

LIFETIME

UNBOUNDSM
GRAVEL



YOUR GARMIN GUIDE
XL TRAINING PLAN

WELCOME RIDERS!

YOUR TRAINING PLAN

Congratulations 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[®]

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

Each 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

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 Life Time 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



FEBRUARY 2024

MON	TUE	WED	THU	FRI	SAT	SUN
<p>19 EASY RIDE 1H</p> <p>- Zone 1 Ride</p>	<p>20 5X3 MIN ZONE 4 1HR 30MIN</p> <p>- 30 min warm up - 5x3 min Zone 4 - 3 min easy between - Cool down Zone 2</p>	<p>21 2X10 MIN ZONE 3 1HR 30MIN</p> <p>- 30 min warm up - 2x10 min Zone 3 - 5 min easy between - Cool down Zone 2</p>	<p>22 BASE RIDE 1HR</p> <p>- Steady Zone 2</p>	<p>23 REST DAY!</p>	<p>24 3X20 MIN ZONE 3 3HR 30MIN</p> <p>- 60 min warm up - 3x20 min Zone 3 - 10 min easy between - Cool down Zone 2</p>	<p>26 CHOICE RIDE 1HR</p> <p>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.</p>
<p>26 REST DAY!</p>	<p>27 4X4 MIN SWEET SPOT 1HR 30MIN</p> <p>- 30 min warm up - 4x4 min High Zone 3 - 3 min easy between - Cool down Zone 2</p>	<p>28 2X15 MIN ZONE 3 1HR 30MIN</p> <p>- 30 min warm up - 2x15 min Zone 3 - 5 min easy between - Cool down Zone 2</p>	<p>29 BASE RIDE 1HR</p> <p>- Steady Zone 2</p>			

MARCH 2024

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	1 REST DAY!	2 ZONE 3 EFFORTS 4HR 30MIN - 60 min warm up - 2x15 min Zone 3 - 10 min easy between - 3x10 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 REST DAY!	5 5X5 MIN ZONE 4 1HR 30MIN - 30 min warm up - 5x5 min Zone 4 - 4 min easy between - Cool down Zone 2	6 2X20 MIN ZONE 3 2HR - 40 min warm up - 2x20 min Zone 3 - 10 min easy between - Cool down Zone 2	7 REST DAY!	8 2X10 MIN SWEET SPOT 1HR 30MIN - 30 min warm up - 2x10 min High Zone 3 - 5 min easy between - Cool down Zone 2	9 ZONE 3 LONG EFFORTS 5HRS - 60 min warm up - 1x30 min Zone 3 - 15 min easy between - 2x20 min Zone 3 - 10 min easy between - 3x10 min Zone 3 - 5 min easy between - Cool down Zone 2	10 CHOICE RIDE 2HRS Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
11 REST DAY!	12 EASY RIDE 1HR - Easy Zone 1 Ride	13 BASE RIDE 1HR - Steady Zone 2 Ride	14 5X5 MIN ZONE 3 1HR 30MIN - 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2	15 REST DAY!	16 BASE RIDE 2HR - Steady Zone 2 Ride	17 NIGHT RIDE 2HR Practice riding at night. Use the lights and equipment you plan on running at UNBOUND XL. - Steady Zone 2
18 REST DAY!	19 4X4 MIN ZONE 4 1HR 30MIN - 30 min warm up - 4x4 min Zone 4 - 3 min easy between - Cool down Zone 2	20 2X10 MIN SWEET SPOT 2HR - 45 min warm up - 2x10 min High Zone 3 - 5 min easy between - Cool down Zone 2	21 BASE RIDE 1HR - Steady Zone 2	22 REST DAY!	23 3X20 MIN SWEET SPOT 5HR - 90 min warm up - 3x20 min High Zone 3 - 10 min easy between - Cool down Zone 2	24 CHOICE RIDE 2HR Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
25 REST DAY!	26 6X1 MIN ZONE 5 1HR 30MIN - 30 min warm up - 6x1 min Zone 5 - 2 min easy between - 10 min easy riding - 6x1 min Zone 5 - 2 min easy between - Cool down Zone 2	27 2X15 MIN ZONE 3 2HR - 45 min warm up - 2x15 min Zone 3 - 10 min easy between - Cool down Zone 2	28 BASE RIDE 1HR - Steady Zone 2	29 REST DAY!	30 4X15 MIN SWEET SPOT 6HR - 90 min warm up - 4x15 min High Zone 3 - 10 min easy between - Cool down Zone 2	31 CHOICE RIDE 2HR Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.

