

CHAFE150 PACE CHART

**150
MILES**

AVERAGE PACE		RIDE TIME	TOTAL BREAK TIME	FINISH TIME
mph	km/h			
22	35.3	6hr 50min	50min	7:40:00
20	32.2	7hr 30min	"	8:20:00
18	29	8hr 20min	"	9:10:00
16	25.7	9hr 23min	"	10:13:00
14	22.5	10hr 43min	"	11:33:00
12	19.3	12hr 30min	"	13:20:00

**80
MILES**

24	38.6	3hr 20min	30min	3:50:00
22	35.4	3hr 38min	"	4:08:00
20	32.2	4hr	"	4:30:00
18	29	4hr 26min	"	4:56:00
16	25.7	5hr	"	5:30:00
14	22.5	5hr 43min	"	6:13:00
12	21.2	6hr 40min	"	7:10:00
10	16	8hr	"	8:30:00

TRAINING TIPS:

- Make sure to check in with your doctor with regard to your physical fitness prior to starting any training program.
- Get your bike tuned up at your local bike shop and make sure your bike is set up properly to assure the most comfortable ride.
- Invest in some padded riding shorts/pants and use Ruby's Lube or other chamois cream liberally to reduce saddle sores.
- Learn how to confidently change a tire and keep a spare tube, hand pump, tire levers and a CO2 tire inflator with you on every ride.
- The goal while training is to feel good every day, starting from day one of training all the way through the finish line. At the beginning of the training keep most of your rides at an easy pace. As training progresses start working toward your goal pace on some of your rides, and add some variety in terrain (hilly routes vs. flat), and effort (e.g. spin classes are great interval workouts that can help increase your overall speed).
- Learn to use your gears appropriately according to the terrain. Grinding up a hill in a big gear will most likely slow you down, aggravate your knees and trash your quads. Ride in an easier gear and increase your cadence.
- Join your local cycling club for group rides or find some buddies to ride with at least once a week.
- Pick one or two organized rides to mix into your training. This will give you experience riding in a group, plus offer companionship and support along the route.
- Seek out new ride routes to keep things interesting.
- Lastly, have fun! Don't forget to stop and smell the roses, admire the view, or enjoy a latte and scone along the way.

150 MILE TRAINING PLAN

**150
MILES**

WEEK	DATES	GOAL	MID WEEK RIDE	SAT	SUN	WEEK TOTAL
1	Mar 5 - 11	60	15	25	20	
2	Mar 12 - 18	70	15	35	20	
3	Mar 19 - 25	75	20	40	15	
4	Mar 26 - Apr 1	85	15	50	20	
5	Apr 2 - Apr 8	75	20	40	15	
6	Apr 9 - 15	90	15	50	25	
7	Apr 16 - 22	100	20	60	20	
8	Apr 23 - 29	115	20	70	25	
9	Apr 30 - May 6	100	20	60	20	
10	May 7 - 13	130	15	80	35	
11	May 14 - 20	145	30	100	15	
12	May 21 - 27	130	20	75	35	
13	May 28 - Jun 3	160	25	115	20	
14	Jun 4 - 10	125	30	75	20	
15	Jun 11 - 17	170	20	CHAFE150	Rest!	

TRAINING NOTES

80 MILE TRAINING PLAN

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WEEK	DATES	GOAL	MID WEEK RIDE	SAT	SUN	WEEK TOTAL
1	Mar 5 - 11	40	10	20	10	
2	Mar 12 - 18	50	15	25	10	
3	Mar 19 - 25	55	15	30	10	
4	Mar 26 - Apr 1	45	10	25	10	
5	Apr 2 - Apr 8	65	15	40	10	
6	Apr 9 - 15	80	15	50	15	
7	Apr 16 - 22	70	20	40	10	
8	Apr 23 - 29	80	15	50	15	
9	Apr 30 - May 6	90	20	60	10	
10	May 7 - 13	85	20	40	25	
11	May 14 - 20	90	10	50	30	
12	May 21 - 27	100	20	65	15	
13	May 28 - Jun 3	75	15	50	10	
14	Jun 4 - 10	60	15	35	10	
15	Jun 11 - 17	100	20	CHAPE150	Rest!	

TRAINING NOTES