

## VeloSano Training Guide

This guide includes suggestions for training for the VeloSano route of your choice. If you are new to bicycling, I suggest reading the following article for background information, safety tips, and injury prevention: [How To Get Back Into Cycling](#)

You'll see that the training schedule gets gradually more vigorous, and includes a variety of different activities and riding suggestions. Most weeks include two days that are designated as rest and recovery days. These days can be taken anytime throughout the week, but it is suggested that they are evenly spaced as they are listed in the calendars. The other days include rides with varying intensity including hills or "intervals". Intervals are short periods of higher intensity exercise, usually 2 minutes to 5 minutes in length, that are separated by rest periods. You should continue riding throughout these sessions, but reduce your pace significantly during the rest periods. Try doing intervals of varying lengths and intensities. A good way to add intensity is to ride into a headwind or up a small hill. You will also notice that one day per week is designated as a cross-training day. Cross-training is important to prevent injury and avoid overtraining. On these days, do anything physically active. The best activities are weightlifting, yoga, Pilates, jogging, swimming, or just walking.



## Commonly Asked Questions

### What if I miss a day?

If you've missed one day, a series of days, or even a week, the first thing to keep in mind is DO NOT PANIC! You do not have to do extra training to make up for the days that you missed. Just simply pick up where you left off on the list of training sessions, OR just restart at today's date on the calendar. This might mean that you are behind by a few days but you will notice that the second week in June is designated as an "Easy" week. This time is set-aside to help with recovery but can be used to make up some missed training. So, if you fall behind in your training, you can skip this week to help catch up. However, if you're still behind, just resume the schedule skipping the days you missed.

### How fast should I be going on my slow rides? How about my fast rides?

This depends on your chosen pace. A beginner might go 8 or 10 mph on their slow rides, and 12 or 14 miles an hour on their fast rides. Intermediate cyclist would go 14 mph on their slow rides and 16 mph on fast rides. Advanced riders will be well over 20 mph on fast rides. Keep in mind that "Easy" rides should feel very EASY – you should be able to talk comfortably and not notice heavy breathing. One of the most common training errors is to do all of your rides at the same pace, or to try to go "All-Out" even on easy rides. This leads to premature fatigue, overuse injuries, and "burnout." Easy rides play an important role in recovery and fitness gains, as they allow your body to heal and refuel. They also enhance the blood flow to your muscles, your heart and your lungs.

### Am I allowed to "draft" off of other cyclists?

Drafting is riding closely behind another rider to take advantage of the windbreak (slipstream) and use about 20-30 percent less energy. Drafting is permitted during the VeloSano rides, but this can be a dangerous activity. Only practice drafting after you are very comfortable on your bicycle. Only do so with experienced cyclists, and only under good conditions. Keep in mind that while you are drafting, you are riding with 20-30% less effort, so you will probably not be gaining as much fitness during this activity as you would if you were riding alone. But if you choose to draft during the event, be sure to practice before-hand. Work on maintaining a smooth steady pedal-stroke, a very straight line, and always looking ahead of your group to anticipate changes in pace. Avoid looking only at the person right in front of you, and avoid slamming on your brakes suddenly!

### How steep or long should the hills be?

This depends upon how hilly your route will be, and on what you have available for hills. When in doubt, start with smaller hills, and ride up them more slowly. If you do not have hills nearby, try using a freeway overpass or the road through a small river valley. You may also use a stationary trainer with increased resistance setting, or just ride on a flat road but use a higher gear for a short time. However, if you are preparing for one of the more hilly VeloSano rides, you should drive to a place with large hills at least once during the month of June. There is really no good substitute for the real thing! Also practice going downhill safely and practice turning and stopping on downhills.

### What about nutrition and hydration?

The VeloSano rest stops will be well-stocked and well supported, but during your training rides, you'll need to carry water or sports drink. For your longer rides (anything over one hour) you should bring a small snack such as an energy bar or some fruit. Be sure to consume familiar food and drink on day of the ride to avoid GI upset.

### What should I do if it is raining?

Riding in the rain can be dangerous, and it is usually not very pleasurable, but it certainly may happen. If you are new to cycling, I suggest that you take a rest day if it is raining, or substitute a walk or jog. Don't try riding in the rain until you are very comfortable handling your bicycle. However, I suggest (eventually) doing at least one or two rides on rainy days so you can practice how to handle your bike on slippery roads. Be very cautious on turns, especially on painted surfaces such as crosswalks as they get slippery when wet. Leave extra time for stopping, and have your brakes adjusted so they can be applied very firmly. Dress with an extra layer of clothing or light rain jacket if it's raining hard, but be sure that it fits snugly. Any dangling clothing items may be come tangled in the wheels or chain! AVOID car traffic on rainy days. They often can't see you!

