

Bicycle Across South Carolina - Training Guide

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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------|
| Notes | Bicycle Only Take it at a comfortable pace. Hydrate during this time. | Cross Training Only Take it at a comfortable pace. Hydrate during this time. | Bicycle Only Take it at a comfortable pace. Hydrate during this time. | Cross Training Only Take it at a comfortable pace. Hydrate during this time. | Bicycle Only Take it at a comfortable pace. Hydrate during this time. | Bicycle & Cross Training Take it at a comfortable pace. Hydrate during this time. | Rest & Recovery |
| Week 8 | Bicycle - 30 Minutes | Cross Train - 40 Minutes | Bicycle - 30 Minutes | Cross Train - 40 Minutes | Bicycle - 30 Minutes | Bicycle - 20 Minutes Cross train - 20 Minutes | Yoga - 15 Minutes |
| Week 7 | Bicycle - 40 Minutes | Cross Train - 60 Minutes | Bicycle - 50 Minutes | Cross Train - 60 Minutes | Bicycle - 40 Minutes | Bicycle - 30 Minutes Cross train - 30 Minutes | Yoga - 15 Minutes |
| Week 6 | Bicycle - 50 Minutes | Cross Train - 60 Minutes | Bicycle - 60 Minutes | Cross Train - 60 Minutes | Bicycle - 50 Minutes | Bicycle - 30 Minutes Cross train - 30 Minutes | Yoga - 30 Minutes |
| Week 5 | Bicycle - 60 Minutes | Cross Train - 60 Minutes | Bicycle - 60 Minutes | Cross Train - 60 Minutes | Bicycle - 60 Minutes | Bicycle - 30 Minutes Cross train - 30 Minutes | Yoga - 30 Minutes |
| Week 4 | Bicycle - 70 Minutes | Cross Train - 80 Minutes | Bicycle - 70 Minutes | Cross Train - 80 Minutes | Bicycle - 70 Minutes | Bicycle - 40 Minutes Cross train - 40 Minutes | Yoga - 45 Minutes |
| Week 3 | Bicycle - 80 Minutes | Cross Train - 90 Minutes | Bicycle - 80 Minutes | Cross Train - 90 Minutes | Bicycle - 80 Minutes | Bicycle - 45 Minutes Cross train - 45 Minutes | Yoga - 45 Minutes |
| Week 2 | Bicycle - 60 Minutes | Cross Train - 60 Minutes | Bicycle - 60 Minutes | Cross Train - 60 Minutes | Bicycle - 60 Minutes | Bicycle - 30 Minutes Cross train - 30 Minutes | Yoga - 60 Minutes |
| Week 1 | Bicycle - 20 Minutes | Bicycle - 20 Minutes | Bicycle - 20 Minutes | Yoga - 15 Minutes | Day 1 of 3-Day Ride | Day 2 of 3-Day Ride Day 1 of 2-Day Ride | Day 3 of 3-Day Ride Day 2 of 2-Day Ride |