# Your Garmin Guide - Garmin UNBOUND Gravel 25 Training Plan

# WELCOME RIDERS!

## Garmin UNBOUND Gravel 25 Training

Congratulations on being selected to participate in Garmin UNBOUND Gravel the World's Premier Gravel Grinder. Garmin UNBOUND Gravel is a challenging event, but the reward of crossing the finish line in downtown Emporia is like no other. This training plan is designed to help you get to the start line physically prepared for the challenges ahead.

Here are a few tips for using this guide:

1. Customize the workouts to fit your schedule. Shorten the workouts if necessary or swap workouts throughout the week to fit into your life.

2. Consistency is key in training for Garmin UNBOUND Gravel. Even if you can't follow all the workouts perfectly, stay focused on riding consistently throughout the Spring.

3. Each workout provides a suggested ride time rather than miles to help you fit these rides into your daily schedule.

4. Come into this plan having already established a consistent riding routine. You can start from zero with his plan but you'll see bigger results if you already have strong base fitness.

5. Have fun and stay positive! You're already on track to success by following a plan!

# FINDING YOUR TRAINING ZONES

## Garmin UNBOUND Gravel 25 Training

Each workout in Your Garmin Guide Training Plan for Garmin UNBOUND Gravel provides efforts or intervals at different intensity levels. These zones range from 1 – 6. You can determine your zone efforts several different ways.

### FTP AND FTHR ZONES

FTP is your Functional Threshold Power and your FTHR is your Functional Threshold Heart Rate. If you have a power meter or a heart rate monitor, perform an FTP or FTHR test to determine your zones:

A) Warm up well. Then ride for 20 minutes as hard as you can and record your average power or heart rate for that 20-minute segment.

B) Determine your FTP by taking 95% of your 20-minute power average. Use this number to determine your zones by using the percentages below.

C) Determine your FTHR by taking your average heart rate from the 20-minute effort and using this number to determine your zones by using the percentages below.

### PERCEIVED EXERTION

Perceived Exertion is based on a scale of 1-10 with 1 being very easy spinning and 10 being a short, all-out sprint. Most Garmin UNBOUND Gravel training occurs between of 2 and 7 due to the nature of this long gravel event.

If you don't have a power meter or heart rate monitor, use the Perceived Exertion ranges below that correspond with each training zone.

| Zone | Description | Perceived Exertion | Power Zones | Heart Rate Zones | Your Power or Heart Rate Zones: |
|---|---|---|---|---|---|
| Zone 1 | Active Recovery | < 2 | < 55% | < 68% | |
| Zone 2 | Endurance | 2 - 3 | 55 - 75% | 69 - 83% | |
| Zone 3 | Tempo | 3 - 4 | 75 - 90% | 84 - 94% | |
| Zone 4 | Threshold | 4 - 5 | 90 - 105% | 95 - 105% | |
| Zone 5 | VO2 Max | 6 - 7 | 105 - 120% | 106 - 110% | |
| Zone 6 | Sprint | 7+ | > 120% | > 111% | |

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# GOALS/TIPS & TRICKS

## Garmin UNBOUND Gravel 25 Training

### GOAL SETTINGS:

Set your intentions for the season. Pick three training or race goals that you can focus on while training for Garmin UNBOUND Gravel and write them below:

**1.**

**2.**

**3**

### NUTRITION & HYDRATION:

Practice your nutrition and hydration race plan during training. Decide what and how much to eat and drink each hour to keep you body topped up. Remember that Garmin UNBOUND Gravel can be very hot, so plan accordingly.

**Foods:**

**Drink:**

### EQUIPMENT CHECK:

Make sure your bike is in great working condition. Schedule an appointment with your local bike shop for a tune-up several weeks before UNBOUND. That way, you can hit the start line feeling confident in both your training and your equipment.

**Tune-Up Date:**

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# FEBRUARY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22<br>**Easy Ride**<br>**1hr**<br>- Zone 1 Ride | 23<br>**2x10 min Zone 3**<br>**1hr 30min**<br>- 20 min warm up<br>- 2x10 min Zone 3<br>- 5 min easy between<br>- Cool down Zone 2 | 24<br>**Day Off** | 25<br>**Base Ride**<br>**1hr**<br>- Steady Zone 2 | 26<br>**Day Off** | 27<br>**2x20 min Zone 3**<br>**2hr**<br>- 30 min warm up<br>- 3x20 min Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 28<br>**Day Off** | | | | | | |