### Conclusion

We hope you enjoy your VeloSano ride, but also please enjoy the process of training for the event! Please ride safely, and always try to have fun! Once you finished your ride, we encourage you to pick another athletic goal for the fall or winter, and we hope we see you again next year at VeloSano!

# 12-Mile Fun Ride

## PREPARATION SCHEDULE

This is a flat, urban, fun ride that's perfect for Riders of all skill levels. VeloSano rides follow the **Rules of the Road** including this 12-mile Fun Ride which means you will be riding with car traffic and Riders are expected to follow the rules of the road\*. So the most important thing is to prepare to feel comfortable and stable on a bike. This basic training schedule will provide you a good fitness base and the ability to gain strength and confidence.

Try to start a basic fitness program before the month of May. Seek out friends with some bicycling experience and invite them along on your first ride to give you some tips. You can also learn a lot by visiting a good local bike shop. Make sure your equipment is adequate before you start training, and make sure your bike and helmet fit you properly. You can learn a lot by visiting a good local bike shop. Get your bike tuned up and have them make any necessary adjustments to your gears and brakes before VeloSano weekend. **Click here** to view a list of VeloSano Bike Shop Partners.

\*For a list of safety tips, visit our **Safety Information** page.



# 12-Mile Fun Ride

## APRIL TRAINING SCHEDULE

VELOSANO

Bike to cure.



Sun	23	Get out the bike. Have a local bike shop check your fit and do a tune-up	
Mon	24	Slow Ride for fun.	15-20 minutes
Tue	25	Cross-training	
Wed	26	<b>REST DAY</b>	
Thu	27	Ride a bit farther than last time.	
Fri	28	<b>REST DAY</b>	
Sat	29	Ride just 20 minutes but try a few small hills. Stop as needed to adjust saddle position	
Sun	30	Longer Slow Ride, pick a fun destination!	Any Distance

## MAY TRAINING SCHEDULE

Mon	1	<b>REST DAY</b>	
Tue	2	Slow Ride	20 minutes
Wed	3	Cross-training	
Thur	4	Moderate-paced Ride for 4-6 miles. Time yourself if you'd like but don't over-do it	
Fri	5	<b>REST DAY</b>	
Sat	6	Slow Ride	30 minutes
Sun	7	Short Ride but with hills, practice shifting gears frequently.	Any Distance
Mon	8	<b>REST DAY</b>	
Tue	9	Moderate Ride	25 minutes
Wed	10	Cross-training	
Thu	11	Moderate Ride. Same course as last week and compare your time if you'd like	4-6 miles
Fri	12	<b>REST DAY</b>	
Sat	13	Slow Ride for 30 minutes	30 minutes
Sun	14	Fun Easy Ride. Pick a fun destination	Any Distance
Mon	15	<b>REST DAY</b>	
Tue	16	Slow Ride	30 minutes
Wed	17	Cross-training	
Thu	18	Moderate-paced Ride for 6 miles. Time yourself and record for later if you'd like. Don't over-do it.	6 miles
Fri	19	<b>REST DAY</b>	
Sat	20	Slow Ride	40 minutes
Sun	21	Short Ride but try some hills, practice shifting gears frequently	Any Distance
Mon	22	<b>REST DAY</b>	
Tue	23	Moderate Ride	30 minutes



# 12-Mile Fun Ride

## MAY TRAINING SCHEDULE

VELOSANO

Bike to cure.



Wed	24	Cross-training or Rest if you're tired	
Thu	25	Moderate Ride 6 miles – Same course as last week and compare your time if you'd like	6 miles
Fri	26	<b>REST DAY</b>	
Sat	27	Long Slow Ride	45 minutes
Sun	28	Cross-training or Fun Short Ride	Any Distance
Mon	29	<b>REST DAY</b>	
Tue	30	Long Slow Ride	45 minutes
Wed	31	Cross-training	

