



2019 Training Rides Schedule

Always bring a helmet, spare tube, tire irons, two full water bottles, money / ATM card, ID and snack or energy bars to all training rides.

Week	Date & Time	Century Ride Distance	62 Mi. Distance	30 Mile Distance	Total Hours	Ride Hours	Skill Focus	Weekly Miles (100)	Weekly Miles (62)	Weekly Miles (30)
1	Mar 2nd 7:30 AM	12	12	9	1.75	1.50	Safety & Rules of the Road Bike Fit & Riding Position	27	27	18
2	Mar 9th 7:30 AM	20	15	12	2.25	2.00	Group Riding Cycling Clothing Solvang Century *	35	30	24
3	Mar 16th 7:30 AM	25	20	15	2.25	2.00	Pacelining	45	40	30
4	Mar 23rd 7:30 AM	35	25	18	2.75	2.50	Pre Ride: Nutrition Post Ride: Changing Flats	60	50	36
5	Mar 30th 7:30 AM	45	30	20	3.25	3.00	Fast Bike maintenance Pack for SAG	70	55	40
6	Apr 6th 7:30 AM	55	35	22	3.75	3.50	Hills Cornering, Gears	85	65	44
7	Apr 13th 7:30 AM	65	40	24	4.00	3.75	Men's & Women's issues	95	70	48
8	Apr 20th 7:30 AM	75	45	26	4.25	4.00	Nutrition & Hydration	105	75	52
9	Apr 27th 7:30 AM	85	50	28	4.75	4.25	Speed Workouts Wildflower Century *	115	85	56
10	May 4th 7:30 AM	90	55	30	5.50	5.00	Distance Tips Century Pacing	125	90	60
TofLB Event	May 11th 7:30 AM	100	62	30						

To Do:

Join our Facebook group
"LV Tour of Long Beach Training"

Print out a **Lightning Velo Waiver**
Sign the waiver and write your emergency contact information on the back. Please include a contact name, phone number and insurance number.
Waivers will be available at the ride start but we have limited time.

Some helpful Phone Apps that we suggest are:

- LongBeachGo - to report road hazards
- GarminConnect - for tracking ride statistics
- Strava - for tracking ride statistics

(join the Garmin and Strava groups "LV Tour of Long Beach Training" to connect with other riders)

Have your bike safety checked, tuned and fitted.

Contact Lightning Velo through Facebook or call Nia Hartman (562) 233-4455 to answer questions while you prepare for your first session.

About the Ride Schedule:

- The Saturday Ride distances (on the left) for each category are only estimates. Weather, timing, and rider abilities will dictate actual mileage.
- The Weekly mileage (on the right) is a suggested total mileage to build up endurance.
- We do not ride in the rain. If the roads are wet but the sky has cleared will will ride (carefully).
- If it is too wet to ride, check out the Facebook group to see where we are. We will still meet to go over topics like flat tire changing, how to use gears, nutrition, hydration and group riding formations.
- Once we receive your email addresses we will also send out news blasts for last minute changes and other reminders.
- If you do not start on week 1 do not worry. Just join us as soon as you can and we will get you up to speed.
- You can also pull in a friend or family member at any time.
- For the 62 mile and 30 mile groups, topics will be covered multiple times for those who miss a day and to reinforce topics.
- The "Total Hours" and "Ride Hours" pertain to the 100 mile group. The other groups will be less.