If you've never used a training plan before then don't be put off—it is a guide and doesn't have to be followed to the letter.

This is supposed to be fun - SO HAVE FUN!!!

Tips:

SPECIFIC)

If training on the road, incorporate some hills into your training.

Add front & back flashing lights to your bike if training outside.

If riding stationary bike, reduce scheduled distance by 0.75 to account for lack of downhills and freewheeling.

Drink fluid throughout training (or event) ride.

Aim for 500ml fluid per 1 hour.

Eat something after 1h30min (depending on metabolism).

Do no ride event on new equipment or supplements (or food & drink) - test it out a few days ahead of the event

Do not eat anything special (that you are not used to) the day before your eventit can cause un upset stomach on the day.

	Week 1	Week 2	Week 3	Week 4
	Easy	Moderate	Moderate	Easy
	Week 1 is purely to get used to riding a	Week 2 is a progression from week 1 where we will start to add more specific efforts (nothing too complicated)	Week 3 is a progression from week 2 where we will start to add more specific efforts (nothing too complicated)	Week 4 will be easier than the previous 2 weeks as your body will need to recover and adapt to the training completed
	bike multiple times a week. There is no complicated training sessions. Just get time in the saddle.			thus far.
Monday	Prepare Check your bike and kit over, making sure everything is ready for you to begin riding tomorrow.	Rest & Recovery day Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	Rest & Recovery day Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	Prepare Clean & check your bike and kit over, making sure everything is ready for you to begin riding tomorrow.  Remember, a clean bike is a fast bike.  If possible, get a massage or perform self- massage on your legs.
Tuesday	1hr ride Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.	1hr 30min ride Moderate ride on the road or on a stationary bike.  During the ride, perform 5x 60s harder efforts (at feel) with 3min easy pedalling inbetween sets.	1hr 30min ride Moderate ride on the road or on a stationary bike.  During the ride, perform 5x 90s harder efforts (at feel) with 3min easy pedalling inbetween sets.	1hr 15min ride Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.
Wednesday	1hr ride Easy/Moderate ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation relatively easy.	Ihr 15min ride Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.  This ride is an active recovery ride with the idea of keeping the legs moving for the next days harder session.	Ihr 15min ride Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.  This ride is an active recovery ride with the idea of keeping the legs moving for the next days harder session.	Rest Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.

	1hr ride	1hr 30min ride	1hr 45min ride	1hr 30min ride
	Easy/Moderate ride on the road or on a	Moderate ride on the road or on a	Moderate ride on the road or on a	Easy ride on the road or on a stationary
	stationary bike. Your effort should be	stationary bike.	stationary bike.	bike. Your effort should be such that
	such that you can hold a conversation			you can hold a conversation easily.
	relatively easy.	During the ride, perform <b>5x 90s</b> harder	During the ride, perform <b>5x 2min</b> harder	
Thursday	, ,	efforts (at feel) with <b>3min</b> easy pedalling	efforts (at feel) with <b>3min</b> easy pedalling	
		inbetween sets.	inbetween sets.	
	Rest	Rest	Rest	Rest
		Try and do some stretching on your rest	Try and do some stretching on your rest	
Friday	,		day. 15min to stretch out your legs,	
	shoulders and back.	shoulders and back.	shoulders and back.	
	En duran en	Furdinger	Findings of	Findunan ee
	Endurance	Endurance	Endurance	Endurance
	Endurance rides should be your longer rides of the week.	Endurance rides should be your longer rides of the week.	Endurance rides should be your longer rides of the week.	Endurance rides should be your longer rides of the week.
Saturday	rides of the week.	ndes of the week.	rides of the week.	rides of the week.
Suturuay	Aim for 60% of event distance (36km) or	Aim for 70% of event distance (42km) or	Aim for 80% of event distance (48km) or	Aim for 70% of event distance (42km) or
		2hr (whichever is greater). Your effort	2hr (whichever is greater). Your effort	2hr (whichever is greater). Your effort
	effort should be such that you can hold		should be such that you can hold a	should be such that you can hold a
	a conversation easily.	conversation relatively easy.	conversation relatively easy.	conversation relatively easy.
	Saturday ride if it was missed.			
	Otherwise, <u>1hr</u> ride concentrating on a			
Sunday	higher than normal cadence.			
Juliuay				
	If unable to ride, go for a 30min brisk	If unable to ride, go for a 30min brisk	If unable to ride, go for a 30min brisk	If unable to ride, go for a 30min brisk
	walk to flush out any lactic acid in the	walk to flush out any lactic acid in the	walk to flush out any lactic acid in the	walk to flush out any lactic acid in the
	legs.	legs.	legs.	legs.

