

# CAMPFIRE

*Endurance Coaching*

- NOTE 1:** Sunday aerobic rides can be trimmed to 60 mins if that is all the time available!
- NOTE 2:** **RPE** is rate of perceived exertion. See "**RPE Explained**" tab for more information. **RPM** is revolutions per minute and is a measure of your pedaling cadence.
- NOTE 3:** BE BuildSOLO class is the Brave Endeavors strength class participants can access for 50% off through race day. See "**BuildSOLO Information**" tab for more information.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Training Time (hours)
Month 1	Week 1 (3/20)	BE BuildSOLO Class		BE BuildSOLO Class		<b>60 min Aerobic Intervals</b>		<b>60 min Recovery Ride</b>	
						10 min RPE1-2 3x(8min @90-100 RPM and no more than RPE5 effort or moderate, 5min RPE1-2) 11min RPE1-2		60min @ RPE1-2, steady 80-90 RPM on a mountain bike if possible to get time on the trail	
		1.00		1.00		1.00		1.00	4.00
	Week 2	BE BuildSOLO Class		BE BuildSOLO Class		<b>60 min Aerobic Intervals</b>		<b>75 min Aerobic Ride</b>	
						10 min RPE1-2 3x(8min @90-100 RPM and no more than RPE5 effort or moderate, 5min RPE1-2) 11min RPE1-2		10min @ RPE1-2 60min @ RPE3-5, steady 80-90 RPM 5min @ RPE1-2 on a mountain bike if possible to get time on the trail	
		1.00		1.00		1.00		1.25	4.25
	Week 3	BE BuildSOLO Class		BE BuildSOLO Class		<b>60 min Aerobic Intervals</b>		<b>90 min Aerobic Ride</b>	
						10 min RPE1-2 3x(10min @90-100 RPM and no more than RPE5 effort or moderate, 5min RPE1-2) 5min RPE1-2		10min @ RPE1-2 75min @ RPE3-5, steady 80-90 RPM 5min @ RPE1-2 on a mountain bike if possible to get time on the trail	
		1.00		1.00		1.00		1.50	4.50
		Yoga or stretching		60 min Recovery ride		45 min Recovery ride		60 min Recovery ride	

	<b>Week 4 (4/10) Rest Week</b>			60min @ RPE1-2, steady 80-90 RPM		45min @ RPE1-2, steady 80-90 RPM		60min @ RPE1-2, steady 80-90 RPM on a mountain bike if possible to get time on the trail	
		1.00		1.00		0.75		1.00	3.75
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total Training Time (hours)</b>
<b>Month 2</b>	<b>Week 5</b>	<b>BE BuildSOLO Class</b>		<b>BE BuildSOLO Class</b>		<b>60 min Aerobic Intervals</b>		<b>120 min Aerobic Ride</b>	
						10 min RPE1-2 3x(12min @90-100 RPM and no more than RPE5 effort or moderate, 4min RPE1-2) 2min RPE1-2		10min @ RPE1-2 100min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail	
		1.00		1.00		1.00		2.00	5.00
	<b>Week 6</b>	<b>BE BuildSOLO Class</b>		<b>BE BuildSOLO Class</b>		<b>60 min Aerobic Intervals</b>		<b>120 min Aerobic Ride</b>	
						10 min RPE1-2 3x(12min @90-100 RPM and no more than RPE5 effort or moderate, 4min RPE1-2) 2min RPE1-2		10min @ RPE1-2 100min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail	
		1.00		1.00		1.00		2.00	5.00
	<b>Week 7</b>	<b>BE BuildSOLO Class</b>		<b>BE BuildSOLO Class</b>		<b>60 min Aerobic Intervals</b>		<b>120 min Aerobic Ride</b>	
						10 min RPE1-2 3x(12min @90-100 RPM and no more than RPE5 effort or moderate, 4min RPE1-2) 2min RPE1-2		10min @ RPE1-2 100min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail	
		1.00		1.00		1.00		2.00	5.00
	<b>Week 8 (5/8) Rest Week</b>	<b>Yoga or stretching</b>		<b>60 min Recovery ride</b>		<b>45 min Recovery ride</b>		<b>60 min Recovery ride</b>	
				60min @ RPE1-2, steady 80-90 RPM		45min @ RPE1-2, steady 80-90 RPM		60min @ RPE1-2, steady 80-90 RPM on a mountain bike if possible to get time on the trail	
		1.00		1.00		0.75		1.00	3.75
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total Training Time (hours)</b>
		<b>BE BuildSOLO Class</b>		<b>BE BuildSOLO Class</b>		<b>60 min 8min Sweet Spot Intervals</b>		<b>150 min Aerobic Ride</b>	

