SBT GRVL 75

AYAHUASCA · 19-WEEK TRAINING PLAN · BENJY

4-8 HOURS/WEEK | 19 WEEKS | STRENGTH 2X/WEEK | RACE: 2026-06-28

CONTENTS

1 · QUICK REFERENCE

SBT GRVL 75	2026-06-28	Compete	19
TARGET RACE	RACE DATE	GOAL	WEEKS

AYAHUASCA	4-8	2x
TIER	HOURS/WEEK	STRENGTH/WEEK

WHAT THIS PLAN DOES

This plan coordinates your cycling and strength training into a unified system. Phases are aligned so you're not peaking in both simultaneously. Strength sessions are scheduled to avoid interfering with key cycling sessions.

Your job: Execute the workouts. Recover properly. Trust the process.

2 · YOUR RACE CALENDAR

Click any race to expand details. A events are your primary targets — everything else serves these races.

A

SBT GRVL 75

June 28, 2026 · 19 weeks out

×

DISTANCE	GOAL	PRIORITY
TBD	Race competitively (top 50%)	A Event — Peak form

TAPER
Full 2-week taper

THE UNIVERSAL RACE FRAMEWORK

A Events (1-2/year): You peak for these. Full taper. Best form. Everything else serves these races.

B Events (3-5/year): Important, but you don't compromise A event prep. Shorter taper, maybe not fully peaked.

C Events (unlimited): Training opportunities. Show up undertrained on purpose. Use them to practice race execution, test equipment, build experience.

3 · YOUR GOALS

Based on your intake, here's what you're training for:

🎯 **RACE COMPETITIVELY**

Finish in the top half of your age group. Proper racing.

⚡ **IMPROVE W/KG FROM 2.4 → 2.6**

Realistic fitness progression over the plan

💪 **DEVELOP CYCLING-SPECIFIC POWER**

Convert gym strength into on-bike performance

GOAL HIERARCHY

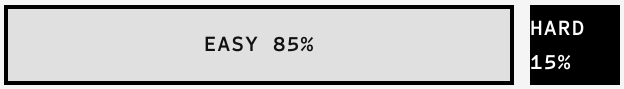
When goals conflict, prioritize in this order:

1. **Health** — No goal is worth injury
2. **Consistency** — Showing up beats heroics
3. **A Event Performance** — The main target
4. **Secondary Goals** — Nice to have

4 · YOUR TRAINING PHILOSOPHY

Your plan follows **Minimum Effective Dose** — the approach best suited to your tier (AYAHUASCA) and goals.

INTENSITY DISTRIBUTION



Maximum results from minimum time investment. Every workout counts.

CORE PRINCIPLES

1. Quality over quantity — no junk miles
2. Two key sessions per week, everything else easy
3. Strength training is mandatory, not optional
4. Recovery is the priority between sessions

WHY THIS WORKS

The science: Decades of research on elite endurance athletes consistently shows that ~80% easy / ~20% hard produces better results than "moderate" training (threshold grinding). The easy work builds aerobic capacity without accumulating fatigue. The hard work drives specific adaptations.

The mistake most people make: Going too hard on easy days (turning Z2 into Z3) and not hard enough on hard days (surviving intervals instead of executing them). This creates a "grey zone" that's too hard to recover from but not hard enough to adapt to.

> **THE HARD TRUTH**
>
> Easy days should feel embarrassingly easy. If you're proud of how hard you went on an "easy" day, you did it wrong. Save that energy for the sessions that matter.

5 · YOUR BLINDSPOTS

Based on your intake, these are potential risks to be aware of. Forewarned is forearmed.

INJURY MANAGEMENT REQUIRED

MEDIUM

What we noticed: History of issues with: unknown.

The risk: Past injuries often become recurring injuries. The tissue is weaker and the movement pattern may be compromised.

Your action: Modified exercises are provided in your plan. If pain returns, stop immediately and consult a professional. Prevention >>> treatment.

TIME-CRUNCHED REALITY

MEDIUM

What we noticed: You have ~7 hours/week available for training.

The risk: Limited time means every session must count. There's less margin for error or missed workouts.

Your action: Prioritize ruthlessly. Never skip a key session. Be willing to shorten easy rides. Indoor training is your friend for time efficiency.

WHY THIS SECTION EXISTS

Everyone has blindspots. The difference between successful athletes and injured/burned-out ones is often awareness of their vulnerabilities, not raw talent or work ethic.