	Week 5	Week 6	Week 7	Week 8
	Hard	Hard	Hard	Easy
	Week 5 will be your first hard week. Your	Week 6 will be a progression to week 5	Week 7 will another hard week before a	Week 8 will be easier than the previous 3
	body would have adapted to the training	and will included slightly longer efforts.	recovery week next week.	weeks as your body will need to recover
	load with week 4 providing adequate			and adapt to the training completed
	recovery to adapt.			thus far.
	1hr 15min ride	1hr 15min ride	Rest & Recovery day	<u>Prepare</u>
	Easy/Moderate ride on the road or on a	Moderate ride on the road or on a	Ideally, get a massage or at least perform	Clean & check your bike and kit over,
	stationary bike. Your effort should be	stationary bike. Your effort should feel	self-massage of your leg muscles,	making sure everything is ready for you
	such that you can hold a conversation.	harder than usual with elevated heart	especially your quads.	to begin riding tomorrow.
Monday		rate numbers.		
				Remember, a clean bike is a fast bike.
				If possible, get a massage or perform self-
				massage on your legs.
	1hr 30min ride	1hr 30min ride	1hr 30min ride	1hr ride
	Moderate ride on the road or on a	Moderate ride on the road or on a	Moderate ride on the road or on a	Easy ride on the road or on a stationary
	stationary bike.	stationary bike.	stationary bike.	bike. Your effort should be such that
Tuesday				you can hold a conversation easily.
	During the ride, perform <b>5x 2min</b> harder	During the ride, perform <b>5x 2min</b> harder	During the ride, perform 3x 5min harder	
	efforts (at feel) with 3min easy pedalling	efforts (at feel) with 3min easy pedalling	efforts (at feel) with 5min easy pedalling	
	inbetween sets.	inbetween sets.	inbetween sets.	
	1hr 15min ride	1hr 15min ride	1hr 15min ride	1hr 30min ride
	Easy ride on the road or on a stationary	Easy ride on the road or on a stationary	Easy ride on the road or on a stationary	Easy ride on the road or on a stationary
	bike. Your effort should be such that	bike. Your effort should be such that	bike. Your effort should be such that	bike. Your effort should be such that
	you can hold a conversation.	you can hold a conversation easily.	you can hold a conversation easily.	you can hold a conversation easily.
Wednesday				
	This ride is an active recovery ride with	This ride is an active recovery ride with	This ride is an active recovery ride with	
	the idea of keeping the legs moving for	the idea of keeping the legs moving for	the idea of keeping the legs moving for	
	the next days harder session.	the next days harder session.	the next days harder session.	

