

Dirty Mitten Gravel Plan - 50 Miles

1	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
	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	Monday, August 8, 2022	Tuesday, August 9, 2022	Wednesday, August 10, 2022	Thursday, August 11, 2022	Friday, August 12, 2022	Saturday, August 13, 2022	Sunday, August 14, 2022
	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	Monday, August 15, 2022	Tuesday, August 16, 2022	Wednesday, August 17, 2022	Thursday, August 18, 2022	Friday, August 19, 2022	Saturday, August 20, 2022	Sunday, August 21, 2022
	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	Monday, August 22, 2022	Tuesday, August 23, 2022	Wednesday, August 24, 2022	Thursday, August 25, 2022	Friday, August 26, 2022	Saturday, August 27, 2022	Sunday, August 28, 2022
Re	Rest Day	Sweet Spot Tempo 50m	Active Recovery or Cross Train	Aerobic Endurance - 1 hr.	Rest Day	Aerobic Endurance	Recovery Ride
Recover		3x6m (RI 6m)	1 hour			2 hours	1 hour
er		10 min WU/CD					
5	Monday, August 29, 2022	Tuesday, August 30, 2022	Wednesday, August 31, 2022	Thursday, September 1, 2022	Friday, September 2, 2022	Saturday, September 3, 2022	Sunday, September 4, 2022
	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	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022	Saturday, September 10, 2022	Sunday, September 11, 2022
	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	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022	Saturday, September 17, 2022	Sunday, September 18, 2022
	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	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022	Saturday, September 24, 2022	Sunday, September 25, 2022
	Rest Day	Sweet Spot Tempo 50m	Active Recovery	Aerobic Endurance - 1 hr.	Rest Day	RACE DAY!	
Taper		3x6m (RI 6m)	1 hour			50 miles	
, T		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 educaitonal 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

1	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
	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	Monday, August 8, 2022	Tuesday, August 9, 2022	Wednesday, August 10, 2022	Thursday, August 11, 2022	Friday, August 12, 2022	Saturday, August 13, 2022	Sunday, August 14, 2022
	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	Monday, August 15, 2022	Tuesday, August 16, 2022	Wednesday, August 17, 2022	Thursday, August 18, 2022	Friday, August 19, 2022	Saturday, August 20, 2022	Sunday, August 21, 2022
	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	Monday, August 22, 2022	Tuesday, August 23, 2022	Wednesday, August 24, 2022	Thursday, August 25, 2022	Friday, August 26, 2022	Saturday, August 27, 2022	Sunday, August 28, 2022
Re	Rest Day	Sweet Spot Tempo 45m	Active Recovery or Cross Train	Aerobic Endurance - 1 hr.	Rest Day	Aerobic Endurance	Recovery Ride
Recover		3x5m (RI 2m)	1 hour			1.5 hours	1 hour
er		10 min WU/CD					
5	Monday, August 29, 2022	Tuesday, August 30, 2022	Wednesday, August 31, 2022	Thursday, September 1, 2022	Friday, September 2, 2022	Saturday, September 3, 2022	Sunday, September 4, 2022
	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	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022	Saturday, September 10, 2022	Sunday, September 11, 2022
	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	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022	Saturday, September 17, 2022	Sunday, September 18, 2022
	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	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022	Saturday, September 24, 2022	Sunday, September 25, 2022
	Rest Day	Sweet Spot Tempo 50m	Active Recovery	Aerobic Endurance - 1 hr.	Rest Day	RACE DAY!	
Taper		3x6m (RI 6m)	1 hour			28 miles	
T.		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)

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