Review this section monthly. Your blindspots can change as life circumstances shift.

6 · 19-WEEK TRAINING PLAN

Click any week to expand and see the workout structure. This is your high-level roadmap.

Week 1	BASE	Medium	+
Week 2	BASE	High	+
Week 3	BASE	Peak	+
Week 4	BUILD	Recovery	+
Week 5	BUILD	Medium	+
Week 6	BUILD	High	+
Week 7	BUILD	Peak	+
Week 8	PEAK	Recovery	+
Week 9	PEAK	Medium	+
Week 10	PEAK	High	+
Week 11	TAPER	Peak	+
Week 12	TAPER	Low	+
Week 13	TAPER	Medium	+
Week 14	TAPER	High	+

Week 15	TAPER	Peak	+
Week 16	TAPER	Low	+
Week 17	TAPER	Medium	+
Week 18	TAPER	High	+
Week 19	TAPER	Peak	+

HOW TO READ THIS

- **Phase badges** show where you are in periodization
- **Volume labels** indicate training load (Recovery weeks every ~4 weeks)
- **KEY days** are your priority sessions — never skip these
- Actual workouts are in your ZWO files and calendar

2 · YOUR WEEKLY SCHEDULE

Weekly structure not yet generated.

3 · YOUR 19-WEEK PHASE PROGRESSION

Your training progresses through four coordinated phases. Cycling and strength are aligned so you're not double-peaking.

BASE PHASE — WEEKS 1-3

Cycling: Building aerobic foundation. Long Z2 rides. Establishing rhythm.

Strength: Learn to Lift

BUILD PHASE — WEEKS 4-7

Cycling: Adding intensity. Race-specific fitness. G-Spot work.

Strength: Lift Heavy Sh*t

PEAK PHASE — WEEKS 8-10

Cycling: Maximum training load. Race simulation. Proving readiness.

Strength: Lift Fast

TAPER PHASE — WEEKS 11-12

Cycling: Reducing volume, maintaining intensity. Arriving fresh.

Strength: Don't Lose It

WHY PHASE ALIGNMENT MATTERS

Most training plans treat cycling and strength separately. You end up building max strength while also doing your highest cycling volume—a recipe for overtraining.

This plan coordinates them: when cycling load is highest (Build/Peak), strength shifts to power and maintenance. When cycling is easier (Base), strength builds foundation.

4 · TRAINING FUNDAMENTALS

Before executing workouts, understand how training works at a mechanical level.

THE ADAPTATION CYCLE

STEP 1: STRESS
You apply training stress—a workout that exceeds your current capacity. Muscle fibers develop microtears. Glycogen depletes. Your body registers this as a problem to solve.

STEP 2: FATIGUE
Immediately after, you're weaker than before. This is normal. Fatigue is the signal that triggers adaptation.

STEP 3: RECOVERY
Given adequate rest, nutrition, and time, your body repairs: muscle fibers rebuild, mitochondria multiply, capillary density increases.

STEP 4: SUPERCOMPENSATION
Your body doesn't just return to baseline—it overshoots. You're now stronger than before.

STEP 5: REPEAT
Apply slightly larger stress. The cycle repeats. Over weeks, these small adaptations compound into meaningful fitness gains.

THE PRACTICAL RULES

1. **Training stress must be adequate but not excessive** — Hard enough to trigger adaptation. Not so hard you can't recover.
2. **Recovery is training** — Sleep, nutrition, stress management. This is where adaptation happens.
3. **Consistency compounds** — Ten weeks of steady training beats four weeks of heroics followed by burnout.
4. **Patience is required** — Meaningful adaptation takes weeks and months, not days.

5 · TRAINING ZONES

Zones quantify intensity. But the end goal of measuring intensity is to help you **develop a feeling for intensity.**

ZONE	NAME	% FTP	FEEL
Z1	Active Recovery	<55%	Very easy. Full conversation possible. Doesn't feel like training.
Z2	Endurance	56-75%	All-day pace. Can chat freely. **Most of your training lives here.**
Z3	Tempo	76-87%	Comfortably hard. Talking in short sentences.
G-Spot	Gravel Race Pace	88-92%	Uncomfortably sustainable. Hard enough to hurt, easy enough to repeat.
Z4	Threshold	93-105%	Hard, controlled. Can only say a few words.
Z5	VO2max	106-120%	Very hard. Near maximum. Speech impossible.
Z6	Anaerobic	121-150%	All-out. 30 seconds to 3 minutes max.