	1hr 45min ride	1hr 45min ride	2hr ride	Rest
	Harder ride on the road or on a	Harder ride on the road or on a	Harder ride on the road or on a	Try and do some stretching on your rest
	stationary bike.	stationary bike.	stationary bike.	day. 15min to stretch out your legs,
				shoulders and back.
<b>T</b> I	During the ride, perform 2x 5min harder	During the ride, perform 3x 5min harder	During the ride, perform 2x 10min	
Thursday	efforts (at feel) with 5min easy pedalling	efforts (at feel) with 5min easy pedalling	harder efforts (at feel) with 10min easy	
	inbetween sets.	inbetween sets.	pedalling inbetween sets.	
	Rest	Rest	Rest	<u>Rest</u>
		Try and do some stretching on your rest	Try and do some stretching on your rest	
Friday	day. 15min to stretch out your legs,	day. 15min to stretch out your legs,	day. 15min to stretch out your legs,	
	shoulders and back.	shoulders and back.	shoulders and back.	
	Endurance	Endurance	Endurance	Endurance
	Endurance rides should be your longer			
	rides of the week.			
Saturday	Traces of the week.	The Soft the Week	The soft the week.	The est of the week.
,	Aim for 85% of event distance (51km) or	Aim for 100% of event distance (60km)	Aim for 115% of event distance (70km)	Aim for 70% of event distance (42km) or
	2hr 15min (whichever is greater). Your	or 2hr 30min (whichever is greater).	or 3hr (whichever is greater). Your effort	2hr (whichever is greater). Your effort
	effort should be such that you can hold	Your effort should be such that you can	should be such that you can hold a	should be such that you can hold a
	a conversation relatively easy.	hold a conversation relatively easy.	conversation relatively easy.	conversation relatively easy.
	Saturday ride if it was missed.			
	Otherwise, <u>1hr</u> ride concentrating on a			
Sunday	higher than normal cadence.			
Juliuay				
	If unable to ride, go for a 30min brisk	If unable to ride, go for a 30min brisk	If unable to ride, go for a 30min brisk	If unable to ride, go for a 30min brisk
	walk to flush out any lactic acid in the	walk to flush out any lactic acid in the	walk to flush out any lactic acid in the	walk to flush out any lactic acid in the
	legs.	legs.	legs.	legs.

	Week 9	Week 10
	Moderate	Race week
	Week 9 will be used to ease back into longer sessions toward the end of the week.  Rest & Recovery day	You will do 1 hrader effort prior to easing into the race event.  You prepared for this, You trained for this, YOU GOT THIS!!  1hr 30min ride
Monday	Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	Moderate ride on the road or on a stationary bike.  During the ride, perform 5x 2min harder efforts (at feel) with 3min easy pedalling inbetween sets.
Tuesday	Ihr 30min ride Easy to moderate ride on the road or on a stationary bike.  During the ride, perform 5x 60s harder efforts (at feel) with 3min easy pedalling inbetween sets.	Rest Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.
Wednesday	Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.  This ride is an active recovery ride with the idea of keeping the legs moving for the next days harder session.	1hr 15min ride Easy/Moderate ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation.

	1hr 30min ride	Rest, Recovery & Prepare day
	Easy to moderate ride on the road or on	Ideally, get a massage or at least perform
	a stationary bike.	self-massage of your leg muscles,
		especially your quads.
	During the ride, perform 2x 5min harder	
Thursday	efforts (at feel) with 5min easy pedalling	Clean & check your bike and kit over,
	inbetween sets.	making sure everything is ready for the
		event.
		Remember, a clean bike is a fast bike.
	Rest	1hr ride
	Try and do some stretching on your rest	Easy ride on the road or on a stationary
Friday	day. 15min to stretch out your legs,	bike. Your effort should be such that
	shoulders and back.	you can hold a conversation easily.
		45min ride
	Endurance	Easy ride on the road or on a stationary
	Endurance rides should be your longer	bike. Your effort should be such that
Catuudan	rides of the week.	you can hold a conversation easily.
Saturday		
	Aim for 85% of event distance (51km) or	
	2hr 15min (whichever is greater). Your	
	effort should be such that you can hold	
	a conversation relatively easy. Saturday ride if it was missed.	
	Saturday flue if it was fills sed.	
	Otherwise, <b>1hr</b> ride concentrating on a	
	higher than normal cadence.	GOAL EVENT
Sunday	inglici tildii iloimai cauciice.	
	If unable to ride, go for a 30min brisk	YOU CAN DO THIS!!
	walk to flush out any lactic acid in the	
	legs.	
	0-	