EMPIRE STATE RIDE
TO END CANCER

2026 2-Day Ride Training Plan: Beginner

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WEEK STARTING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
June 8	Rest	60min total time with 5x5min @ RPE Level 6 with 5min Rest Between Interval (RBI) @ RPE Level 2	60min total time @ RPE Level 3	60min total time with 5x5min @ RPE Level 6 with 5min RBI @ RPE Level 2	Rest	2 Hours @ RPE Levels 3-5	2 Hours @ RPE Levels 3-5
June 15	Rest	60min total time with 6x5min @ RPE Level 6 with 5min RBI @ RPE Level 2	60min total time @ RPE Level 3	60min total time with 6x5min @ RPE Level 6 with 5min RBI @ RPE Level 2	Rest	2 Hours @ RPE Levels 3-5	2 Hours @ RPE Levels 3-5
June 22	Rest	60min total time with 4x8min @ RPE Level 6 with 5min RBI @ RPE Level 2	75min total time @ RPE Level 3	60min total time with 4x8min @ RPE Level 6 with 5min RBI @ RPE Level 2	Rest	2.5 Hours @ RPE Levels 3-5	2 Hours @ RPE Levels 3-5
June 29	Rest	60min total time at RPE Level 3	Rest	60min total time at RPE Level 3	Rest	2.5 Hours @ RPE Levels 3-5	1.5 Hours @ RPE Levels 3-5
July 6	Rest	90min total time with 3x10min @ RPE Level 6 with 5min RBI @ RPE Level 2	90min total time @ RPE Level 3	90min total time with 3x10min @ RPE Level 6 with 5min RBI @ RPE Level 2	Rest	2.5 Hours @ RPE Levels 3-5	2.5 Hours @ RPE Levels 3-5
July 13	Rest	90min total time with 3x12min @ RPE Level 6 with 5min RBI @ RPE Level 2	90min total time @ RPE Level 3	90min total time with 3x12min @ RPE Level 6 with 5min RBI @ RPE Level 2	Rest	3 Hours @ RPE Levels 3-5	3 Hours @ RPE Levels 3-5
July 20	Rest	90min total time with 3x15min @ RPE Level 6 with 5min RBI @ RPE Level 2	90min total time @ RPE Level 3	90min total time with 3x15min @ RPE Level 6 with 5min RBI @ RPE Level 2	Rest	3.5 Hours @ RPE Levels 3-5	1.5 Hours @ RPE Levels 3-5
July 27	Rest	60min total time with 5x5min @ RPE Level 6 with 5min RBI @ RPE Level 2	45min total time @ RPE Level 3	Rest	**TWO-DAY RIDE START!**	**FINISH LINE DAY!**	

RBI = rest between intervals *RPE = Rate of perceived exertion*

Rate of Perceived Exertion (RPE) Scale Based on "Can You Talk?"

LEVEL	NAME	ABILITY TO TALK/SING	TYPICAL TRAINING ZONE & EXAMPLES	FEELS LIKE
1	Barely moving	Could sing an entire opera, hold a conference call, recite poetry	Warm-up spins, very easy recovery rides	You barely know you're on the bike
2	Very easy	Full, relaxed conversation, could tell long stories	Recovery rides, long Zone 2 endurance rides	Coffee-shop pace
3	Easy	Normal conversation, no breathlessness	Upper Zone 2, aerobic endurance, long climbs at steady pace	Comfortable all-day pace
4	Moderate	Full sentences are easy, but you're aware you're breathing deeper	Tempo, extensive sweet-spot, brisk group rides	You're working, but still chatting
5	Moderately hard	Full sentences possible, but you'd rather not	Sweet-spot, lower Threshold efforts	Talking is possible, but not preferred
6	Hard	Short sentences only (4–6 words), then need a breath	Threshold (FTP), 10–20 min race efforts	"Yes… just… give me… a second"
7	Very hard	2–3 words at a time, gasping between	Upper Threshold to VO2 max, 3–8 min intervals	Speech is broken and labored
8	Extremely hard	One word at a time, maybe grunts	VO2 max efforts, hard 2–5 min intervals	Almost no talking possible
9	Near maximal	No talking – just desperate breathing	Anaerobic capacity, 30 sec–2 min all-out efforts	Lungs on fire, vision narrowing
10	Absolute maximum	Cannot talk at all, survival mode	Max sprints (6–20 sec), finishing kick in a race	Total redline – nothing left