



**Your Garmin Guide**

**Garmin Dirty Kanza 100 Training Plan**

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## Your Garmin Guide Training Plan for Dirty Kanza 100.

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Congratulations on being selected to participate in Garmin Dirty Kanza, the World's Premier Gravel Grinder. Dirty Kanza 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 Dirty Kanza. 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 his 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 Dirty Kanza 100 Training Plan

## FINDING YOUR TRAINING ZONES

Each workout in Your Garmin Guide Training Plan for Dirty Kanza provides efforts or intervals at different intensity levels. These zones range from 1 – 6. You can determine your zone efforts several different ways.

### FTP AND FTHR ZONES

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

# Garmin Dirty Kanza 100 Training Plan

FEBRUARY						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17	18	19	20	21	22	23
<b>Easy Ride 1hr</b> - Zone 1 Ride	<b>2x10 min Zone 3 1hr 30min</b> - 30 min warm up - 2x10 min Zone 3 - 5 min easy between - Cool down Zone 2	<b>5x3 min Zone 4 1hr</b> - 30 min warm up - 5x3 min Zone 4 - 3 min easy between - Cool down Zone 2	<b>Base Ride 1hr</b> - Steady Zone 2	<b>Day Off</b>	<b>2x20 min Zone 3 2hr</b> - 30 min warm up - 2x20 min Zone 3 - 10 min easy between - Cool down Zone 2	<b>Choice Ride 1hr</b> Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
24	25	26	27	28	29	March 1
<b>Day Off</b>	<b>4x4 min Sweet Spot 1hr 30min</b> - 30 min warm up - 4x4 min High Zone 3 - 3 min easy between - Cool down Zone 2	<b>2x15 min Zone 3 1hr 15min</b> - 20 min warm up - 2x15 min Zone 3 - 5 min easy between - Cool down Zone 2	<b>Base Ride 1hr</b> - Steady Zone 2	<b>Day Off</b>	<b>Zone 3 Efforts 2hr 30min</b> - 30 min warm up - 2x15 min Zone 3 - 10 min easy between - 2x10 min Zone 3 - 5 min easy between	<b>Choice Ride 1hr</b> Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.

## Goal Setting

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

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_

# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
<b>Day Off</b>	<p style="text-align: center;"><b>5x5 min Zone 4 1hr 30min</b></p> <p>- 30 min warm up - 5x5 min Zone 4 - 4 min easy between - Cool down Zone 2</p>	<p style="text-align: center;"><b>2x15 min Zone 3 1hr 15min</b></p> <p>- 20 min warm up - 2x15 min Zone 3 - 10 min easy between - Cool down Zone 2</p>	<p style="text-align: center;"><b>Base Ride 1hr</b></p> <p>- Steady Zone 2</p>	<b>Day Off</b>	<p style="text-align: center;"><b>Zone 3 Long Efforts 3hrs</b></p> <p>- 30 min warm up - 1x30 min Zone 3 - 15 min easy between - 2x20 min Zone 3 - 10 min easy between - 2x10 min Zone 3 - 5 min easy</p>	<p style="text-align: center;"><b>Choice Ride 1hrs</b></p> <p>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.</p>
9	10	11	12	13	14	15
<b>Day Off</b>  - Rest Week	<p style="text-align: center;"><b>Easy Ride 1hr</b></p> <p>- Easy Zone 1 Ride</p>	<p style="text-align: center;"><b>Base Ride 1hr</b></p> <p>- Steady Zone 2 Ride</p>	<p style="text-align: center;"><b>5x5 min Zone 3 1hr 30min</b></p> <p>- 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2</p>	<b>Day Off</b>	<p style="text-align: center;"><b>3x15 min Zone 3 2hr</b></p> <p>- 20 min warm up - 3x15 min Zone 3 - 10 min easy between - Cool down Zone 2</p>	<p style="text-align: center;"><b>Choice Ride 1hr</b></p> <p>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.</p>
16	17	18	19	20	21	22
<b>Day Off</b>	<p style="text-align: center;"><b>4x4 min Zone 4 1hr 30min</b></p> <p>- 30 min warm up - 4x4 min Zone 4 - 3 min easy between - Cool down Zone 2</p>	<p style="text-align: center;"><b>2x10 min Sweet Spot 1hr 15min</b></p> <p>- 20 min warm up - 2x10 min High Zone 3 - 5 min easy between - Cool down Zone 2</p>	<p style="text-align: center;"><b>Base Ride 1hr</b></p> <p>- Steady Zone 2</p>	<b>Day Off</b>	<p style="text-align: center;"><b>3x20 min Sweet Spot 3hr 30min</b></p> <p>- 60 min warm up - 3x20 min High Zone 3 - 10 min easy between - Cool down Zone 2</p>	<p style="text-align: center;"><b>Choice Ride 1hr 30min</b></p> <p>Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.</p>

# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23	24	25	26	27	28	29
<b>Day Off</b>  - 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	<b>6x1 min Zone 5 1hr 30min</b>  - 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	<b>2x15 min Zone 3 1hr 15min</b>  - 30 min warm up - 2x15 min Zone 3 - 10 min easy between - Cool down Zone 2	<b>Base Ride 1hr</b>  - Steady Zone 2	<b>Day Off</b>	<b>4x15 min Sweet Spot 4hr</b>  - 60 min warm up - 4x15 min High Zone 3 - 10 min easy between - Cool down Zone 2	<b>Choice Ride 1hr 30min</b>  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.
30	31	April 1	2	3	4	5
<b>Day Off</b>	<b>8x30 sec Zone 5 1hr 15min</b>  - 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	<b>3x10 min Zone 4 1hr 30min</b>  - 20 min warm up - 3x10 min Zone 4 - 10 min easy between - Cool down Zone 2	<b>Base Ride 1hr</b>  - Steady Zone 2	<b>Day Off</b>	<b>Zone 3 Ladder 4hr 30min</b>  - 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	<b>Choice Ride 1hr 30min</b>  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day.

## Nutrition and Hydration

Practice your nutrition and hydration race plan during training. Decide what and how much to eat and drink each hour to keep your body topped up. Remember that Dirty Kanza can be very hot, so plan accordingly.

Foods: \_\_\_\_\_

Drinks: \_\_\_\_\_



# APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12
<b>Day Off</b> - Rest Week	<b>Easy Ride 1hr</b> - Easy Zone 1 Ride	<b>Base Ride 1hr</b> - Steady Zone 2	<b>5x5 min Zone 3 1hr 30 min</b> - 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2	<b>Day Off</b>	<b>3x10 min Zone 3 2hr</b> - 30 min warm up - 3x10 min Zone 3 - 10 min easy between - Cool down Zone 2	<b>Choice Ride 1hr</b> Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your day
13	14	15	16	17	18	19
<b>Day Off</b>	<b>5x90 sec Zone 5 1hr 30min</b> - 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	<b>5x5 min Zone 4 1hr 15min</b> - 20 min warm up - 5x5 min Zone 4 - 5 min easy between - Cool down Zone 2	<b>Base Ride 1hr</b> - Steady Zone 2	<b>Day Off</b>	<b>Zone 3 Efforts 5hr</b> - 30 min warm up - 1x20 min Zone 3 - 10 min easy between - 2x15 min Zone 3 - 8 min easy between - 3x10 min Zone 3 - 5 min easy between	<b>Choice Ride 1hr 30 min</b> 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
<b>Day Off</b>	<b>3x10 min Zone 4 1hr 30min</b> - 30 min warm up - 3x10 min Zone 4 - 10 min easy between - Cool down Zone 2	<b>8x30 sec Zone 5 1hr 15min</b> - 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	<b>Base Ride 1hr</b> - Steady Zone 2	<b>Day Off</b>	<b>3x20 min Zone 3 4hr</b> - 60 min warm up - 3x20 min Zone 3 - 10 min easy between - Cool down Zone 2	<b>Choice Ride 1hr 30min</b> 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
<b>Day Off</b>	<p><b>5x5 min Zone 4</b> <b>1hr 30min</b></p> <ul style="list-style-type: none"> <li>- 30 min warm up</li> <li>- 5x5 min Zone 4</li> <li style="padding-left: 20px;">- 5 min easy</li> </ul> <p>between</p> <ul style="list-style-type: none"> <li>- Cool down Zone 2</li> </ul>	<p><b>2x10 min Zone 3</b> <b>1hr 15min</b></p> <ul style="list-style-type: none"> <li>- 30 min warm up</li> <li>- 2x10 min Zone 3</li> <li style="padding-left: 20px;">- 10 min easy</li> </ul> <p>between</p> <ul style="list-style-type: none"> <li>- Cool down Zone 2</li> </ul>	<p><b>Base Ride</b> <b>1hr</b></p> <ul style="list-style-type: none"> <li>- Steady Zone 2</li> </ul>	<p><b>Pre "Race" Ride</b> <b>1hr</b></p> <ul style="list-style-type: none"> <li>- 30 min warm up</li> <li>- 3x1 min Zone 3</li> <li style="padding-left: 20px;">- 2 min easy</li> </ul> <p>between</p> <ul style="list-style-type: none"> <li>- 10 min build from low Zone 3 to mid Zone 4</li> <li>- 3x1 min Zone 4</li> <li style="padding-left: 20px;">- 2 min easy</li> </ul> <p>between</p> <ul style="list-style-type: none"> <li>- Cool down Zone 2</li> </ul>	<p><b>Race Simulation</b> <b>80-100 miles</b></p> <p>Find a route or loop with rolling hills that simulates Dirty Kanza. Set up your "checkpoint" with extra hydration and nutrition to resupply after each loop.</p> <p>Ride for approximately 40-50 miles before stopping at your checkpoint to resupply your food and drink.</p> <p>Repeat the loop or choose another 40-50 mile route to finish off your race simulation.</p> <p>Ride your goal race pace or effort to practice. Recover well</p>	<b>Day Off</b>

