

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 not 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 event - it can cause an 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 bike multiple times a week. There is no complicated training sessions. Just get time in the saddle.	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 thus far.
Monday	<u>Prepare</u> Check your bike and kit over, making sure everything is ready for you to begin riding tomorrow.	<u>Rest & Recovery day</u> Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	<u>Rest & Recovery day</u> Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	<u>Prepare</u> 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	<u>1hr ride</u> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.	<u>1hr 30min ride</u> Moderate ride on the road or on a stationary bike. During the ride, perform <u>5x 60s</u> harder efforts (at feel) with <u>3min</u> easy pedalling inbetween sets.	<u>1hr 30min ride</u> Moderate ride on the road or on a stationary bike. During the ride, perform <u>5x 90s</u> harder efforts (at feel) with <u>3min</u> easy pedalling inbetween sets.	<u>1hr 15min ride</u> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.
Wednesday	<u>1hr ride</u> Easy/Moderate ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation relatively easy.	<u>1hr 15min ride</u> 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.	<u>1hr 15min ride</u> 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.	<u>Rest</u> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.

<p>Thursday</p>	<p><u>1hr ride</u> Easy/Moderate ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation relatively easy.</p>	<p><u>1hr 30min ride</u> Moderate ride on the road or on a stationary bike. During the ride, perform <u>5x 90s</u> harder efforts (at feel) with 3min easy pedalling inbetween sets.</p>	<p><u>1hr 45min ride</u> Moderate ride on the road or on a stationary bike. During the ride, perform <u>5x 2min</u> harder efforts (at feel) with 3min easy pedalling inbetween sets.</p>	<p><u>1hr 30min ride</u> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.</p>
<p>Friday</p>	<p><u>Rest</u> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><u>Rest</u> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><u>Rest</u> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><u>Rest</u></p>
<p>Saturday</p>	<p><u>Endurance</u> Endurance rides should be your longer rides of the week. Aim for 60% of event distance (36km) or 1hr30min (whichever is greater). Your effort should be such that you can hold a conversation easily.</p>	<p><u>Endurance</u> Endurance rides should be your longer rides of the week. Aim for 70% of event distance (42km) or 2hr (whichever is greater). Your effort should be such that you can hold a conversation relatively easy.</p>	<p><u>Endurance</u> Endurance rides should be your longer rides of the week. Aim for 80% of event distance (48km) or 2hr (whichever is greater). Your effort should be such that you can hold a conversation relatively easy.</p>	<p><u>Endurance</u> Endurance rides should be your longer rides of the week. Aim for 70% of event distance (42km) or 2hr (whichever is greater). Your effort should be such that you can hold a conversation relatively easy.</p>
<p>Sunday</p>	<p>Saturday ride if it was missed. Otherwise, <u>1hr</u> ride concentrating on a higher than normal cadence. If unable to ride, go for a 30min brisk walk to flush out any lactic acid in the legs.</p>	<p>Saturday ride if it was missed. Otherwise, <u>1hr</u> ride concentrating on a higher than normal cadence. If unable to ride, go for a 30min brisk walk to flush out any lactic acid in the legs.</p>	<p>Saturday ride if it was missed. Otherwise, <u>1hr</u> ride concentrating on a higher than normal cadence. If unable to ride, go for a 30min brisk walk to flush out any lactic acid in the legs.</p>	<p>Saturday ride if it was missed. Otherwise, <u>1hr</u> ride concentrating on a higher than normal cadence. If unable to ride, go for a 30min brisk walk to flush out any lactic acid in the legs.</p>

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

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

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

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