

COUCH TO GFNY BEAR

Perhaps you are a first time GFNY participant and you decided to set a big (scary?) goal for yourself – you signed up for GFNY Bear, correctly choosing the 50mile course. **Welcome aboard; get ready for the ride of your life!**

The best training is simple and is treated as an important part of your lifestyle. At the same time, it doesn't cause you so much stress that it is no longer enjoyable. We have created that very simple training plan for you with some time, distance, and perception goals for you to consider.

I didn't say easy, I said simple; GFNY Bear is a challenge that will give you a great sense of accomplishment when you are done – just follow the plan.



COUCH TO BEAR - TRAINING PLAN OUTLINE

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	MINS		HOURS	
1	Understanding your starting point	10 \ 16	30 \ 48	45-60	2 to 3	1.5-3	Ride comfortably and steady - RPE:7
2	Understanding your capacity for improvement	15 \ 25	45 \ 75	60-75	2 to 3	1.5-3	Challenge yourself just a bit by adding distance or pace - RPE:8
3		15 \ 25	45 \ 75	60-75	2 to 3	1.5-3	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	25 \ 40	75 \ 120	75-120	2 to 3	2.25-6	You will add both time and distance making sure you are averaging at least 12 mph \ 18 kph on your rides. Note that in week 6 you need to do at least one 3 hour ride, steady pace. 7.5 to 8.5
5		25 \ 40	75 \ 120	75-120	2 to 3	2.25-6	
6		25 \ 40	75 \ 120	75-120	2 to 3	2.25- 6	
7	Continue building strength, endurance and confidence; you will challenge your perceived limits	30 \ 50	90 \ 200	120-150	3 to 4	6-10	You will add both time and distance making sure you are averaging at least 12 mph \ 18 kph on your rides. Note that in week 9 you need to do at least one 4 hour ride, steady pace. RPE:7.5 to 8.5
8		30 \ 50	90 \ 200	120-150	3 to 4	6-10	
9		35 \ 60	105 \ 240	120-150	3 to 4	6-10	
10	This is your final training block, we will add time and distance in weeks 10 and 11, ease off in week 12.	40 \ 70	120 \ 280	120-150	3 to 4	6-10	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. RPE:8
11		45 \ 75	135 \ 300	120-180	3 to 4	6-12	
12		35 \ 60	105 \ 180	120-180	2 to 3	4-9	I know what you are thinking - "I havent done 50 miles/80km yet!" Don't worry, if you have followed this plan you will have built up the strength, endurance and confidence required to complete the race - remember to synchronize your breathing rhythm with your effort as you make your way up Bear Champion!