## 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
<b>Day Off</b>  - Rest Week	<b>Easy Ride 1hr</b>  - Easy Zone 1 Ride	<b>Base Ride 1hr</b>  - Steady Zone 2	<b>5x5 min Zone 3 1hr 30 min</b>  - 30 min warm up - 5x5 min Zone 3 - 3 min easy between - Cool down Zone 2	<b>Day Off</b>	<b>3x15 min Zone 3 2hr</b>  - 30 min warm up - 3x15 min Zone 3 - 10 min easy between - Cool down Zone 2	<b>Choice Ride 1hr 30min</b>  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
<b>Day Off</b>	<b>6x1 min Zone 5 1hr 30min</b>  - 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	<b>2x10 min Sweet Spot 1hr 15min</b>  - 30 min warm up - 2x10 min High Zone 3 - 10 min easy between - Cool down Zone 2	<b>Base Ride 1hr</b>  - Steady Zone 2	<b>Day Off</b>	<b>3x20 min Zone 3 3hr</b>  - 60 min warm up - 3x20 min Zone 3 - 10 min easy between - Cool down Zone 2	<b>Choice Ride 1hr 30min</b>  Fun ride of your choice. Group ride, mountain bike ride, gravel ride. Get out and enjoy your ride.
18	19	20	21	22	23	24
<b>Day Off</b>	<b>5x3 min Zone 4 1hr 15min</b>  - 30 min warm up - 5x3 min Zone 34 - 3 min easy between - Cool down Zone 2	<b>2x15 min Zone 3 1hr 30min</b>  - 30 min warm up - 2x15 min Zone 3 - 10 min easy between - Cool down Zone 2	<b>Base Ride 1hr</b>  - Steady Zone 2	<b>Day Off</b>	<b>3x10 min Sweet Spot 2:00</b>  - 30 min warm up - 3x10 min High Zone 3 - 10 min easy between - Cool down Zone 2	<b>Choice Ride 1:00</b>  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	<b>Base Ride 1hr</b> - Steady Zone 2	<b>Pre Race Bump 1hr</b> - 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	<b>Pre Race Ride 1hr</b> - 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	<b>DK100 Race Day</b> Good Luck! Pace your effort throughout the race and focus on your nutrition and hydration plan! Have fun!	Celebrate!!!

## Checkpoint Tips

1. Stay organized when planning your race day strategy. Arrange your checkpoint equipment so it's easy to find everything you might need during the race.
2. Practice your checkpoint routine with your support crew so everyone knows what to expect. Practice what order you want to fill up your water bottles, collect more food, and take care of any bike maintenance.
3. The checkpoint area can get busy and feel overwhelming, so take a deep breath and relax as you ride into the chaos and look for your support crew.
4. Thank your support crew!