

**LIFETIME<sup>®</sup>**

**UNBOUND<sup>SM</sup>**

**— GRAVEL —**

**YOUR GARMIN GUIDE**  
**25 TRAINING PLAN**

# WELCOME RIDERS!

## YOUR TRAINING PLAN

**C**ongratulations on being selected to participate in Life Time UNBOUND Gravel. Life Time 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 Life Time 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 this 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!



**GARMIN**<sup>®</sup>

# FINDING YOUR TRAINING ZONES

## FTP AND FTTHR ZONES

FTP is your Functional Threshold Power and your FTTHR is your Functional Threshold Heart Rate. If you have a power meter or a heart rate monitor, perform an FTP or FTTHR 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 FTTHR 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 Life Time UNBOUND Gravel training occurs between a zone of 2 and 4 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
1	Active Recovery	< 2	< 55%	< 68%	_____
2	Endurance	2-3	55-75%	69-83%	_____
3	Tempo	3-4	75-90%	84-94%	_____
4	Threshold	4-5	90-105%	95-105%	_____
5	VO2 Max	6-7	105-120%	106-110%	_____
6	Sprint	7+	> 120%	> 111%	_____

# GOALS/TIPS & TRICKS

**E**ach workout in Your Garmin Guide Training Plan for Life Time 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.

## GOAL SETTINGS

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

1

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2

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3

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## 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 Life Time UNBOUND Gravel can be very hot, so plan accordingly.

**FOODS**

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**DRINK**

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## 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 2024

MON	TUE	WED	THU	FRI	SAT	SUN
19 DAY OFF	20 BASE RIDE 1HR - Steady Zone 2	21 DAY OFF	22 BASE RIDE 1HR - Steady Zone 2	23 DAY OFF	24 1X20 MIN ZONE 3 2HR  - 30 min warm up - 1x20 min Zone 3 - 10 min easy between - Cool down Zone 2	26 DAY OFF
26 DAY OFF	27 BASE RIDE 1HR - Steady Zone 2	28 DAY OFF	29 3X4 MIN SWEET SPOT 1HR  - 20 min warm up - 3x4 min High Zone 3 - 3 min easy between - Cool down Zone 2			

# MARCH 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				1 DAY OFF	2 ZONE 3 EFFORTS 2HR 30MIN  - 30 min warm up - 2x15 min Zone 3 - 10 min easy between - 2x10 min Zone 3 - 5 min easy between - Cool down Zone 2	3 CHOICE RIDE 1HR  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
4 DAY OFF	5 5X5 MIN ZONE 4 1HR 10MIN  - 20 min warm up - 4x5 min Zone 4 - 4 min easy between - Cool down Zone 2	6 DAY OFF	7 BASE RIDE 1HR  - Steady Zone 2	8 DAY OFF	9 ZONE 3 LONG EFFORTS 2HRS  - 30 min warm up - 1x30 min Zone 3 - 15 min easy between - 2x10 min Zone 3 - 5 min easy between - Cool down Zone 2	10 CHOICE RIDE 1HRS  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
11 DAY OFF - Rest Week	12 EASY RIDE 1HR  - Easy Zone 1 Ride	13 DAY OFF	14 BASE RIDE 1HR  - Steady Zone 2	15 DAY OFF	16 3X15 MIN ZONE 3 2HR  - 20 min warm up - 3x15 min Zone 3 - 10 min easy between - Cool down Zone 2	17 DAY OFF
18 DAY OFF	19 4X4 MIN ZONE 4 1HR 15MIN  - 30 min warm up - 4x4 min Zone 4 - 3 min easy between - Cool down Zone 2	20 DAY OFF	21 BASE RIDE 1HR  - Steady Zone 2	22 DAY OFF	23 2X20 MIN SWEET SPOT 2HR 30MIN  - 30 min warm up - 2x20 min High Zone 3 - 10 min easy between - Cool down Zone 2	24 CHOICE RIDE 1HR  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
25 DAY OFF	26 6X1 MIN ZONE 5 1HR  - 30 min warm up - 6x1 min Zone 5 - 2 min easy between - Cool down Zone 2	27 DAY OFF	28 BASE RIDE 1HR  - Steady Zone 2	29 DAY OFF	30 3X15 MIN SWEET SPOT 3HR  - 30 min warm up - 3x15 min High Zone 3 - 10 min easy between - Cool down Zone 2	31 CHOICE RIDE 1HR  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.

