



JOH & GUF 2020 Training Guidelines

Training Program

The Ability Experience has worked with Benefitness Partners since 2016 to provide high quality, personalized training and coaching to team members on our cycling events. Training for Gear Up Florida and Journey of Hope is critical to our safety management plan and ensures the continued success of our events. All cyclists are expected to follow the training program provided by Benefitness Partners and meet training benchmarks each month. Cyclists are required to record workouts in TrainingPeaks for our staff and training coaches to monitor progress. Cyclists should register for the training program immediately following acceptance onto the team. Further details and technical support for utilizing the program can be found in the Training Center at <https://abilityexperience.org/training-center/>.

Commitment & Expectations

Failure to meet any of the aforementioned expectations may result in dismissal from the team prior to the start of the event. Cyclists who fail to demonstrate adequate experience or cycling skills at Regional Team Training or Orientation may be withheld or limited from cycling during our events due to safety concerns. Completing fundraising and other requirements does not guarantee participation in cycling events. Adequate training, fitness, and demonstration of cycling skills is required to participate.

Regional Team Training

Cyclists are required to attend one of our Regional Team Training events held on weekends during March and April around the county. Many of these events coincide with Ability Camps and are strategically placed near as many chapters/cyclists as possible. At least one cycling coach from our network of experienced coaches will be there to lead rides, a skills assessment, and other material designed to ensure your safety and preparedness for our events. Team members who are unable to attend due to serious conflicts with timing or location will receive alternative measures in order to satisfy this training requirement.

While one required weekend of outdoor training in a group is great, we strongly believe that the best way to prepare for our events is to get outside and ride in varying conditions with other cyclists of varying experience. Integrating yourself in the cycling community will get you comfortable on the bike faster than anything else. Cyclists should find local group rides to participate in and challenge themselves to spend as much time outside on the bike as possible, which should include riding in different elements, such as varying terrain, heat, cold, and rain.

Training Benchmarks

	Time (Hours)	Verifiable Miles
November	10	90
December	15	150
January	18	180
February	20	200
March	21	210
April	22	225
May (JOH)	24	250
Totals	130	1,305

Training Rules

1. You will not receive credit for workouts manually entered in TrainingPeaks without a file associated as proof.
2. All workouts and verifiable miles must be tracked in real-time using a device or app.
3. Outdoor rides must include GPS data.
4. Indoor workouts must include a time-file at the minimum. Heart rate data is strongly preferred, but not required.
5. Indoor rides that are not tracked with integrated sensors for speed/distance should use 15 miles/hour as an estimate for cycling distance based on time regardless of workout intensity.
6. Workouts from the training program do not have to be completed on the day they are assigned. We recommend re-shuffling each week's sessions to fit your own schedule.
7. Workouts of any type can be recorded on any day to count toward your time and mileage totals for the month. Training sessions provided in TrainingPeaks are there as a guide and should be used to help prepare for the event, but you are not limited to these workouts.
8. Workout files for a given month must be uploaded to TrainingPeaks by the 2nd day of the following month in order to be counted. It's recommended to use one of the methods that automatically sync workouts to TrainingPeaks or upload files immediately following workouts to ensure you receive credit.