APRIL 2024

MON	TUE	WED	THU	FRI	SAT	SUN
						31
1 REST DAY!	2 8X30 SEC ZONE 5 1HR 30MIN - 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	3 3X10 MIN ZONE 4 2HR - 45 min warm up - 3x10 min Zone 4 - 10 min easy between - Cool down Zone 2	4 BASE RIDE 1HR - Steady Zone 2	5 REST DAY!	6 ZONE 3 LADDER 5HR - 1 hour warm up - 1x30 min Zone 3 - 10 min easy - 2x15 min Zone 3 - 10 min easy between - 3x10 min Zone 3 - 5 min easy between - Cool down Zone 2	7 CHOICE RIDE 1HR Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
8 REST DAY!	9 EASY RIDE 1HR - Easy Zone 1 Ride	10 BASE RIDE 1HR - Steady Zone 2 Ride	11 5X5 MIN ZONE 3 1HR 30MIN - 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2	12 REST DAY!	13 BASE RIDE 2HR - Steady Zone 2 Ride	14 NIGHT RIDE 2HR Practice riding at night. Use the lights and equipment you plan on running at UNBOUND XL. - Steady Zone 2
15 REST DAY!	16 5X90 SEC ZONE 5 1HR 30MIN - 30 min warm up - 5x90 sec Zone 5 - 2 min easy between - 10 min easy rounds - 5x90 sec Zone 5 - 2 min easy between - Cool down Zone 2	17 5X5 MIN ZONE 4 2HR - 45 min warm up - 5x5 min Zone 4 - 5 min easy between - Cool down Zone 2	18 BASE RIDE 1HR - Steady Zone 2	19 REST DAY!	20 ZONE 3 EFFORTS 6HR - 60 min warm up - 2x20 min Zone 3 - 10 min easy between - 3x15 min Zone 3 - 8 min easy between - 4x10 min Zone 3 - 5 min easy between - Cool down Zone 2	21 CHOICE RIDE 1HR 30 MIN Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
22 REST DAY!	23 8X30 SEC ZONE 5 2HR - 45 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	24 3X10 MIN ZONE 4 1HR 30MIN - 30 min warm up - 3x10 min Zone 4 - 10 min easy between - Cool down Zone 2	25 BASE RIDE 1HR - Steady Zone 2	26 REST DAY!	27 3X20 MIN ZONE 3 4HR - 90 min warm up - 3x20 min Zone 3 - 10 min easy between - Cool down Zone 2	28 CHOICE RIDE 1HR 30 MIN Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.

