

FINISHING YOUR FIRST GFNY NYC 100 MILE

You completed the GWB - Bear course and are ready to step up your game; you have 12 weeks to get ready. **What will you do? We have a plan!**

While the plan is not specific to you, the substance of the plan – increasing time, distance and effort over a 12 week period will help you to be ready on race day.



GFNY NYC 100 MILE

For GFNY coaching and training programs specific to your needs and goals, please visit gaviacycling.com/gfny, where Vito Valentini (GS – GFNY member since 2011 and GAVIA Cycling Head Coach) offers GFNY specific coaching programs.

WEEK	PHASE	DISTANCE GOALS		TIME ON THE BIKE GOALS			PERCEPTION
		DAILY	WEEKLY	PER RIDE	WEEKLY RIDES	WEEKLY TOTALS	(RATE OF PERCEIVED EXERTION-RPE) 1 TO 10 SCALE
		MILES/KM	MILES/KM	HOURS		HOURS	
1	Understanding your starting point	20 \ 30	60 \ 90	1.5 - 3	2 to 3	3 to 9	Ride comfortably and steady - RPE:7
2	Understanding your capacity for improvement	20 \ 30	60 \ 90	1.5 - 3	2 to 3	3 to 9	Challenge yourself just a bit by adding distance or pace - RPE:8
3		20 \ 30	60 \ 90	1.5 - 3	2 to 3	3 to 9	You have not added time or distance here, the effort should feel a bit easier than last week - RPE:6.5 to 7
4	Building strength, endurance and confidence	30 \ 45	90 \ 135	2 to 3	3 to 4	6 to 12	Add time & distance, you need average at least 12 mph \ 18 kph on your rides. During week 6 you need to do at least one 50 mile \ 75km ride, about 4 hours, steady pace. RPE 7.5 to 8.5
5		30 \ 45	90 \ 135	2 to 3	3 to 4	6 to 12	
6		50 \ 75	125 \ 150	2 to 4	3 to 4	6 to 12	
7	Continue building strength, endurance and confidence; you will challenge your perceived limits	40 \ 60	120 \ 200	2 to 4	3 to 4	6 to 12	Week 9 adds time and distance, making sure to average at least 12 mph \ 18 kph on your rides. During week 9 you need to do at least one 75 mile/125km ride, 4-6 hour ride, steady pace. RPE:7.5 to 8.5
8		45 \ 70	135 \ 200	2 to 4	3 to 4	6 to 12	
9		50 \ 75	150 \ 225	2 to 6	3 to 4	6 to 12	
10	This is your final training block, we will add time and distance in weeks 10 and 11, ease off in week 12.	50 \ 80	150 \ 250	3 to 6	3 to 4	9 to 12	These two weeks: challenge yourself a little bit in order to understand how strong you are. Don't overdo it, just do a little more than you think you can. One long ride, 5 - 6 hours, each of these two weeks. RPE:8
11		50 \ 80	150 \ 250	3 to 6	3 to 4	9 to 12	
12		50 \ 80	150 \ 250	3 to 5	2 to 3	6 to 15	