> **THE MOST COMMON MISTAKE**
>
> **Easy means easy.** Most people train too hard on easy days. Z2 should feel genuinely conversational. If you're breathing hard, you're in Z3.
>
> Fix this. It's the most common training mistake.

WHEN DEVICES AND BODY CONFLICT

Power meters can lie (bad calibration, stale FTP). Heart rate can be misleading (heat, dehydration, caffeine, illness).

Your body doesn't lie. If 90% FTP feels like 9/10 today when it should feel like 7/10, something's wrong. Trust your body.

6 · WORKOUT EXECUTION

There's a massive gap between what's written on the plan and what actually happens. This section teaches you how to close that gap.

UNIVERSAL RULES

1. WARM UP PROPERLY

For intensity sessions: 15-20 minutes Z1→Z2→Z3. Include 3×1 min at Z3-Z4 to "open the legs." 2-3 minutes easy spin before first work interval.

2. DO THE ACTUAL WORKOUT

Execute what's prescribed. Not more. Not less. Adding volume or intensity might feel productive, but it accumulates fatigue and ruins tomorrow's workout.

3. CHASE TIME-IN-ZONE, NOT HERO INTERVALS

The goal is highest average power across the entire set, not crushing the first interval then dying.

BAD EXECUTION	GOOD EXECUTION
Interval 1: 320W (way too hard) Interval 2: 290W (struggling) Interval 3: 270W (barely hanging on) Interval 4: Failed **Total: 3 intervals, 293W avg**	Interval 1: 300W (controlled) Interval 2: 300W (harder but doable) Interval 3: 295W (hardest one) Interval 4: 295W (finished strong) **Total: 4 intervals, 297.5W avg**

4. STOP IF POWER DROPS >10%

Quality beats quantity. Four quality intervals at 300W beats six degraded intervals averaging 270W.

INDOOR VS OUTDOOR

Ride indoors: Interval sessions, short workouts (<90 min), bad weather, time-crunched days.

Ride outdoors: Long endurance rides (2+ hours), skills practice, mental freshness, race-specific terrain.

7 · YOUR STRENGTH PROGRAM

Your plan includes **2x/week** strength sessions coordinated with your cycling.

PHASE-BY-PHASE GUIDE

LEARN TO LIFT — FOUNDATION PHASE

Focus: Movement quality and neuromuscular adaptation

Effort: 5-6/10 | **Rest:** 60-90 seconds | **Reps:** 10-15

- Focus on perfect form over weight
- Watch video demos before each exercise
- You should feel challenged but not crushed

LIFT HEAVY SH*T — MAX STRENGTH PHASE

Focus: Maximum strength development

Effort: 7-8/10 | **Rest:** 2-3 minutes | **Reps:** 4-8

- Progressive overload: add weight when you complete all reps with good form
- If form breaks down, reduce weight
- Expect some DOMS (delayed onset muscle soreness)

LIFT FAST — POWER CONVERSION PHASE

Focus: Moving weight quickly

Effort: 7-8/10 | **Rest:** 2-3 minutes | **Reps:** 3-6

- Move the weight as fast as possible with control
- If you can't move it fast, reduce the weight
- This converts your strength into cycling power

DON'T LOSE IT — MAINTENANCE PHASE

Focus: Maintain adaptations with minimal fatigue

Effort: 5-6/10 | **Rest:** As needed | **Reps:** 6-10

- Just enough stimulus to maintain, not build
- You should feel refreshed after these sessions
- Never feel crushed going into race week

YOUR EQUIPMENT

Workouts are designed for:

- Bodyweight
- Yoga Mat

HOW TO EXECUTE STRENGTH SESSIONS

1. **Watch the video demos** — Each exercise has a link. Watch it first.
2. **Warm up** — 5 minutes easy cardio + activation exercises in the workout
3. **Follow the prescribed order** — Exercises are sequenced intentionally
4. **Use the rest periods** — Strength needs recovery between sets
5. **Log your weights** — Track what you lift so you can progress
6. **Stop before failure** — Leave 1-2 reps in the tank

WEIGHT SELECTION

IF YOU CAN DO...	WEIGHT IS...
3+ more reps than prescribed	Too light — increase next set
Exactly prescribed reps	Perfect — maintain or increase slightly
Fewer than prescribed	Too heavy — reduce weight
Form breaks down	Way too heavy — ego check, reduce significantly

