



Dirty Mitten Gravel Plan - 50 Miles

	Monday, August 1, 2022	Tuesday, August 2, 2022	Wednesday, August 3, 2022	Thursday, August 4, 2022	Friday, August 5, 2022	Saturday, August 6, 2022	Sunday, August 7, 2022
1	Rest Day	Sweet Spot Tempo 50m	Active Recovery or Cross Train	Sweet Spot Tempo 66m	Rest Day	Aerobic Endurance	Active Recovery
		3x6m (RI 6m)	1 hour	3x12m (RI 5m)		2-2.5 hours	1 hour
		10 min WU/CD		10 min WU/CD			
2	Rest Day	Sweet Spot Tempo 56m	Active Recovery or Cross Train	Progression 60m	Rest Day	Aerobic Endurance	Active Recovery
		3x8m (RI 6m)	1 hour	increase every 10m x4		2.5-2.75 hours	1 hour
		10 min WU/CD					
3	Rest Day	Sweet Spot Tempo 60m	Active Recovery or Cross Train	Sweet Spot Tempo 75m	Rest Day	Aerobic Endurance	Active Recovery
		3x10m (RI 5m)	1 hour	3x15m (RI 5m)		2.75-3 hours	1.25 hour
		10 min WU/CD		10 min WU/CD			
4 Recover	Rest Day	Sweet Spot Tempo 50m	Active Recovery or Cross Train	Aerobic Endurance - 1 hr.	Rest Day	Aerobic Endurance	Recovery Ride
		3x6m (RI 6m)	1 hour			2 hours	1 hour
		10 min WU/CD					
5	Rest Day	Sweet Spot Tempo 60m	Active Recovery or Cross Train	Sweet Spot Tempo 75m	Rest Day	Aerobic Endurance	Active Recovery
		3x10m (RI 5m)	1 hour	3x15m (RI 5m)		2.5-3 hours	1.5 hour
		10 min WU/CD		10 min WU/CD			
6	Rest Day	Sweet Spot Tempo 75m	Active Recovery or Cross Train	Progression 80m	Rest Day	Aerobic Endurance	Recovery Ride
		3x15m (RI 5m)	1 hour	increase every 10m for 1 hour		3-3.5 hours	1.5 hour
		10 min WU/CD		10 min WU/CD			
7	Rest Day	Sweet Spot Tempo 75m	Active Recovery or Cross Train	Sweet Spot Tempo 85m	Rest Day	Endurance Pace	Active Recovery
		3x15m (RI 5m)	1 hour	2x30m (RI 5m)		2.5-3 hours	1 hour
		10 min WU/CD		10 min WU/CD			
8 Taper	Rest Day	Sweet Spot Tempo 50m	Active Recovery	Aerobic Endurance - 1 hr.	Rest Day	RACE DAY!	
		3x6m (RI 6m)	1 hour			50 miles	
		10 min WU/CD					

RI = rest interval

WU/CD = warm up and cool down

Active recovery is low impact cross training activities

Sweet spot tempo intervals performed at the top end of zone 3 (not too hard, but not too easy)

Aerobic Endurance is moderately paced rides that stress the aerobic system through extended training volume.

Progression rides are race simulation where your effort gradually increases for an extended duration. Break as needed.

This training plan is designed for educational purposes and not for an individual. Consult with a health care professional before starting an exercise program.

This plan assumes a base level of fitness to start and is not intended for absolute beginners.



Dirty Mitten Gravel Plan - 28 Miles

	Monday, August 1, 2022	Tuesday, August 2, 2022	Wednesday, August 3, 2022	Thursday, August 4, 2022	Friday, August 5, 2022	Saturday, August 6, 2022	Sunday, August 7, 2022
1	Rest Day	Sweet Spot Tempo 45m	Active Recovery or Cross Train	Sweet Spot Tempo 45m	Rest Day	Aerobic Endurance	Active Recovery
		3x5m (RI 5m)	1 hour	4x4m (RI 3m)		1.5 hours	1 hour
		10 min WU/CD		10 min WU/CD			
2	Rest Day	Sweet Spot Tempo 45m	Active Recovery or Cross Train	Progression 47m	Rest Day	Aerobic Endurance	Active Recovery
		3x5m (RI 5m)	1 hour	increase every 6m x4		2 hours	1 hour
		10 min WU/CD		RI 1m WU/CD 10m			
3	Rest Day	Sweet Spot Tempo 50m	Active Recovery or Cross Train	Sweet Spot Tempo 49m	Rest Day	Aerobic Endurance	Active Recovery
		3x6m (RI 6m)	1 hour	4x5m (RI 3m)		2.25 hours	1.25 hour
		10 min WU/CD		10 min WU/CD			
4 Recover	Rest Day	Sweet Spot Tempo 45m	Active Recovery or Cross Train	Aerobic Endurance - 1 hr.	Rest Day	Aerobic Endurance	Recovery Ride
		3x5m (RI 2m)	1 hour			1.5 hours	1 hour
		10 min WU/CD					
5	Rest Day	Sweet Spot Tempo 52m	Active Recovery or Cross Train	Sweet Spot Tempo 60m	Rest Day	Aerobic Endurance	Active Recovery
		3x7m (RI 6m)	1 hour	3x10m (RI 5m)		2.25 hours	1.5 hour
		10 min WU/CD		10 min WU/CD			
6	Rest Day	Sweet Spot Tempo 56m	Active Recovery or Cross Train	Progression 55m	Rest Day	Aerobic Endurance	Recovery Ride
		3x8m (RI 6m)	1 hour	increase every 8mx4		2.5-3 hours	1.5 hour
		10 min WU/CD		RI 1m WU/CD 10m			
7	Rest Day	Sweet Spot Tempo 56m	Active Recovery or Cross Train	Sweet Spot Tempo 60m	Rest Day	Endurance Pace	Active Recovery
		3x8m (RI 6m)	1 hour	3x10m (RI 5m)		1.5-2 hours	1 hour
		10 min WU/CD		10 min WU/CD			
8 Taper	Rest Day	Sweet Spot Tempo 50m	Active Recovery	Aerobic Endurance - 1 hr.	Rest Day	RACE DAY!	
		3x6m (RI 6m)	1 hour			28 miles	
		10 min WU/CD					

RI = rest interval

WU/CD = warm up and cool down

Active recovery is low impact cross training activities

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