MAY 2024

MON	TUE	WED	THU	FRI	SAT	SUN
<p>29 REST DAY!</p>	<p>30 5X5 MIN ZONE 4 1HR 30MIN</p> <ul style="list-style-type: none"> - 30 min warm up - 5x5 min Zone 4 - 5 min easy between - Cool down Zone 2 	<p>1 2X10 MIN ZONE 3 1HR 30MIN</p> <ul style="list-style-type: none"> - 30 min warm up - 2x10 min Zone 3 - 10 min easy between - Cool down Zone 2 	<p>2 BASE RIDE 1HR</p> <ul style="list-style-type: none"> - Steady Zone 2 	<p>3 PRE "RACE" RIDE 1HR</p> <ul style="list-style-type: none"> - 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 	<p>4 RACE SIMULATION * 150-160 MILES</p> <p>SEE BELOW</p>	<p>5 REST DAY!</p>
<p>6 REST DAY!</p>	<p>7 EASY RIDE 1HR</p> <ul style="list-style-type: none"> - Easy Zone 1 Ride 	<p>8 BASE RIDE 1HR</p> <ul style="list-style-type: none"> - Steady Zone 2 	<p>9 5X5 MIN ZONE 3 1HR 30 MIN</p> <ul style="list-style-type: none"> - 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2 	<p>10 REST DAY!</p>	<p>11 BASE RIDE 2HR</p> <ul style="list-style-type: none"> - Steady Zone 2 Ride 	<p>12 CHOICE RIDE 2HR</p> <p>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.</p>
<p>13 REST DAY!</p>	<p>14 8X30 SEC ZONE 5 1HR 30MIN</p> <ul style="list-style-type: none"> - 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 	<p>15 2X10 MIN SWEET SPOT 2HR</p> <ul style="list-style-type: none"> - 45 min warm up - 2x10 min High Zone 3 - 10 min easy between - Cool down Zone 2 	<p>16 BASE RIDE 1HR</p> <ul style="list-style-type: none"> - Steady Zone 2 	<p>17 REST DAY!</p>	<p>18 3X20 MIN ZONE 3 3HR</p> <ul style="list-style-type: none"> - 60 min warm up - 3x20 min Zone 3 - 10 min easy between - Cool down Zone 2 	<p>19 NIGHT RIDE 2HR</p> <p>Practice riding at night. Use the lights and equipment you plan on running at UNBOUND XL.</p> <ul style="list-style-type: none"> - Steady Zone 2
<p>20 REST DAY!</p>	<p>21 BASE RIDE 1HR</p> <ul style="list-style-type: none"> - Steady Zone 2 	<p>22 5X3 MIN ZONE 4 1HR 30MIN</p> <ul style="list-style-type: none"> - 30 min warm up - 5x3 min Zone 4 - 3 min easy between - Cool down Zone 2 	<p>23 BASE RIDE 1HR</p> <ul style="list-style-type: none"> - Steady Zone 2 	<p>24 REST DAY!</p>	<p>25 BASE RIDE 2HR</p> <ul style="list-style-type: none"> - Steady Zone 2 Ride 	<p>26 CHOICE RIDE 1:00</p> <p>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.</p>
<p>27 REST DAY!</p>	<p>28 PRE RACE BUMP 1HR</p> <ul style="list-style-type: none"> - 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 	<p>29 REST DAY!</p>	<p>30</p>	<p>RACE SIMULATION</p> <p>Find a route or loop with rolling hills that simulates UNBOUND. Plan the route around convenience stores where you can stop and purchase food and drinks approximately every 50-60 miles.</p> <p>Use all of the equipment you plan on running at UNBOUND XL. Bring spare batteries or other charging options to keep your lights and navigation powered throughout the ride. Ride your goal race pace or effort to practice. Recover well after this race simulation!</p>		



JUNE 2024

MON

TUE

WED

THU

FRI

SAT

SUN

RESUPPLY TIPS

Life Time UNBOUND Gravel 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 Gravel 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!

30 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

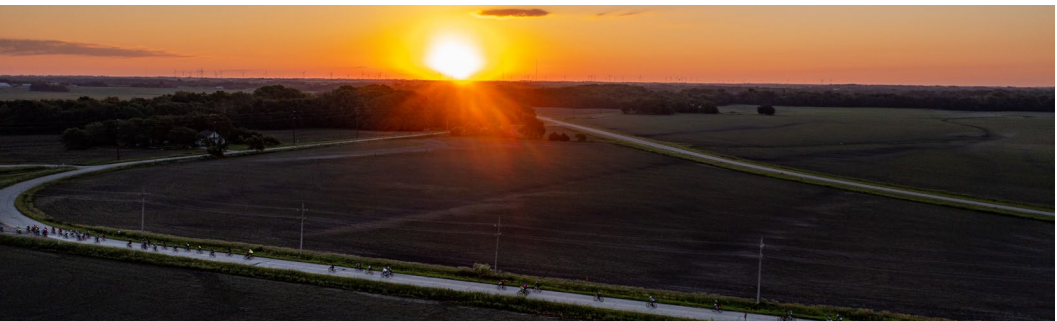
31 UNBOUND XL
RACE DAY

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

1 UNBOUND XL
RACE DAY

Finish strong! Enjoy the UNBOUND finish line and celebrate with your friends and family.

2 CELEBRATE!!!



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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