YOUR NUTRITION TARGETS

Calculated from your questionnaire data:

YOUR STATS

Weight:	75 kg
Height:	175 cm
Age:	38 years
Sex:	Male
FTP:	180W (2.40 W/kg)
Training Volume:	~5 hrs/week
Daily Activity:	Sedentary
Weight Goal:	Maintain

DAILY TARGETS — AVERAGE TRAINING DAY

2428 kcal TOTAL CALORIES	**337** g (55%) CARBS
135 g (22%) PROTEIN	**60** g (22%) FAT

BMR: 1658 kcal | Base TDEE: 1990 kcal | Training: +359 kcal/day avg

NUTRIENT TIMING

When you eat matters as much as what you eat. Aligned with Chapter 8: Fueling & Hydration from your training plan guide.

PRE-WORKOUT NUTRITION

For Hard Sessions (threshold, VO2max, intervals):

TIMING	WHAT TO EAT	AMOUNT	EXAMPLES
2-3 Hours Before	Moderate carbs + light protein	1-2g carbs/kg (75-150g)	Oatmeal + banana + honey Toast + peanut butter
15-30 Min Before Optional	Fast-digesting carbs	20-30g total	Banana, sports drink, energy gel

For Easy Sessions (Z2 endurance):

- Eat normally, don't stress timing
- Can even train fasted if under 90 minutes
- Flexible approach — no strict rules

Rule: Hard sessions need fuel. Easy sessions are flexible.

DURING TRAINING — THE 60-80G PER HOUR RULE

For any ride **over 90 minutes at moderate-to-high intensity (Z3+)**, you need **60-80g of carbohydrates per hour.**

Your gut can absorb ~60g glucose/hour. Add fructose (different transporters) to reach 90g. Sweet spot: 70-75g/hour.

SESSION TYPE	DURATION	CARBS/HOUR	WHEN TO START	WHAT TO USE
Z2 Endurance	2-4 hours	40-60g	After 60 min	Real food: PB&J, bananas, bars
Tempo/G-Spot	2-3 hours	60-80g	Start at 30-45 min	Mix: liquids + solids
Threshold/VO2max	60-90 min	Pre-workout sufficient + 1 gel mid-session	Between efforts	Gel or sports drink
Race/Long hard	>90 min	60-90g	Start at 30 min	Mix: drinks + gels/chews (2:1 glucose:fructose if >60g)

Critical: Start fueling at 30 minutes, not 60. By the time you feel hungry, you're already behind. Set a timer.

POST-WORKOUT RECOVERY

Only needed if: Workout was long (2.5+ hours) AND hard, AND you have another hard session within 24-36 hours.

TIMING	PROTEIN	CARBS	EXAMPLES
Within 30 minutes Critical window	20-30g	1-1.5g/kg (75-112g)	Recovery shake, chocolate milk
Within 1-2 hours	Full meal	Full meal	Protein + carbs + vegetables

If workout was easy, short, or next hard session is 48+ hours away:

- Just eat your next meal normally
- Recovery nutrition is optional
- Don't overthink it

Rule: The more frequently you train hard, the more critical recovery nutrition becomes. If training once per day with easy sessions, skip the fancy protocols and just eat dinner.

SAMPLE TIMING SCHEDULE (HARD SESSION)

2-3 HOURS BEFORE
Pre-workout meal: 75-150g carbs + light protein. Low fiber, low fat. Oatmeal + banana + honey, or toast + peanut butter.

15-30 MINUTES BEFORE
Quick snack (optional): 20-30g fast carbs. Banana or gel. Skip if you ate well 2-3 hours prior.

DURING SESSION (IF >90 MIN)
Start at 30 minutes: 60-80g carbs/hour. Set a timer. Mix liquids + solids. Use 2:1 glucose:fructose if exceeding 60g/hour.

WITHIN 30 MINUTES AFTER
Recovery (if long/hard + training again within 24-36hrs): 20-30g protein + 75-112g carbs. Recovery shake or chocolate milk. Window is smaller than you think.

WITHIN 1-2 HOURS AFTER
Full meal: Balanced meal with protein, carbs, vegetables. Continue normal eating pattern throughout the day.

Note: For easy sessions (<90 min Z2), timing is flexible. Eat normally, or even train fasted. Recovery nutrition is optional unless you're training twice per day.

