



G&G 50k TRAINING PROGRAM LAYOUT

Cycling Plan (12 weeks)

This is a layout specific to the 50k Gravel & Giving program. Our goal for these athletes is to have them ride the 50k race with 5 or less stops. After we crush this goal we will discuss other goals and opportunities with each family.

Training Guidelines:

The bullet points below are highlighted with the same color they represent in the calendar.

- **INDOOR RIDES:** All your indoor rides have planned workouts which you can find in the ELEMNT app under "planned workouts". The workout for that day should automatically be implemented in the ROAM Computer on their bike when they turn it on, but if not you can pick it in the ELEMNT app and it will sync to the ROAM and they will just click start.
- **OUTDOOR | IN PERSON RIDES:** Most of these rides are planned to be done on our group rides, but eventually there will be some they have to do outside on their own or with a fellow adventure athlete.
- **REST DAYS:** These rest days are very important for them to increase performance. Over training or doing too much will not allow their body to recover. You can do a very VERY easy ride or light walk on a treadmill if they are wanting to move.
- **PHOTO/VIDEO SHOOTS:** These days will come with specific dress codes, locations, and times. All these days and times are locked in with our production teams and can not be changed at this point so we ask that you try to accommodate to help make your child get the spotlight they deserve and to help grow this program for future athletes.
- **RGT EVENT RIDES:** These rides will be done as a group in the RGT app. We will start doing these at the end of June and eventually once a week to build a community of people to join us throughout July and August leading up to the race!
- **IN PERSON 1:1 TRAINING:** These sessions with Dani or coach Chase will be focused around core and back training to help supplement their cycling training and goals.

Lastly, if you choose to use this training layout it is 100% your choice and Adventure For All is not held liable for any cycling/training related injuries as agreed to in the liability release form.

MAY

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21. 1:00 indoor ride. Track with your Elemnt Roam GPS. - Description of the workout in the Elemnt app under "planned workouts"
22. 1:00 recovery indoor ride. Track cues on your Elemnt Roam GPS. - Description of the workout in the Elemnt app under "planned workouts"	23. Rest day	24. 1:14 indoor ride. Track cues on your Elemnt Roam GPS. - Description of the workout in the Elemnt app under "planned workouts"	25. Rest day	26. 1:10 indoor ride. Track cues on your Elemnt Roam GPS. - Description of the workout in the Elemnt app under "planned workouts"	27. At home photo shoot at your home. Each families time was messaged to them Charge your Roam & AXS bike shifting	28. Photoshoot - 7a-9:30a Outdoor group ride at Rothenbach Park 8650 Bee Ridge Rd, Sarasota, FL 34241 Photoshoot - 5:45p-8p Outdoor group ride at Celery fields.
29. Rest day	30. Rest day	31. 1:30 indoor ride. Track cues on your Elemnt Roam GPS. - Description of the workout in the Elemnt app under "planned workouts"				

JUNE

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	NOTES: ALL indoor rides highlighted in blue will be tracked on the ELEMNT Roam GPS.	NOTES CONT: - Description of the workout in the Elemnt app under "planned workouts"	1. 1:20 indoor ride	2. 1:21 indoor ride	3. Rest day Charge your Roam & AXS bike shifting	4. 2:25 indoor ride
5. 2:25 indoor ride	6. Rest day	7. 1:35 indoor ride	8. 4:00p-5:00p RGT AFA Event ride	9. Rest day	10. 1:35 indoor ride Charge your Roam & AXS bike shifting	11. 7:30a-10:30a Outdoor group ride - Rothenbach Park 8650 Bee Ridge Rd, Sarasota, FL 34241
12. 2:10 indoor ride	13. Rest day	14. Rest day	15. 4:00p-5:30p Outdoor group ride at Payne Park - 2010 Adams Ln, Sarasota, FL 34237	16. 1:00 indoor ride	17. Video shoot: Details about location, dress code, etc will be given by June 1st Charge your Roam & AXS bike shifting	18. Video shoot: Details will be given by June 1st
19. Video shoot: Details will be given by June 1st	20. Rest day	21. 1:30 indoor ride	22. 4:00p-6:00p Outdoor group ride at Celery fields - 6893 Palmer Blvd. Sarasota, FL	23. 1:25 indoor ride	24. Rest day Charge your Roam & AXS bike shifting	25. 7:30a-10:30a Outdoor group ride - Carlton Reserve 1800 Mabry Carlton Pkwy, Venice, FL 34292
26. 2:12 indoor ride	27. Rest day	28. 1:30 indoor ride	29. 4:00p-5:00p RGT AFA Event ride	30. 1:25 indoor ride		

JULY

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1. Rest day Charge your Roam & AXS bike shifting	2. 1:58 indoor ride
3. 2:10 indoor ride	4. Rest day	5. 1:30 indoor ride	6.. 4:00p-5:30p RGT AFA Event ride	7. Rest day	8. 1:15 indoor ride Charge your Roam & AXS bike shifting	9. 1:30 indoor ride
10. 3:00 outdoor ride with friends or at a park or indoor ride	11. Rest day	12. 1:15 indoor ride	13. 4:00p-6:00p Outdoor group ride at Celery fields - 6893 Palmer Blvd. Sarasota, FL	14. Rest day	15.. 8:00a-9:30a RGT AFA Event ride Charge your Roam & AXS bike shifting	16. 7:30a-10:30a Outdoor group ride - Rothenbach Park 8650 Bee Ridge Rd, Sarasota, FL
17. 2:30 indoor ride	18. Rest day	19. 2:30 indoor ride	20.. 4:00p-5:30p RGT AFA Event ride	21. 1:30 indoor ride	22. 1:37 indoor ride Charge your Roam & AXS bike shifting	23. 7:00a-11:00a Outdoor group ride - Carlton Reserve 1800 Mabry Carlton Pkwy, Venice, FL 34292
24. Rest day	25. Rest day	26. 1:15 indoor ride	27.. 4:00p-5:30p RGT AFA Event ride	28. 1:15 indoor ride	29. Rest day Charge your Roam & AXS bike shifting	30. 7:00a-11:00a Outdoor group ride - Carlton Reserve 1800 Mabry Carlton Pkwy, Venice, FL 34292

AUGUST

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
31. 2:30 indoor ride	1. Rest day	2. Rest day	3.. 4:00p-5:30p RGT AFA Event ride	4. 1:15 indoor ride	5. 1:30 indoor ride Charge your Roam & AXS bike shifting	6. Hill Repeats: 7:30a-10:00a Outdoor group ride - Rothenbach Park 8650 Bee Ridge Rd, Sarasota, FL 34241
7. Rest day	8. 1:30 indoor ride	9. Rest day	10.. 4:00p-5:30p RGT AFA Event ride	11. Rest day	12. 1:30 indoor ride Charge your Roam & AXS bike shifting	13. Hill Repeats: 7:30a-10:00a Outdoor group ride - Rothenbach Park 8650 Bee Ridge Rd, Sarasota, FL 34241
14. Rest day	15. Rest day	16.. 4:00p-5:30p RGT AFA Event ride	17. Fly to Lincoln, NE Charge your Roam & AXS bike shifting	18. Morning yoga - 1:00 Evening steady ride	19. GRAVEL WORLDS EVENT/AFA BOOTH EVENT	20. GRAVEL WORLDS 50K RACE!
21. FLY OUT						