



Training Programs:

- 37 Miles
- 66 Miles
- 103 Miles





Thank you for participating with the San Diego Century and John Howard Performance Sports.

The San Diego Century Bicycle Tour partnered with legendary cyclist and coach John Howard (www.fittesystem.com) to assist you with your training for the San Diego Century on May 21, 2011. John's training plans will help to prepare you for 37 miles, 66 miles or the full century distance of 103 miles.

Register and reserve your spot in the 5th year of the San Diego Century at <http://sdcentury.com>

If you have any questions about the plans, you are looking for more personalized training, or you are interested in taking your cycling performance to the next level, please contact John at www.johnhowardsports.com. John has worked with more than 170 national champions, Ironman triathlon champions and Race Across America winners. He specializes in fitting cyclists for maximum performance and comfort. His program, FITTE-Fitness, Training, Technique, Equipment- utilize a unique process mechanical adjustment and biomechanical assessment and mobilization of soft tissue as a component of the fit.



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Terminology:

S-Leg speed drills (spin class, trainer, rollers, fast road intervals)

B-Base, Done in middle gears at moderate speed

P-power-combo of big ring and small ring, sometimes incorporating hill repeats

AR-Active recovery, low zone spin to clear lactic acid from legs

R-Full Rest, day off, with nothing more rigorous than a good stretching program

G-Group ride, with other serious riders

SO-Solo ride done at your own pace dictated by how you feel.

HR – Hill Repeats

Remember to stretch regularly, work on your core fitness daily. Get plenty of sleep before the longer or harder workouts.



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Beginner 8 Week Training Plan for 30+ Miles from www.johnhowardsports.com

WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	R	5 S	10 B	5 P	5 AR	12 G	5 AR
2	R	10 S	12 B	5P	5 AR	15 G	5 AR
3	R	7 AR	12 B	5P	5 AR	15 SO	5 AR
4	R	10 S	15 B	5HR	5 AR	20 G	5 AR
5	R	10 S	15 B	10P	5 AR	25 G HR	10AR
6	R	10 AR	15 B	10P	5 AR	25 SO	5 AR
7	R	10 S	15 B	10P	5 AR	30 G HR	10 AR
8	R	10 S	15 B	10P	5 AR	37 G	10 AR
All distances in miles.							
R = Rest			B = Base		SO = Solo Ride		
S = Speed drills			HR =Hill Repeats				
AR = Active Recovery				G = Group Ride			

Experienced 8 Week Training Plan for 30+ Miles from www.johnhowardsports.com

WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	R	10 S	20 B	10P	10 AR	25 G	5 AR
2	R	15 S	25 B	10P	10 AR	30 G	5 AR
3	R	10 AR	20 B	10P	5 AR	30 SO	5 AR
4	R	15 S	25 B	10HR	10 AR	35 G	5 AR
5	R	15 S	25 B	15P	10 AR	40 G HR	10AR
6	R	10 AR	25 B	10P	10 AR	45 SO	5 AR
7	R	15 S	25 B	15P	10 AR	50 G HR	10 AR
8	R	15 S	30 B	15P	10 AR	37 - 66	10 AR
All distances in miles.							
R = Rest			B = Base		SO = Solo Ride		
S = Speed drills			HR =Hill Repeats				
AR = Active Recovery				G = Group Ride			



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10 Week Training Plan for 60+ Miles from www.johnhowardsports.com

WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	R	10 S	20 B	10P	10 AR	25 G	5 AR
2	R	15 S	25 B	10P	10 AR	30 G	5 AR
3	R	10 AR	20 B	10P	5 AR	30 SO	5 AR
4	R	15 S	25 B	10P	10 AR	35 G	5 AR
5	R	15 S	25 B	15P	10 AR	40 G	10AR
6	R	10 AR	25 HR	10P	10 AR	45 SO	5 AR
7	R	15 S	25 B	15P	10 AR	50 G	10 AR
8	R	15 S	30 B	15HR	10 AR	55 G	10 AR
9	R	15 AR	30 B	15 P	10 AR	55 G HR	10 AR
10	R	20 S	30 HR	20 P	10 AR	67 G	10 AR
All distances in miles.							
R = Rest		B = Base		SO = Solo Ride			
S = Speed drills		HR =Hill Repeats					
AR = Active Recovery		G = Group Ride					



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18 Week Training Plan for 100+ Miles from www.johnhowardsports.com

	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	R	10 S	20 B	10P	10 AR	25 G	5 AR	80
2	R	15 S	25 B	10P	10 AR	30 G	5 AR	85
3	R	10 AR	20 B	10P	5 AR	30 SO	5 AR	80
4	R	15 S	25 B	10P	10 AR	35 G	5 AR	100
5	R	15 S	25 B	15P	10 AR	40 G	10AR	115
6	R	10 AR	25 B	10P	10 AR	45 SO	5 AR	100
7	R	15 S	25 B	15P	10 AR	50 G	10 AR	125
8	R	15 S	30 B	15P	10 AR	55 G	10 AR	135
9	R	15 AR	30 B	15 P	10 AR	55 G	10 AR	135
10	R	20 S	30 B	20 P	10 AR	60 G	10 AR	150
11	R	20 S	30B	20 S	10 AR	65 G	15 AR	160
12	R	25 AR	30B	20 P	10 AR	70 G	15 AR	170
13	R	25 S	35B	20 P	10 AR	70 G	20 AR	180
14	R	25 S	35B	20P	10 AR	75 G	25 AR	190
15	R	25 AR	35 B	20 S	10 AR	85 G	25 AR	200
16	R	30 S	35B	25P	10 AR	90 G	25 AR	215
17	R	30 S	35B	25P	15 AR	75 G	25 AR	190
18	R	30 S	35B	25S	15 AR	103G	5 AR	215
	All distances in miles.							
	R = Rest			B = Base		SO = Solo Ride		
	S = Speed drills			P = Power				
	AR = Active Recovery			G = Group Ride				



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John will be working with the team at the San Diego Century Bicycle Tour to provide additional training tips. Stay tuned to www.sdcentury.com and www.johnhowardsports.com for more information on:

- **Stretching**
- **Strength Training**
- **Speed Drills**
- **Hill Repeats**
- **Recovery and Active Recovery**
- **Base Riding**
- **Power Riding**
- **Group Riding Tips**