

2022 Huntsman Heroes Cycling Training Schedule

To ensure the safety of participants, staff, and volunteers, masks will be encouraged when gathered in groups before and after rides, as well as at water stops. Thank you for helping to keep everyone safe and healthy!

DATE	TIME	INTRO DISTANCE	SHORT DISTANCE	LONG DISTANCE
Saturday, March 5	9:00 AM	14		
Saturday, March 12	9:00 AM	15		
Saturday, March 19	9:00 AM	20		
Saturday, March 26	9:00 AM	25		
Saturday, April 2	9:00 AM	26 (Climbing)		
Saturday, April 9	9:00 AM	15	30	
Saturday, April 16	9:00 AM	20	35	
Saturday, April 23	9:00 AM	20	40	
	SALT LAKE CITY MARATHON BIKE TOUR			
Saturday, April 30	9:00 AM	25 (Climbing)		50 (Climbing)
Saturday, May 7	8:00 AM	25	35	60
	FRONT RUNNER CENTURY			
Saturday, May 14	8:00 AM	25	40	80
Saturday, May 21	8:00 AM	25	30	70
Saturday, May 28	7:00 AM	25	50	90
Saturday, June 4	7:00 AM	25	60	100+
	LITTLE RED			
Saturday, June 11	HUNTSMAN SPORTSFEST			
Saturday, July 9	CACHE VALLEY GRAND FONDO			
Saturday, Sept. 10	LOTOJA			

WEATHER HOTLINE

801.584.5737 | Call 1 hour prior to Saturday Ride Time

*Intro rides are designed for individuals new to cycling and unregistered participants after May 1st.

Requirements for Training

March and April

- Trainings open for all riders who have participated or are interested in trying out the program

May 1 and Beyond

- Training rides will be for **registered riders who have fundraised a minimum of \$250**
 - Unregistered riders may attend one intro (25 Mile) training ride prior to registering
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How to Prepare for Training

- Before the season starts, we ask that you have a fitness base of:
 - 5 miles for the 25 distance
 - 10 miles for the 50 distance
 - 20 miles for the 75/80 distance
 - 30 miles for the 100/140 distance
 - Have your bike tuned and ready for the season
 - All riders **MUST** wear a helmet at all times
 - Ride 2 to 3 days during the week in conjunction with the long ride on Saturday with the group. These mid-week rides will help you get used to time in the saddle and should take about half the time it will take you to ride your upcoming long ride that week.
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Training Tips

- Do some weight training for upper body strength. You'll need arm and shoulder strength to fend off fatigue.
 - The up-stroke on the pedal is important. Wear toe clips or clipless pedals to optimize each rotation.
 - When training, tackle wind and hills. You will likely encounter both on your long rides, so be prepared.
 - Take the century ride in segments. Don't think of it as a 100-mile ride. Just do the distance from one rest stop to the next. Before you know it, you've done 100 miles.
 - Take a break if you get tired. Even a short, five minute break will revitalize you.
 - Be sure your bike is the correct size. This includes the correct leg extension and posture. Keep your back straight and at a 45-degree angle. You will need a bike that fits to ride 100-miles or more.
 - Use a bicycle computer and heart rate monitor. Develop a better understanding of what you can do, keep track of your improvement, and enter your training accomplishments in a log.
 - There's no alternative to training! You must have experience in the wind, heat, cold, rain, steep grades, and thirst.
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Contacts

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Huntsman Cancer Foundation

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