



Chefs Cycle, Training Peaks and CTS

The fine folks at Training Peaks and Carmichael Training Systems are teaming up to give Chefs Cycle riders the ultimate training experience!

As a participant in the 2017 ride, you now have access to the world's finest training technology and methods. In order to take advantage of this, you'll need sign up for a Training Peaks account and download a 6-month training plan – all at no cost to you!

This hand-built, periodized training plan by CTS Pro Level Coach Adam Pulford is a dynamic program that starts with field testing to establish current fitness. Individual training zones are then calculated using CTS Methodology to help you train at your best and prepare for the three-day event in May. And for data nerds, we've included an option for a Premium Package option that will help you monitor all of your fitness and training matrices at a deep discount.

The program starts Dec 12, so download everything today and get ready to start training!

Step #1:

- Go to Training Peaks.com
- <https://www.trainingpeaks.com/>

Step #2:

- Choose Basic Package or Premium Package:
- <https://www.trainingpeaks.com/athletes.html>
- When signing up for Premium, get 20% by using code: **ChefsCycle20**
- Premium Memberships get all the bells and whistles, included [here](#).

Step #3:

- Get your 6-month training program for FREE
- <https://home.trainingpeaks.com/products/trainingplans/plans/chefs-cycle-training-plan-6-month-periodized-build>
- Use Code: **ItsForTheKids**
 - Once you enter the code, the cost will be reduced from \$299 to \$0