

**30
DAY**

BUILD-YOUR-MILEAGE CHALLENGE

RIDE 500 OR 300 MILES IN ONE MONTH

GOAL	DAY	FOR 500 MILES	FOR 300 MILES	NOTES
GET SET UP	1	10 miles	5 miles	Get your bike, gear, and gadgets set up; ideally this is on a Friday so you're ready for a ride this weekend!
	2	30 miles	10 miles	Hillier and longer day; remember to eat and drink if out for more than 60 minutes!
	3	20 miles	10 miles	Flat route for fast mileage!
START STRONG	4	REST	REST	Off or easy walk/yoga
	5	10 miles	10 miles	Easy ride and optional strength
	6	20 miles	10 miles	Intro workout: 5 x 30-sec hard efforts with 1-2 minutes off between
	7	15 miles	10 miles	Start easy and build
	8	10 miles	REST	Easy or off; spend time planning the next 2 weeks and getting ready for tomorrow's ride
	9	35 miles	25 miles	Hillier and longer day; remember to eat and drink!
	10	25 miles	15 miles	Flat route for fast mileage!
BUILD	11	REST	REST	Off or easy walk/yoga
	12	10 miles	10 miles	Easy ride and optional strength
	13	20 miles	15 miles	Workout: 6 x 30-sec hard efforts with 1-2 minutes off between
	14	15 miles	10 miles	Start easy and build
	15	10 miles	REST	Easy or off
	16	45 miles	30 miles	Hillier and longer day; remember to eat and drink!
	17	30 miles	15 miles	Flat route for fast mileage!
MAINTAIN & RECOVER	18	REST	REST	Off or easy walk/yoga
	19	10 miles	5 miles	Easy ride and optional strength
	20	15 miles	10 miles	Workout: 8 x 30-sec harder race pace efforts with 1-2 minutes off between
	21	10 miles	5 miles	Start easy and build
	22	REST	REST	Easy or off; spend time planning the next 2 weeks
	23	35 miles	25 miles	Hillier and longer day; remember to eat and drink; find a spot you can work hard for 20 min for next week's FTP test
	24	20 miles	15 miles	Flat route for fast mileage!
TEST	18	REST	REST	Off or easy walk/yoga
	26	15 miles	10 miles	Easy ride and optional strength
	27	20 miles	15 miles	FTP prep: Do 2 reps of 8-10 min at threshold (hard but do-able; able to speak in short sentences) with 5 min off between
	28	15 miles	10 miles	Start easy and build
	29	15 miles	5 miles	Easy spin
	30	35 miles	25 miles	FTP test

YOU MADE IT! STICK WITH YOUR ROUTINE!