Month 3	Week 9					4min build to RPE1-2 3x(1min RPE2, RPE4, RPE6 with 30sec recoveries) 3min RPE1-2 **** Repeat the following 4 times: 8min RPE6 with an all out sprint every 2min, 4min RPE1-2		10min @ RPE1-2 130min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail		
		1.00		1.00		1.00		2.50	5.50	
	Week 10	BE BuildSOLO Class		BE BuildSOLO Class		60 min 4min Sweet Spot Intervals		150 min Aerobic Ride		
						5min RPE1-2 8min build to RPE6 2min RPE1-2 **** Repeat the following 7 times: 4min RPE6/2min RPE1, 4min RPE1-2		10min @ RPE1-2 130min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail		
		1.00		1.00		1.00		2.50	5.50	
	Week 11	BE BuildSOLO Class		BE BuildSOLO Class		60 min 10min Sweet Spot Intervals		150 min Aerobic Ride		
						5min RPE1-2 7min build to RPE7 3min RPE1-2 **** Repeat the following 3 times: 10min RPE6/2min RPE1, 5min RPE1-2		10min @ RPE1-2 130min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail		
		1.00		1.00		1.00		2.50	5.50	
	Week 12 (6/5) Rest Week	Yoga or stretching		60 min Recovery ride		45 min Recovery ride		60 min Recovery ride		
				60min @ RPE1-2, steady 80-90 RPM		45min @ RPE1-2, steady 80-90 RPM		60min @ RPE1-2, steady 80-90 RPM on a mountain bike if possible to get time on the trail		
		1.00		1.00		0.75		1.00	3.75	
			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Training Time (hours)
	Week 13	BE BuildSOLO Class		BE BuildSOLO Class		60 min 2min VO2 Intervals		180 min Aerobic Ride		
						6 min RPE1-2 6min RPE6 3min RPE7-8 5min RPE3-4 ***** Twice through the following 2min RPE8-9/3min RPE1, 2min RPE8-9/3min RPE1, 2min RPE8-9/5min RPE1 **** 6min RPE1-2		10min @ RPE1-2 160min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail		
		1.00		1.00		1.00		3.00	6.00	

Month 4	Week 14	BE BuildSOLO Class		BE BuildSOLO Class		60 min 3min VO2 Intervals		180 min Aerobic Ride	
						8min ramp from RPE1 to RPE2, 1min RPE8, 1min RPE1, 1min RPE9, 1min RPE1, 1min RPE10, 3min RPE1 ***** 6 times through the following: 3min RPE9/3min RPE1 **** 8min RPE1-2		10min @ RPE1-2 160min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail	
		1.00		1.00		1.00		3.00	6.00
	Week 15	BE BuildSOLO Class		BE BuildSOLO Class		60 min 4min VO2 Intervals		180 min Aerobic Ride	
						10 min RPE1-2 12min build to RPE6 3min RPE1-2 ***** 4 times through 4min RPE9/4min RPE1-2 ***** 3min RPE1-2		10min @ RPE1-2 160min @ RPE3-5, steady 80-90 RPM 10min @ RPE1-2 on a mountain bike if possible to get time on the trail	
		1.00		1.00		1.00		3.00	6.00
	Week 16 (7/3) RACE WEEK	60 min Recovery Ride	REST	75 min Aerobic Ride	REST	Openers	Sturdy Dirty!!		
		60min @ RPE1-2, steady 80-90 RPM		10min @ RPE1-2 60min @ RPE3-5, steady 80-90 RPM 5min @ RPE1-2		5min RPE1-2, 5min RPE3, 5min RPE4-5 ***** 3 times through the following: 4min RPE7-8/2min RPE1-2, with an additional 3min RPE1-2 after 3rd set 3 times through the following: 1.5min RPE9/5min RPE1-2 **** 4.5min RPE1-2	Warm up as you can with the space available with fast pedaling for 3x1min RPE3 and HAVE SO MUCH FUN!!!!		
		1.00		1.25		1.00			3.25

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