

Links for Team Y

Denver Bike Map

<https://www.denvergov.org/content/dam/denvergov/Portals/708/documents/2017-Denver-Bike-Map.pdf>

How to prepare for a 100-mile bike ride. Great exercises that will prepare any rider for any distance.

<https://www.bicycling.com/training/a20026691/eight-week-training-plan-to-ride-a-century/>

Couch to 5k program.

<https://www.c25k.com/>

Couch to 5k improved training program.

<https://www.healthynomics.com/couch-to-5k-running-plan-alternative/>

Specific training and experiences from top cyclists.

<https://www.rollmassif.com/training/>

Specific training for the elephant rock 100 mile race.

<https://www.cyclizing.com/blog/century-surviving-100miles-elephant-rock-newbie-way/>

A majority of bike rides around Denver area.

<https://www.meetup.com/topics/cycling/us/co/denver/>

A great list of bike ride adventures around Denver.

<https://www.tripsavvy.com/best-bike-rides-in-denver-colorado-4154172>

One of the best 5k run group that meets regularly every Monday at 6. Led by a great guy that can educate on running 5k in downtown.

<https://greatdivide.com/event/great-divide-running-club-2019-04-08/>

A large amount of the popular run clubs.

<https://fitt.co/denver/best-run-clubs-denver/>

Weight lifting for runners

<https://www.runnersworld.com/training/a20865330/weight-training-for-runners/>

Great stretches that runner should add into their routine.

<https://www.runnersworld.com/uk/health/a760484/the-rw-complete-guide-to-stretching-for-runners/>

