

## **Cross-Florida Training Series 2019 XTS19**

The Cross-Florida Training Series 2019 (XTS19) is for the specific purpose of developing the required endurance and skills to successfully complete the 2019 Cross-Florida ride, scheduled April 6-7, 2019.

This development training series is designed for riders who want to finish the two-day ride, with knowledge, confidence and strength. Those planning on participating in the one-day Cross-Florida are welcome to participate, but the schedule will not be altered or adjusted to suit those riders; one-day riders can add additional modules (eg interval training on own time) to prepare for their one-day endeavor. Ride leaders can advise as necessary.

These are not “B” rides, nor are they “C” rides; these are “Training Rides” designed for one specific purpose, to finish the Cross Florida 2-day ride... Strong !! Group efforts can / will be adjusted depending on weather / road conditions, and there are alternative routes that Ride Leaders may choose to use.

### **Rider Requirements:**

1. Current member of Space Coast FreeWheelers, with dues paid-up.
2. Basic skills and comfort in group riding. This includes an understanding of pace-lines, and the ability to ride steadily at an even pace.
3. Commitment to participate in all twelve (12) rides of the training series. An unplanned miss can happen, but not showing up regularly shows disrespect to Ride Leaders and fellow riders.
4. Personal workouts between XTS sessions to continuously increase endurance and improve personal and group riding skills.

### **Rider Goals:**

1. Able to maintain a 17mph pace while riding in a group.  
Keep in mind, doing 17mph solo vs maintaining 17mph in a pace line are very different. In the beginning of the series, all rides will maintain a minimum pace of 17mph. If all of the riders in the group are able to exceed this speed, the pace will be adjusted accordingly, however, the default pace will be 17mph. Should several riders wish to increase the pace, that is acceptable, but one Ride Leader will stay with those who wish to maintain the minimum pace.
2. As part of pace line etiquette, all riders will be required to take their pull at the front. This is how everyone becomes stronger. If you get to the front and can only hold a 17mph pace for a short time, then do so and move to the back of the pace line, then rest and get ready to try again. This is how each of us improves in riding ability and strength. Everyone in the pace line works to his or her ability! As we advance through XTS, we may increase the minimum pace, depending on rider development.

### **XTS begins the weekend of January 12-13, all rides roll out at 7:30 AM.**

Anyone joining XTS later in the series is expected to ride the increasing distances, and maintain the minimum pace of 17mph. Should anyone like a preview of how the XTS rides are conducted, Jim O’Leary, our Ride Director, will be available on Saturdays during the “B” ride portion of the Club Combo. As the B riders travel north Jim will lead that effort. I realize that 12-14 miles of sustained 17mph pace is different than the mileage distances of XTS, but it will give you an idea of what you can do.

Many of these training rides will be along our tried and true SCFW routes. While these rides will be using SCFW routes, the pace will be conducted as described above. These are not the scheduled SCFW weekend rides. Our rides will begin at 7:30 AM.

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All rest/refuel/restroom breaks will be limited to 15 minutes. This will reinforce the schedule you'll need on your actual Cross Florida ride. During the month of March, we will take our "SAG" stops at the same mileage frequency as the Cross Florida ride.

The two 70-mile rides in March will use the actual Cross-Florida course. We will leave from City Parking Lot in Cocoa, travel approximately 35 mile along the route, then turn around and come back to Cocoa.

XTS is a challenging training series, but if one of your cycling bucket list objectives is to cross the state, this will get you there, with a little something extra to spare !

|s| Steve Salvo  
|s| Jim O'Leary