



# Beginner's Guide to Training for the TIGF

Join the ride on September 10, 2017

[www.tigranfondo.com](http://www.tigranfondo.com)

## What does it take to ride a Gran Fondo?

A Gran Fondo is the perfect event for a cycling enthusiast, or someone that has recently picked up the sport and is looking to set a goal for themselves. It can be the culminating event for a season of training.

A Gran Fondo is not a race, it's a structured ride. What's the difference? Well, a well-structured Fondo will allow riders of like abilities to cycle together in their own peloton. There are rest stops along the way, service vehicles, and support riders to help you should you run into trouble. Make no mistake, it is an accomplishment and it requires training. The goal is completion.

The **Thousand Island Gran Fondo** is set for **September 10th**, and will welcome hundreds of riders from Ontario, Quebec, and New York to our beautiful setting. The roads and dedicated paths are low on traffic (and hills!) so it's a great event for newer riders to try. What do you need?

- 1. A Goal.** Well that's easy. The 90, 120, and 160KM Thousand Islands Gran Fondo is ideal because it gives you a summer to build up your endurance.
- 2. Equipment.** If you are fairly new to riding it can be intimidating to see riders fly past you with their new equipment that more resemble Tour de France riders than fellow enthusiasts. You do not need high-end equipment. A decent road bike, with clip-in shoes are essential. Many new riders are nervous about clip-ins, so was I. But a Sunday ride on a quiet road is all you need to get used to them. It goes without saying that a decent helmet is required. Bike shorts and lube are the unsung heroes of distance cycling. Few people look good in bike shorts! But fashion is less important than comfort here.

**3. A Training Program.** There is no replacement for saddle time. You can't fake training and let's face it 4-8 hours on a bike during the event will take its toll. As one of our cycling coaches Ron Leyenhorst likes to say, "it doesn't get easier...you just go faster!" So everyone on the ride will have exerted themselves. If you are comfortable going for a ride today at a moderate pace for 45 minutes to an hour, then you have what it takes to complete 90KM or 120KM of the TI Gran Fondo—provided you follow a training program.

**4. Motivation.** Why on earth are you doing this? When you are on your bike on an evening ride, there are always more important and pressing things to do. Work, kids, parents, chores, and social activities never stop demanding your time. Know why you want to take timeouts to make a deposit in your "health bank"? Maybe it's as simple as knowing that you want to keep doing all these other activities, but unless you invest in your own health, you may not be able to keep giving as much to others as you do today.

I've put together a 12-week training program to help you train for the Gran Fondo. It involves 3-4 rides per week, where weekday rides are between 1-2 hours and there is one longer weekend ride that gets a bit longer each week. Yes it is training, and it does involve you committing to 8+ hours a week in the saddle. What goal is worth achieving that doesn't take dedication, effort and time?

— *Randy Zabukovec, Ride Organizer*

**Register Today!**

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	<b>Day 1</b>	<b>Day 2 - 1:15:00</b> Aerobic Ride. Ride for 75 minutes at an easy pace focusing on 90 RPM for a cadence. Pace should be easily sustained for the duration of ride.	<b>Day 3</b>	<b>Day 4 - 1:00:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 5</b>	<b>Day 6 - 1:15:00</b> Bike Spin. Ride 75 to 90 minutes working on smooth and consistent pressure on the pedals. RPM should be at a minimum of 95. Avoid bouncing and choppy pedal strokes.	<b>Day 7 - 1:15:00</b> Endurance Bike. Endurance ride for 1 hour and 15 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.
<b>WEEK 2</b>	<b>Day 8</b>	<b>Day 9 - 1:15:00</b> Aerobic Ride. Ride for 75 minutes at an easy pace focusing on 90 RPM for a cadence. Pace should be easily sustained for the duration of ride.	<b>Day 10</b>	<b>Day 11 - 1:30:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 12</b>	<b>Day 13 - 1:15:00</b> Endurance Bike 2. Endurance ride for 90 minutes at base using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95. Include 6 - 8 x 30 sec jump accelerations for 30 sec bringing RPM up to 110+.	<b>Day 14 - 1:15:00</b> Recovery Bike. Easy Bike spin for 60 minutes with light pressure on the pedals but keeping RPM at 95+.
<b>WEEK 3</b>	<b>Day 15</b>	<b>Day 16 - 1:30:00</b> A Endurance Bike Tech 1. Warm up 30 minutes with easy pedal building to a consistent and smooth 90 - 95 RPM, in seated position accelerate pedals for 30 sec focusing on force on pedals and turnover. Repeat x 6 increasing gear size on each repeat. Recover for 2:30 between sets with easy pedal. Pedal 10 minutes for recovery after 6th repeat. Select a aggressive gear. From a rolling start position - stand and accelerate bike for 15 sec to build speed, sit and hold speed and rythem for 15 sec. Recover for 2:30 and repeat x 6. Warm down for 15 - 20 minutes.	<b>Day 17</b>	<b>Day 18 - 1:00:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 19</b>	<b>Day 20 - 1:30:00</b> Endurance Bike 2. Endurance ride for 90 minutes at base using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95. Include 6 - 8 x 30 sec jump accelerations for 30 sec bringing RPM up to 110+.	<b>Day 21</b>
<b>WEEK 4</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24 - 1:00:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27 - 2:30:00</b> Endurance Bike 3. Endurance ride for 2:30:00 to 3 hours over a variety of terrain working on constant pressure on the pedals at all times and RPM at 90 - 95. Include 6 - 8 jump accelerations for 30 sec bringing RPM up to 110+ over first half of ride. On 2nd half of ride include 4 - 6 minute tempos going from easy to moderate to hard (2,2,2). Recover for 4 minutes between sets.	<b>Day 28 - 1:00:00</b> Recovery Bike. Easy Bike spin for 60 minutes with light pressure on the pedals but keeping RPM at 95+.