COMMON TIMING MISTAKES

- **Waiting until hungry to fuel** — By then it's too late. Set a timer.
- **Skipping pre-workout meal** — You'll bonk mid-session. Eat 2-3 hours before.
- **Not eating post-workout** — Recovery window closes fast. Eat within 60 minutes.
- **Trying new foods on race day** — Test everything in training first.
- **Overthinking it** — Simple carbs before/during, protein+carbs after. That's 90% of it.

DAY-TYPE ADJUSTMENTS

DAY TYPE	CALORIES	CARBS	NOTES
Hard / Key Session	2792 kcal	404g	Front-load carbs before and during session
Average Training	2428 kcal	337g	Steady intake throughout day
Easy / Recovery	2185 kcal	269g	Slight reduction, maintain protein
Rest Day	1942 kcal	202g	Reduce carbs, maintain protein for recovery

DURING TRAINING

SESSION TYPE	CARBS/HOUR	TIMING
<90 min easy	Optional (0-30g)	Water is fine
90 min - 2 hrs	30-60g	Start at 30 min
2-4 hrs	60-75g	Every 20 min
Race / 4+ hrs	80-100g	Every 15-20 min

FUEL THE WORK

Common mistake: Eating less to lose weight during hard training blocks.

Reality: Underfueling impairs adaptation, increases injury risk, and tanks performance. Eat for the work you're doing. Weight management happens in easy phases, not build phases.

INTERACTIVE NUTRITION CALCULATOR

Adjust these sliders to see how your daily targets change based on different scenarios:

Training Hours/Week 5

FTP (Watts) 180

Weight (kg) 75

Weight Goal Maintain

Maintain

2432 kcal TOTAL CALORIES	**338** g (56%) CARBS
135 g (22%) PROTEIN	**60** g (22%) FAT

HYDRATION GUIDELINES

SCENARIO	CARBS/HOUR	FLUID/HOUR	NOTES
Training <2 hours	30-45g	500-750ml	Water + electrolytes. Start fueling after 60 min if needed.
Training 2-4 hours	45-60g	500-750ml	Mix of gels, bars, and real food. Practice your race nutrition.
Long ride 4-6 hours	60-75g	500-750ml	Aggressive gut training. Test race-day nutrition strategy.
Race day	60-90g	500-750ml	Start fueling in first 30 min. Mix multiple carb sources (glucose + fructose).
Hot conditions (>80°F)	60-90g	750-1000ml	Increase sodium to 500-700mg/hour. Pre-cool if possible.
Cold conditions (<50°F)	60-90g	400-600ml	Lower fluid needs, but still fuel aggressively. Warm fluids help.

WHEN YOUR STOMACH REBELS

1. Back off intensity for 5-10 minutes
2. Switch to liquid calories temporarily
3. Small sips, not big gulps
4. Don't panic and stop eating entirely—you'll bonk

Train Your Gut: Your gut is trainable. If you never eat during training rides, your gut won't tolerate eating during races. Practice fueling on every long ride.

ZWO WORKOUT NUTRITION CALCULATOR

Drop a ZWO file here to calculate your daily nutrition needs and timing for that specific workout:

Drop ZWO file here or click to browse

Supports .zwo files from TrainingPeaks or Zwift

9 · MENTAL TRAINING

Physical training builds the engine. Mental training determines whether you use that engine when things get hard.

6-2-7 BREATHING TECHNIQUE

The pattern: Inhale 6 seconds, hold 2 seconds, exhale 7 seconds.

The key is the exhale is longer than inhale—this triggers the calming response.

Use it for: Pre-race anxiety, mid-race panic, after a bad section.

PERFORMANCE STATEMENTS

Pre-planned phrases that replace negative self-talk:

TYPE	EXAMPLES
Technical cues	"Smooth pedal stroke" • "Relax your shoulders" • "Light hands"
Pain responses	"This is supposed to be hard" • "Pain is temporary, quitting is permanent"
Process statements	"Just get to the next aid station" • "One more climb" • "Next mile marker"

PERSONAL HIGHLIGHT REEL

Build a mental movie you can play to access confidence:

1. **Scene 1:** A past moment when you overcame something difficult
2. **Scene 2:** A future crucial moment in this race—see yourself executing perfectly
3. **Scene 3:** Crossing the finish line—in full sensory detail

Practice until you can trigger the confident feeling on demand.

