR  
LOW CADENCE**

3 x 10-minute intervals

NOTES:

## THURSDAY

**THRESHOLD**

6 x 4-minute intervals

**STRENGTH 2**

NOTES:

## FRIDAY

**YOGA  
STRENGTH 4**

Click [here](#)

NOTES:

## SATURDAY

**ENDURANCE**

3 hours

NOTES:

## SUNDAY

**ENDURANCE**

2 hours with  
4 x 10-minute tempo intervals

NOTES:

## MONDAY - REST

## TUESDAY

**30/30**

4 x 7 efforts

**STRENGTH 2**

NOTES:

## WEDNESDAY

NOTES:

**BIG GEAR  
LOW CADENCE**

3 x 10-minute intervals

## THURSDAY

**THRESHOLD**

7 x 4-minute intervals

**STRENGTH 2**

NOTES:

## FRIDAY

NOTES:

**YOGA  
STRENGTH 4**

Click [here](#)

## SATURDAY

NOTES:

**ENDURANCE**

3.5 hours

## SUNDAY

NOTES:

**ENDURANCE**

2 hours with  
4 x 10-minute tempo 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

**THRESHOLD**  
5 x 4-minute intervals

**STRENGTH 2**

NOTES:

## FRIDAY

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

NOTES:

## SATURDAY

**ENDURANCE**  
2 hours

NOTES:

## SUNDAY

**ENDURANCE**  
1.5 hours

NOTES:

MONDAY - REST

TUESDAY

NOTES:

**30/30**

2 x 6 efforts

WEDNESDAY

NOTES:

**ENDURANCE**

1 hour

THURSDAY - REST

FRIDAY

NOTES:

**ENDURANCE**

1 hour

SATURDAY - REST

SUNDAY - EVENT



50-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.



**CANCER ENDS HERE.**