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# MARCH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | **Day Off** | **3x4 min Sweet Spot<br>1hr** | **Day Off** | **Base Ride<br>1hr** | **Day Off** | **Zone 3 Efforts<br>2hr 30min** |
| | | - 20 min warm up<br>- 2x10 min High Zone 3<br>- 5 min easy between<br>- Cool down Zone 2 | | - Steady Zone 2 | | - 30 min warm up<br>- 2x15 min Zone 3<br>- 10 min easy between<br>- 2x10 min Zone 3<br>- 5 min easy between<br>- Cool down Zone 2 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| **Choice Ride<br>1hr** | **Day Off** | **5x5 min Zone 4<br>1hr 10min** | **Day Off** | **Base Ride<br>1hr** | **Day Off** | **Zone 3 Long Efforts<br>2hrs** |
| Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day. | | - 20 min warm up<br>- 4x5 min Zone 4<br>- 4 min easy between<br>- Cool down Zone 2 | | - Steady Zone 2 | | - 30 min warm up<br>- 1x30 min Zone 3<br>- 15 min easy between<br>- 2x20 min Zone 3<br>- 5 min easy between<br>- Cool down Zone 2 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| **Choice Ride<br>1hr** | **Day Off** | **Easy Ride<br>1hr** | **Day Off** | **Base Ride<br>1hr** | **Day Off** | **3x15 min Zone 3<br>2hr** |
| Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day. | - Rest Week | - Easy Zone 1 Ride | | - Steady Zone 2 | | - 20 min warm up<br>- 3x15 min Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| **Day Off** | **Day Off** | **4x4 min Zone 4<br>1hr 15min** | **Day Off** | **Base Ride<br>1hr** | **Day Off** | **2x20 min Sweet Spot<br>5hr** |
| | | - 30 min warm up<br>- 4x4 min Zone 4<br>- 3 min easy between<br>- Cool down Zone 2 | | - Steady Zone 2 | | - 30 min warm up<br>- 2x20 min High Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 28 | 29 | 30 | 31 | | | |
| **Choice Ride<br>1hr** | **Day Off** | **6x1 min Zone 5<br>1hr** | **Day Off** | | | |
| Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day. | | - 30 min warm up<br>- 8x30 sec Zone 5<br>- 30 sec easy between<br>-10 min easy riding<br>- 8x30 sec Zone 5<br>- 30 sec easy between<br>- Cool down Zone 2 | | | | |

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# APRIL

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| | | | | **Base Ride**<br>**1hr**<br>- Steady Zone 2 | **Day Off** | **3x15 min Sweet Spot**<br>**3hr**<br>- 30 min warm up<br>- 3x15 min High Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **Choice Ride**<br>**1hr**<br>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day. | **Day Off** | **8x30 sec Zone 5**<br>**1hr 15min**<br>- 30 min warm up<br>- 8x30 sec Zone 5<br>- 30 sec easy between<br>-10 min easy riding<br>- 8x30 sec Zone 5<br>- 30 sec easy between<br>- Cool down Zone 2 | **Day Off** | **Base Ride**<br>**1hr**<br>- Steady Zone 2 | **Day Off** | **Zone 3 Ladder**<br>**3hr 30min**<br>- 30 min warm up<br>- 1x30 min Zone 3<br>- 10 min easy<br>- 3x10 min Zone 3<br>- 5 min easy between<br>- Cool down Zone 2 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| **Day Off** | **Day Off**<br>- Rest Week | **Easy Ride**<br>**1hr**<br>- Easy Zone 1 Ride | **Day Off** | **5x5 min Zone 3**<br>**1hr 30 min**<br>- 30 min warm up<br>- 5x5 min Zone 3<br>- 3 min easy between<br>- Cool down Zone 2 | **Day Off** | **3x10 min Zone 3**<br>**2hr**<br>- 30 min warm up<br>- 3x10 min Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| **Choice Ride**<br>**1hr**<br>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day | **Day Off** | **5x90 sec Zone 5**<br>**1hr**<br>- 30 min warm up<br>- 5x90 sec Zone 5<br>- 2 min easy between<br>- Cool down Zone 2 | **Day Off** | **Base Ride**<br>**1hr**<br>- Steady Zone 2 | **Day Off** | **Zone 3 Efforts**<br>**3hr**<br>- 30 min warm up<br>- 1x20 min Zone 3<br>- 10 min easy between<br>- 3x10 min Zone 3<br>- 5 min easy between<br>- Cool down Zone 2 |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| **Day Off** | **Day Off** | **2x10 min Zone 4**<br>**1hr 15min**<br>- 30 min warm up<br>- 2x10 min Zone 4<br>- 10 min easy between<br>- Cool down Zone 2 | **Day Off** | **Base Ride**<br>**1hr**<br>- Steady Zone 2 | **Day Off** | |