10 · RACE TACTICS FOR SBT GRVL 75

Every long gravel race follows a predictable three-act structure.

THE THREE ACTS

PHASE	WHEN	WHAT HAPPENS	YOUR JOB
Act 1: The Madness	0-2 hours	Chaos. Fresh legs + nervous energy. Attacks fly. Groups form/shatter.	Survive. Don't chase. Find sustainable group. Eat. Drink.
Act 2: False Dawn	2-6 hours	Order returns. Groups stabilize. Can feel deceptively easy.	Stay disciplined on nutrition. Contribute to paceline but no hero pulls.
Act 3: The Piper	Final 2-4 hours	The bill comes due. Under-fueled riders bonk. Under-prepared cramp.	Maintain YOUR pace while others lose theirs. This is where you move up.

DECISION TREES

FLAT TIRE PROTOCOL

1. Stay calm—this is expected, not a crisis
2. Check if sealant is working (spin wheel, look for bubbles)
3. If hole visible, insert plug immediately
4. If plug fails or sidewall cut, replace tube
5. Resume at Z2 for 2-3 minutes to settle back in

DROPPED FROM GROUP

1. Don't panic—emotional response costs more energy
2. Assess: were you overextended or did they surge?
3. Find YOUR sustainable pace
4. Look for riders at similar pace within 30-60 seconds
5. If solo, accept it—focus on YOUR race

BONKING PROTOCOL

1. **STOP IMMEDIATELY**—don't try to push through
2. Consume 2-3 gels or 200-300 calories FAST
3. Wait 15-20 minutes MINIMUM
4. Resume at Z1-Z2 pace ONLY
5. Fuel aggressively for next hour

11 · RACE WEEK PROTOCOL

By race week, the training is done. You can't add fitness—you can only preserve what you've built or add dumb fatigue through poor decisions.

RACE MORNING TIMELINE

3-4 HOURS BEFORE
Wake up. Eat familiar, high-carb, low-fiber breakfast. Target 1-2g carbs per kg.

2 HOURS BEFORE
Arrive at venue. Set up bike and gear. Use bathroom. Begin sipping fluids.

1 HOUR BEFORE
Final bike check: tire pressure, brakes, shifting. Short warm-up spin. Start pre-race nutrition (100-200 cal carbs).

30 MINUTES BEFORE
Run through highlight reel visualization. Review performance statements. Begin settling mind.

10 MINUTES BEFORE
6-2-7 breathing. Find your spot. Check nutrition is accessible.

START
Controlled effort. Find sustainable rhythm. First gel at 20 minutes, not 60.

> **RACE WEEK RULE**
>
> Less is more. You've done the work. Now let your body absorb it. Show up fresh, not fatigued from last-minute training.

14 · FREQUENTLY ASKED QUESTIONS

WHAT IF I MISS A WEEK OF TRAINING?

One week won't kill you. Jump back in where the plan currently is—don't try to "make up" missed work. Forward progress only.

CAN I DO THIS PLAN ENTIRELY INDOORS?

Technically yes, but you're missing critical skills development. Do at least 30-40% outside, especially long rides.

WHAT IF MY FTP CHANGES MID-PLAN?

Test at Week 6-7 if curious. Only adjust zones if FTP changed by 5+ watts. Small fluctuations are noise.

HOW DO I KNOW IF I'M OVERTRAINING?

Elevated resting heart rate, persistent fatigue, declining performance, irritability, poor sleep. If 3+ symptoms, take 2-3 days completely off.

WHAT IF I CAN'T HIT THE PRESCRIBED WATTS?

Either FTP is set too high, or you're under-recovered. Take an extra rest day, retest FTP if needed.

SHOULD I FOLLOW THE PLAN EXACTLY?

Follow as written. The order isn't random—hard days are spaced for optimal recovery. If you have a non-standard schedule, shift the entire week, don't rearrange individual workouts.

WHAT IF I GET SICK?

Above the neck (head cold): reduce intensity by one zone. Below the neck (chest, stomach): skip the workout entirely. Don't be a hero.

You have the plan.

You understand how training works, how to execute the workouts, how to fuel and hydrate, how to manage your mental game, and how to approach race day.

Now do the work.

Not perfectly. Not heroically. Consistently. Intelligently. Over 19 weeks.

Show up for the workouts. Do them correctly. Recover properly. Trust the process.

Let's get after it, Benjy.

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