

GARMIN

DKXL

DIRTY KANZA EXTRA LARGE

presented by *Salsa*

Your Garmin Guide
Garmin DKXL Training Plan

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12
Day Off - Rest Week	Easy Ride 1hr - Easy Zone 1 Ride	Base Ride 1hr - Steady Zone 2	5x5 min Zone 3 1hr 30 min - 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2	Day Off	3x10 min Zone 3 3hr - 30 min warm up - 3x10 min Zone 3 - 10 min easy between - Cool down Zone 2	Night Ride 2hr Practice riding at night. Use the lights and equipment you plan on running at DKXL. - Steady Zone 2
13	14	15	16	17	18	19
Day Off	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	5x5 min Zone 4 2hr - 45 min warm up - 5x5 min Zone 4 - 5 min easy between - Cool down Zone 2	Base Ride 1hr - Steady Zone 2	Day Off	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	Choice Ride 1hr 30 min Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
20	21	22	23	24	25	26
Day Off	3x10 min Zone 4 1hr 30min - 30 min warm up - 3x10 min Zone 4 - 10 min easy between - Cool down Zone 2	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	Base Ride 1hr - Steady Zone 2	Day Off	3x20 min Zone 3 5hr - 90 min warm up - 3x20 min Zone 3 - 10 min easy between - Cool down Zone 2	Choice Ride 1hr 30min Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	May 1	2	3
Day Off	<p style="text-align: center;">5x5 min Zone 4 1hr 30min</p> <ul style="list-style-type: none"> - 30 min warm up - 5x5 min Zone 4 <ul style="list-style-type: none"> - 5 min easy between - Cool down Zone 2 	<p style="text-align: center;">2x10 min Zone 3 1hr 30min</p> <ul style="list-style-type: none"> - 30 min warm up - 2x10 min Zone 3 <ul style="list-style-type: none"> - 10 min easy between - Cool down Zone 2 	<p style="text-align: center;">Base Ride 1hr</p> <ul style="list-style-type: none"> - Steady Zone 2 	<p style="text-align: center;">Pre "Race" Ride 1hr</p> <ul style="list-style-type: none"> - 30 min warm up - 3x1 min Zone 3 <ul style="list-style-type: none"> - 2 min easy between - 10 min build from low Zone 3 to mid Zone 4 - 3x1 min Zone 4 <ul style="list-style-type: none"> - 2 min easy between - Cool down Zone 2 	<p style="text-align: center;">Race Simulation 150-160 miles</p> <p>Find a route or loop with rolling hills that simulates Dirty Kanza. 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 DKXL. Bring spare batteries or other charging options to keep your lights and navigation powered throughout the ride.</p> <p>Ride your goal race pace or effort to practice. Recover well after this race simulation!</p> <p>**Bonus points if you ride through the night.</p>	Day Off

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 Dirty Kanza. That way, you can hit the start line feeling confident in both your training and your equipment.

Tune-Up Date: _____

MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	5	6	7	8	9	10
Day Off - Rest Week	Easy Ride 1hr - Easy Zone 1 Ride	Base Ride 1hr - Steady Zone 2	5x5 min Zone 3 1hr 30 min - 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2	Day Off	3x15 min Zone 3 3hr - 30 min warm up - 3x15 min Zone 3 - 10 min easy between - Cool down Zone 2	Choice Ride 2hr Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
11	12	13	14	15	16	17
Day Off	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	2x10 min Sweet Spot 2hr - 45 min warm up - 2x10 min High Zone 3 - 10 min easy between - Cool down Zone 2	Base Ride 1hr - Steady Zone 2	Day Off	3x20 min Zone 3 3hr 30min - 60 min warm up - 3x20 min Zone 3 - 10 min easy between - Cool down Zone 2	Night Ride 2hr Practice riding at night. Use the lights and equipment you plan on running at DKXL. - Steady Zone 2
18	19	20	21	22	23	24
Day Off	5x3 min Zone 4 1hr 30min - 30 min warm up - 5x3 min Zone 34 - 3 min easy between - Cool down Zone 2	2x15 min Zone 3 1hr 30min - 30 min warm up - 2x15 min Zone 3 - 10 min easy between - Cool down Zone 2	Base Ride 1hr - Steady Zone 2	Day Off	3x10 min Sweet Spot 2:00 - 30 min warm up - 3x10 min High Zone 3 - 10 min easy between - Cool down Zone 2	Choice Ride 1:00 Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.

MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	31
Day Off	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	Day Off	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	DKXL Race Day Good Luck! Pace your effort throughout the race and focus on your nutrition and hydration plan!	DKXL Race Day Finish strong! Enjoy the Dirty Kanza finish line and celebrate with your friends and family.	Celebrate!!!

Resupply Tips

Dirty Kanza XL 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 DKXL 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!