# APRIL 2024

1	DAY OFF	2	BASE RIDE 1HR  - Steady Zone 2 Ride	3	DAY OFF	4	8X30 SEC ZONE 5 1HR 15MIN  - 30 min warm up - 8x30 sec Zone 5 - 30 sec easy between - 10 min easy riding - 8x30 sec Zone 5 - 30 sec easy between - Cool down Zone 2 - 30 sec easy between - Cool down Zone 2	5	DAY OFF	6	BASE RIDE 3HR  - Steady Zone 2	7	DAY OFF
8	DAY OFF  - Rest Week	9	EASY RIDE 1HR  - Easy Zone 1 Ride	10	DAY OFF	11	5X5 MIN ZONE 3 1HR 30 MIN  - 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2	12	DAY OFF	13	3X10 MIN ZONE 3 2HR  - 30 min warm up - 3x10 min Zone 3 - 10 min easy between - Cool down Zone 2	14	DAY OFF
15	DAY OFF	16	5X90 SEC ZONE 5 1HR  - 30 min warm up - 5x90 sec Zone 5 - 2 min easy between - Cool down Zone 2	17	DAY OFF	18	BASE RIDE 1HR  - Steady Zone 2	19	DAY OFF	20	ZONE 3 EFFORTS 3HR  - 30 min warm up - 1x20 min Zone 3 - 10 min easy between - 3x10 min Zone 3 - 5 min easy between - Cool down Zone 2	21	DAY OFF
22	DAY OFF	23	2X10 MIN ZONE 4 1HR 15MIN  - 30 min warm up - 2x10 min Zone 4 - 10 min easy between - Cool down Zone 2	24	DAY OFF	25	BASE RIDE 1HR  - Steady Zone 2	26	DAY OFF	27	2X20 MIN ZONE 3 2HR 30MIN  - 60 min warm up - 2x20 min Zone 3 - 10 min easy between - Cool down Zone 2	28	CHOICE RIDE 1HR  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
29	DAY OFF	30	4X5 MIN ZONE 4 1HR 15MIN  - 30 min warm up - 4x5 min Zone 4 - 5 min easy between - Cool down Zone 2										

