



training bible coaching

RAGBRAI 12-week Training Plan for Handcyclists

These workouts are general guidelines based on the assumption that you can “work out” for at least 30 minutes at a pretty constant effort.

Goal Distances for RAGBRAI range from 56-75 miles per day for 7 days. This training plan will help you train to do these distances at a pace that you will be able to sustain for the distance with scheduled breaks every 12-20 miles. The optimum training will be 8-10 hours per week but can also be completed in 5-8 hours per week with complete success.

Types of Workouts:

Recovery workouts (1-2x per week on alternate days from focused workouts) – these workouts are for “active recovery” meaning they increase circulation to the muscles need to do the workouts but do not overload those muscles. It is for recovery and repairing the muscles. RPE = >7.

Focused or Interval type workouts (1-2x per week on alternate days from recovery workouts) – these workouts have a specific focus for increasing workload on muscles to help increase aerobic and anaerobic capacity. RPE = 6-10.

Long Distance workouts (1x per week only) – these workouts are specifically designed to train the body to use and maintain aerobic energy levels through proper work load and proper fuel to sustain that energy for the required distance.

Glossary of Terms:

WU: warm up = easy effort just getting loosened up

MS: main set = body of the workout that takes focus and concentrated effort.

CD: cool down = easy descending effort

Comments: additional instructions from the coach that may contain additional focus or goals for that particular workout.

3x = Do this part of the workout three times. Etc.

Race Pace Cadence = 85-100rpm = “RPC” This is the most efficient cadence for riding. It’s like cruise control for your bike. If you can’t pedal this fast at first -- choose an easier gear then as you get more comfortable pedaling at this cadence increase your gear by 1 or 2 keeping the same cadence. There will also be periodic cadence drills within the training program to help with this.

Testing: Periodic testing will be included to help you track your progress. You will need to be able to track time or distance to do these tests. **Testing for this event will be the time it takes you to ride 1 mile pretty hard.**

All workouts will be on a RPE (rate of perceived effort) scale of 1-10. 1= easy and 10=I have to stop. There will put testing throughout the plan that will help to determine how you are improving and measure your fitness.