

Intro

Every year in late September, a number of SpaceCoast FreeWheelers head up to Dahlonega, in North Georgia, to ride the 6-Gap Century or 3-Gap Fifty. The Gaps are approached via some of the most challenging climbs in the Southeast. The rides can be difficult to impossible if you are not prepared. This Training Series is to help our members prepare for 6-Gap/3-Gap, so you can not only finish, but finish with strength and confidence.

Here are some key stats on each ride:

- This year's event is Sept 24, 2017. See [6-Gap website](#) for details on routes and elevations.
- **6-Gap** - 104 miles, 6 major climbs totaling 11,500 feet, elevation range 1400 to 3460 feet, Hogpen Gap (highest & steepest) averages 7% grade with some sections at 15%. There is a time cutoff for 6-Gap riders - Jack's Gap at 39 miles by 11:00am. Riders not making the cutoff must finish via the 3-Gap route.
- **3-Gap** - 58 miles, 3 major climbs totaling 6,385 feet, elevation range 1400 to 3364 feet.

Required Conditioning and Skills

1. Enough conditioning to easily/comfortably ride 100 miles / 50 miles, respectively. Stretch conditioning goals would be 124 miles (200km) / 62 miles (100km).
2. Able to climb at a steady pace for upwards of 30 minutes. Occasionally stand climb to get up steepest sections, or stretch/relieve tight legs without disrupting nearby riders.
3. Able to descend confidently and safely. Knowing how to take turns at speed, and how to use brakes judiciously.

As Space Coast residents we don't have hills, let alone the mountains of North Georgia. Our closest set of (rolling) hills is Clermont, and the steepest part of Sugarloaf is a mere 7% grade. So, preparing for 6-Gap or 3-Gap will use alternative methods to simulate hill-climbing and descending, specifically intervals, time trailing, and high-speed cornering.

Plan

Fifteen (15) weeks for preparation, June 11 through September 23, are broken down into three training blocks, with the following expectations:

- **Endurance Conditioning / 6 Weeks / June 11-July 22** — Work up to weekly schedule of 120-150mi / 8-10hrs at Zone 2-3 pace. Conditioning includes longer rides of 50-100 miles, with appropriate "6GTS" mileage added to scheduled B rides.
- **Strength Development / 7 Weeks / July 23-Sept 9** — Maintain total weekly schedule of 120-150mi / 8-10hr riding, some distance at Zone 3-4 pace. On a weekly basis in specific training sessions, the 6GTS group will focus on Intervals, Time Trials, or Cornering.
- **Finish Work / 2 Weeks / Sept 10-23** — During this 2-week period prior to the event, riders will back off the intensity and distances of previous weeks, get maximum rest and good nutrition. Doesn't mean stop riding altogether, but let your body fully recover and be ready for the Ride.

Interested?

Show up for the [Metric Century scheduled June 11](#). Click on the Tag "6GTS" to display a filtered calendar of all the rides related to this Training Series. (See sample cal entry below.)

I look forward to seeing you,
Jim O'Leary, SCFW Ride Director

Calendar Entry for First 6GTS Ride on June 11

Metric Century

< If specific training, 6GTS will appear in title

📅 Posted on *January 3, 2017* by *Jim O'Leary*

WHEN: June 11, 2017 @ 8:00 am

WHERE: Lee Wenner Park
300 Riveredge Blvd
Cocoa, FL 32922
USA

COST: Free

📁 B RIDE

📁 6GTS



📅 Calendar

📅 Add to Calendar ▾

< All 6GTS rides will be tagged

68 mile B ride. Ride Leaders are Jim O'Leary, and others.

Full route = 68 miles.

If you don't want to ride the whole distance, there is a place along Tropical Trail to cut it short:

At SR520, turn west over Humphrey Causeway, into Cocoa: ~43 miles.

This is NOT a ride with SAG stops; we will rest/refuel at various locations en route. Bring a bit of cash.

Ride Map & Cue Sheet

6GTS – This is the first ride of the 6-Gap Training Series. No mileage is added to this ride, but all 6GTS participants should be planning to complete the full metric century. < All 6GTS rides will have additional info here