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 5</b>	<b>Day 29</b>	<b>Day 30 - 1:30:00</b> Endurance Bike Tech 1. Warm up 30 minutes with easy pedal building to a consistent and smooth 90 - 95 RPM, In seated position accelerate pedals for 30 sec focusing on force on pedals and turnover. Repeat x 6 increasing gear size on each repeat. Recover for 2:30 between sets with easy pedal. Pedal 10 minutes for recovery after 6th repeat. Select a aggressive gear. From a rolling start position - stand and accelerate bike for 15 sec to build speed, sit and hold speed and rythem for 15 sec. Recover for 2:30 and repeat x 6. Warm down for 15 - 20 minutes.	<b>Day 31</b>	<b>Day 32 - 1:00:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 33</b>	<b>Day 34 - 1:30:00</b> Endurance Bike 2. Endurance ride for 90 minutes at base using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95. Include 6 - 8 x 30 sec jump accelerations for 30 sec bringing RPM up to 110+.	<b>Day 35 - 1:30:00</b> BEAT YESTERDAY. Endurance ride for 90 minutes at base using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95. Can you cover more distance than yesterday!
<b>WEEK 6</b>	<b>Day 36</b>	<b>Day 37 - 1:30:00</b> Endurance Bike Tech 1. Warm up 30 minutes with easy pedal building to a consistent and smooth 90 - 95 RPM, In seated position accelerate pedals for 30 sec focusing on force on pedals and turnover. Repeat x 6 increasing gear size on each repeat. Recover for 2:30 between sets with easy pedal. Pedal 10 minutes for recovery after 6th repeat. Select a aggressive gear. From a rolling start position - stand and accelerate bike for 15 sec to build speed, sit and hold speed and rythem for 15 sec. Recover for 2:30 and repeat x 6. Warm down for 15 - 20 minutes.	<b>Day 38</b>	<b>Day 39 - 1:00:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 40</b>	<b>Day 41 - 1:30:00</b> Endurance Bike 2. Endurance ride for 90 minutes at base using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95. Include 6 - 8 x 30 sec jump accelerations for 30 sec bringing RPM up to 110+.	<b>Day 42</b>
<b>WEEK 7</b>	<b>Day 43</b>	<b>Day 44 - 1:00:00</b> A Recovery Bike. Easy Bike spin for 60 minutes with light pressure on the pedals but keeping RPM at 95+.	<b>Day 45</b>	<b>Day 46 - 1:00:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 47</b>	<b>Day 48 - 3:00:00</b> Endurance Bike 4. Endurance ride for 3:00:00 to 3:30:00 - Include easy spin warm up for 45 - 60 minutes at base Bike 2nd half of ride in more aggressive gearing working on steady effort with pressure on the pedals throughout holding 95RPM.	<b>Day 49 - 1:00:00</b> Recovery Bike. Easy Bike spin for 60 minutes with light pressure on the pedals but keeping RPM at 95+.
<b>WEEK 8</b>	<b>Day 50</b>	<b>Day 51 - 1:30:00</b> Endurance Bike Tech 1. Warm up 30 minutes with easy pedal building to a consistent and smooth 90 - 95 RPM, In seated position accelerate pedals for 30 sec focusing on force on pedals and turnover. Repeat x 6 increasing gear size on each repeat. Recover for 2:30 between sets with easy pedal. Pedal 10 minutes for recovery after 6th repeat. Select a aggressive gear. From a rolling start position - stand and accelerate bike for 15 sec to build speed, sit and hold speed and rythem for 15 sec. Recover for 2:30 and repeat x 6. Warm down for 15 - 20 minutes.	<b>Day 52</b>	<b>Day 53 - 1:00:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 54</b>	<b>Day 55 - 1:30:00</b> Endurance Bike 2. Endurance ride for 90 minutes at base using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95. Include 6 - 8 x 30 sec jump accelerations for 30 sec bringing RPM up to 110+.	<b>Day 56</b>