## JUNE TRAINING SCHEDULE

Thu	1	Moderate ride 30 minutes. Try to go fast for a few minutes then rest for a few minutes.	30 minutes
Fri	2	<b>REST DAY</b>	
Sat	3	Long Slow Ride	50 minutes
Sun	4	Moderate Ride with Hills	30 minutes
Mon	5	<b>REST DAY</b>	
Tue	6	Long Slow Ride	8 miles
Wed	7	Cross-training	
Thu	8	Moderate Ride	8 miles
Fri	9	<b>REST DAY (START OF RECOVERY WEEK)</b> Relax, enjoy sleep and eat more!	
Sat	10	Cross-training or Rest Day	
Sun	11	Easy Ride	5 miles
Mon	12	<b>REST DAY</b>	
Tue	13	Very Slow Ride for fun. How far away is the nearest coffee shop?	Any Distance
Wed	14	<b>REST DAY</b>	
Thu	15	Cross-training or Short Moderate Ride	
Fri	16	<b>REST DAY</b>	
Sat	17	Long Slow Ride	9 miles
Sun	18	Cross-training or Rest Day	
Mon	19	<b>REST DAY</b>	
Tue	20	Long Slow Ride	8 miles
Wed	21	Cross-training	
Thu	22	Hard Ride as fast as possible (Compare your time to May 14th)	6 miles
FRI	23	<b>REST DAY</b>	



# 12-Mile Fun Ride

## JUNE TRAINING SCHEDULE



Sat	24	Long Slow Ride, use easy gears	10 miles
Sun	25	Hard Ride with Hills or Intervals	5 miles
Mon	26	<b>REST DAY</b>	
Tue	27	Long Slow Ride	8 miles
Wed	28	Cross-training	
Thu	29	Hard Ride. Try lower gears with faster cadence*	6 miles
Fri	30	<b>REST DAY</b>	

## JULY TRAINING SCHEDULE

Sat	1	Long Slow Ride	11 miles
Sun	2	Cross-training or Short Fun Ride	
Mon	3	<b>REST DAY</b>	
Tue	4	Long Slow Ride	10 miles
Wed	5	Cross-training	
Thu	6	Moderate Ride with hills or Intervals	8 miles
Fri	7	<b>REST DAY</b> Visit local bike shop for nutrition supplies	
Sat	8	Long Slow Ride	12 miles
Sun	9	Cross-training or Short Ride. Make any final bicycle adjustments or purchases NOW. Don't wait until the last minute.	
Mon	10	<b>REST DAY</b> (START TAPER for the VeloSano Ride) Relax, Sleep more, eat more!	
Tue	11	Slow Ride with easy gears	6 miles
Wed	12	<b>REST DAY</b>	
Thu	13	Hard Ride (as fast as possible) and practice hills and shifting if needed.	4 miles
Fri	14	<b>REST DAY</b>	
Sat	15	Long Slow Ride with easy gears.	10 miles
Sun	16	Cross-training or Short Ride (Don't over-do it!)	
Mon	17	<b>REST DAY</b>	
Tue	18	Slow Ride (even less if tired)	4 miles
Wed	19	Gentle Cross-training or Rest Day! Sleep more	
Thu	20	<b>REST DAY</b> (Preview the Course by car)	
Fri	21	Easy Ride before you go to the VeloSano Kickoff Party!	3-4 miles
Sat	22	<b>VELOSANO RIDE AND EVENTS</b>	
Sun	23	<b>VELOSANO 2-DAY RIDE AND EVENTS</b>	

\*Cadence refers to the speed at which you spin your pedals when you ride. In a lower cadence your legs are pushing, in a higher cadence, your legs are spinning and not pushing so hard.

# 12-Mile Fun Ride

## JULY TRAINING SCHEDULE

VELOSANO  
Bike to cure.



Mon	24	Active recovery - Cross-training	
Tue	25	Ride for fun!	Any Distance
Wed	26	<b>REST DAY</b>	
Thu	27	Visit bike shop; Say thanks for their support	
Fri	28	Make a fitness goal for the fall	
Sat	29	Pick a fun destination for a ride; Invite a friend!	



### About the Author

Michael Schaefer, M.D. practices Physical Medicine and Rehabilitation (PM&R) and Sports Medicine at Cleveland Clinic's Main Campus and at the Westlake Medical Office on Columbia Road. He completed his residency and fellowship at the Mayo Clinic, and worked on the staff at the Mayo Clinic and MetroHealth Medical Center before joining the Cleveland Clinic in 2010. Dr. Schaefer is an accomplished bicyclist. He was team MVP for the Cycling Team at The Ohio State University in 1996, and went on to compete in many national level events. He stopped bicycling racing in 2004 in favor of family activities and triathlons, but he still greatly enjoys bicycling. He currently competes in triathlons for the Spin/Second Sole Multisport team, and also enjoys cross-country ski racing. Dr. Schaefer is a valuable VeloSano ambassador and has been a Rider and Rest Stop Medical Volunteer in all VeloSano events.