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# MAY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | | 1<br>**3x20 min Zone 3**<br>**2hr 30min**<br>- 60 min warm up<br>- 2x20 min Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 2<br>**Choice Ride**<br>**1hr**<br>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day. | 3<br>**Day Off** | 4<br>**4x5 min Zone 4**<br>**1hr 30min**<br>- 30 min warm up<br>- 4x5 min Zone 4<br>- 5 min easy between<br>- Cool down Zone 2 | 5<br>**Day Off** | 6<br>**Base Ride**<br>**1hr**<br>- Steady Zone 2 | 7<br>**Pre "Race" Ride**<br>**1hr**<br>- 30 min warm up<br>- 3x1 min Zone 3<br>- 2 min easy between<br>- 10 min build from low Zone 3 to mid Zone 4<br>- 3x1 min Zone 4<br>- 2 min easy between<br>- Cool down Zone 2 | 8<br>**Race Simulation**<br>**150-160 miles**<br>Find a route or loop with rolling hills that simulates UNBOUND.<br>Practice eating and drinking while riding.<br>Use the same food and hydration drink you plan on using at UNBOUND .<br>Use the same equipment you plan on using at UNBOUND including the same cycling shorts/bibs, top/jersey, and shoes.<br>Make sure these are comfortable or make adjustments as needed after this ride.<br>Ride your goal race pace or effort to practice. Recover well after this big effort! |
| 9<br>**Day Off** | 10<br>**Day Off**<br>- Rest Week | 11<br>**Easy Ride**<br>**1hr**<br>- Easy Zone 1 Ride | 12<br>**Day Off** | 13<br>**Base Ride**<br>**1hr**<br>- Steady Zone 2 | 14<br>**Day Off** | 15<br>**3x15 min Zone 3**<br>**2hr**<br>- 30 min warm up<br>- 3x15 min Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 16<br>**Choice Ride**<br>**1hr**<br>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day. | 17<br>**Day Off** | 18<br>**6x1 min Zone 5**<br>**1hr 15min**<br>- 30 min warm up<br>- 6x1 min Zone 5<br>-2 min easy between<br>- Cool down Zone 2 | 19<br>**Day Off** | 20<br>**Base Ride**<br>**1hr**<br>- Steady Zone 2 | 21<br>**Day Off** | 22<br>**2x20 min Zone 3**<br>**2hr**<br>- 30 min warm up<br>- 2x20 min Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 23<br>**Day Off** | 24<br>**Day Off** | 25<br>**5x3 min Zone 4**<br>**1hr 15min**<br>- 30 min warm up<br>- 5x3 min Zone 34<br>- 3 min easy between<br>- Cool down Zone 2 | 26<br>**Day Off** | 27<br>**Base Ride**<br>**1hr**<br>- Steady Zone 2 | 28<br>**Day Off** | 29<br>**3x10 min Sweet Spot**<br>**2hr**<br>- 30 min warm up<br>- 3x10 min High Zone 3<br>- 10 min easy between<br>- Cool down Zone 2 |
| 30<br>**Day Off** | 31<br>**Base Ride**<br>**1hr**<br>- Steady Zone 2 | | | | | |

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# JUNE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| | | Day Off | Pre Race Bump<br>1hr | Day Off | Pre Race Ride<br>1hr | Garmin UNBOUND Gravel 25<br>Race Day |
| | | | - 20 min warm up<br>- 2x2 min Zone 3<br>- 2 min easy between<br>- 3x1 min Zone 4<br>- 2 min easy between<br>- 2x30 sec Zone 5<br>- 2 min easy<br>- Cool down Zone 2 | | - 30 min warm up<br>- 3x1 min Zone 3<br>- 2 min easy between<br>- 10 min build from low Zone 3 to mid Zone 4<br>- 3x1 min Zone 4<br>- 2 min easy between<br>- Cool down Zone 2 | Good Luck! Pace your effort throughout the race and focus on your nutrition and hydration plan!<br><br>Have fun! |

## RESUPPLY TIPS

UNBOUND 25 is a fully unsupported event where riders must rely on convenience stores and local shops to resupply on food and drinks. Here are some tips to make this process faster, easier, and less stressful.

1. Plan and practice ahead of time. Visit convenience stores during your UNBOUND 25 training rides and become familiar with the food and drinks available. Know what products work for you so you can make decisions quickly and with confidence during the race.

2. Stay organized. Carry your money or credit card in a secure location while on the bike. But make sure it is easy to find so you don't waste time searching for it when you arrive at the store.

3. Stay calm. Sometimes it takes longer than expected to resupply your food and drink at these stores. Be patient with the process and focus on being efficient once you're out of the store.

4. Be respectful of the store and say thanks to the employees!

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Training plans produced by
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