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 9</b>	<b>Day 57</b>	<b>Day 58 - 1:15:00</b> Aerobic Ride. Ride for 75 minutes at an easy pace focusing on 90 RPM for a cadence. Pace should be easily sustained for the duration of ride.	<b>Day 59</b>	<b>Day 60 - 1:30:00</b> Endurance Bike Tech 2. Warm up 30 minutes easy spin, Bike 2 minutes at steady RPM (90 - 95), 1 minutes with 5 - 10 RPM faster (100 - 105 RPM), 30 sec maximum seated RPM (110+). Recover for 2:30 with gentle unfocused pedalling. Repeat x 6. Steady ride for 20 minutes. Warm down for 10 minutes.	<b>Day 61</b>	<b>Day 62 - 1:30:00</b> Endurance Bike 2. Endurance ride for 90 minutes at base using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95. Include 6 - 8 x 30 sec jump accelerations for 30 sec bringing RPM up to 110+.	<b>Day 63 - 1:30:00</b> BEAT YESTERDAY. Endurance ride for 90 minutes at base using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95. Can you cover more distance than yesterday!
<b>WEEK 10</b>	<b>Day 64</b>	<b>Day 65 - 1:00:00</b> Recovery Bike. Easy Bike spin for 60 minutes with light pressure on the pedals but keeping RPM at 95+.	<b>Day 66</b>	<b>Day 67 - 1:00:00</b> Endurance Bike 1. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 68</b>	<b>Day 69 - 3:00:00</b> Endurance Bike 4. Endurance ride for 3:00:00 - 3:30:00 minutes - Include easy spin warm up for 45 - 60 minutes at base Bike 2nd half of ride in more aggressive gearing working on steady effort with pressure on the pedals throughout holding 95RPM.	<b>Day 70 - 1:00:00</b> Easy Bike spin for 60 minutes with light pressure on the pedals but keeping RPM at 95+.
<b>WEEK 11</b>	<b>Day 71</b>	<b>Day 72 - 1:15:00</b> Aerobic Ride. Ride for 75 minutes at an easy pace focusing on 90 RPM for a cadence. Pace should be easily sustained for the duration of ride.	<b>Day 73</b>	<b>Day 74 - 1:30:00</b> Warm up 20 minutes including , Bike 10 minutes at steady tempo using big chain ring or aggressive gearing keeping RPM at 85 - 90. Recover for 10 minutes with easy spin. Bike 7 minutes at steady tempo keeping RPM at 85 - 90. Recover for 7 minutes with easy spin. Bike 5 minutes at steady tempo keeping RPM at 85 - 90. Warm down for 20 minutes.	<b>Day 75</b>	<b>Day 76 - 3:30:00</b> Endurance Bike 4. Endurance ride for 3:30:00 minutes - Include easy spin warm up for 45 - 60 minutes at base Bike 2nd half of ride in more aggressive gearing working on steady effort with pressure on the pedals throughout holding 95RPM.	<b>Day 77</b>
<b>WEEK 12</b>	<b>Day 78</b>	<b>Day 79 - 1:30:00</b> Endurance Bike Tech 1. Warm up 30 minutes with easy pedal building to a consistent and smooth 90 - 95 RPM, In seated position accelerate pedals for 30 sec focusing on force on pedals and turnover. Repeat x 6 increasing gear size on each repeat. Recover for 2:30 between sets with easy pedal. Pedal 10 minutes for recovery after 6th repeat. Select a aggressive gear. From a rolling start position - stand and accelerate bike for 15 sec to build speed, sit and hold speed and rythem for 15 sec. Recover for 2:30 and repeat x 6. Warm down for 15 - 20 minutes.	<b>Day 80</b>	<b>Day 81 - 1:00:00</b> Endurance Bike. Endurance ride for 60 minutes at easy base pace using a variety of gearing over a variety of terrain. Work on constant pressure on the pedals keeping RPM at 90 - 95.	<b>Day 82</b>	<b>Day 83</b>	<b>Day 84</b>

**Thousand Islands  
Gran Fondo!**



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**One Thousand Reasons to Ride  
Join Us September 10, 2017**