# MAY 2024

MON	TUE	WED	THU	FRI	SAT	SUN
		1 DAY OFF	2 BASE RIDE 1HR - Steady Zone 2	3 PRE "RACE" RIDE 1HR - 30 min warm up - 3x1 min Zone 3 - 2 min easy between - 10 min build from low Zone 3 to mid Zone 4 - 3x1 min Zone 4 - 2 min easy between - Cool down Zone 2	4 RACE SIMULATION * 25 MILES SEE BELOW	5 DAY OFF
6 DAY OFF - Rest Week	7 EASY RIDE 1HR - Easy Zone 1 Ride	8 DAY OFF	9 BASE RIDE 1HR - Steady Zone 2	10 DAY OFF	11 3X15 MIN ZONE 3 2HR - 30 min warm up - 3x15 min Zone 3 - 10 min easy between - Cool down Zone 2	12 CHOICE RIDE 1HR  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
13 DAY OFF	14 8X30 SEC ZONE 5 1HR 15MIN - 30 min warm up - 8x30 sec Zone 5 - 30 sec easy between - 10 min easy riding - 8x30 sec Zone 5 - 30 sec easy between - Cool down Zone 2	15 DAY OFF	16 BASE RIDE 1HR - Steady Zone 2	17 DAY OFF	18 2X20 MIN ZONE 3 2HR - 30 min warm up - 2x20 min Zone 3 - 10 min easy between - Cool down Zone 2	19 DAY OFF
20 DAY OFF	21 5X3 MIN ZONE 4 1HR 15MIN - 30 min warm up - 5x3 min Zone 34 - 3 min easy between - Cool down Zone 2	22 DAY OFF	23 BASE RIDE 1HR - Steady Zone 2	24 DAY OFF	25 BASE RIDE 1HR - Steady Zone 2 Ride	26 DAY OFF
27 BASE RIDE 1HR - Steady Zone 2	28 DAY OFF	29 PRE RACE BUMP 1HR - 20 min warm up - 2x2 min Zone 3 - 2 min easy between - 3x1 min Zone 4 - 2 min easy between - 2x30 sec Zone 5 - 2 min easy - Cool down Zone 2 - Cool down Zone 2	<h2>RACE SIMULATION</h2> <p>Find a route or loop with rolling hills that simulates UNBOUND. Practice eating and drinking while riding. Use the same food and hydration drink you plan on using at UNBOUND. Use the same equipment you plan on using at UNBOUND including the same cycling shorts/bibs, top/jersey, and shoes.</p> <p>Make sure these are comfortable or make adjustments as needed after this ride. Ride your goal race pace or effort to practice. Recover well after this big effort!</p>			





# JUNE 2024

MON

TUE

WED

THU

FRI

SAT

SUN

30 DAY OFF

31 PRE RACE RIDE  
1HR

1 UNBOUND 25  
RACE DAY

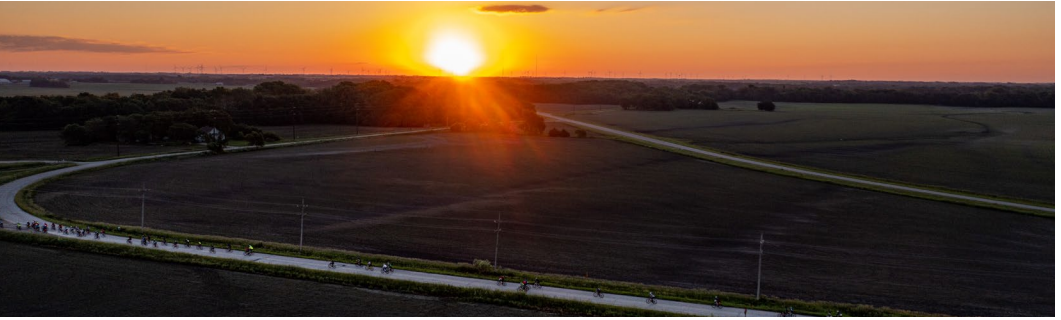
2 CELEBRATE!!!

## Tips for Riding on Life Time UNBOUND Gravel

1. Stay relaxed while riding. The more relaxed you are, the easier it will be to navigate your bike on Life Time UNBOUND gravel. Take a deep breath if you feel yourself tensing up.
2. Practice riding near other riders. The more comfortable you are riding close to other riders, the more fun you can have out on course. Get to know your fellow cyclists and help encourage each other to the finish.
3. Keep your eyes up and look ahead for potential obstacles. Be prepared to slow down for water crossings or extremely chunky sections of road.
4. Plan ahead when approaching hills and be ready to shift to an easier gear just before you reach the hill. Practice shifting on different grades during training so you're ready for the Flint Hills at UNBOUND.

- 30 min warm up
- 3x1 min Zone 3
- 2 min easy between
- 10 min build from low Zone 3 to mid Zone 4
- 3x1 min Zone 4
- 2 min easy between
- Cool down Zone 2

Good Luck! Pace your effort throughout the race and focus on your nutrition and hydration plan! Have fun!



The background consists of numerous thin, dark blue lines radiating from a central point at the bottom, creating a sunburst or fan effect. The lines extend upwards and outwards, filling the entire frame.

Training plans produced by  
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