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 2 is a progression from week 1 where	Week 3 is a progression from week 2 where	Week 4 will be easier than the previous 2
		we will start to add more specific efforts	we will start to add more specific efforts	weeks as your body will need to recover and
	Week 1 is purely to get used to riding a bike	(nothing too complicated)	(nothing too complicated)	adapt to the training completed thus far.
	multiple times a week. There are no		, ,	
	complicated training sessions. Just get time in			
	the saddle.			
	Prepare	Rest & Recovery day	Rest & Recovery day	Prepare
	Check over your bike and kit, making sure	Ideally, get a massage or at least perform self-	The state of the s	<u> </u>
	everything is ready for you to begin riding		massage of your leg muscles, especially your	sure everything is ready for you to begin
	tomorrow.			
Mondou	tomorrow.	quaus.	quads.	riding tomorrow.
Monday				Domamhar a doan hika is a fast hika
				Remember, a clean bike is a fast bike.
				16
				If possible, get a massage or perform self-
				massage on your legs.
	45min ride		1hr 15min ride	45min ride
		Easy ride on the road or on a stationary bike.	•	Easy ride on the road or on a stationary bike.
	Your effort should be such that you can hold a	Your effort should be such that you can hold a	stationary bike.	Your effort should be such that you can hold a
Tuesday	conversation easily.	conversation.		conversation easily.
			During the ride, perform 5x 30s harder efforts	
			(at feel) with 3min easy pedalling between	
			sets.	
	30-45min ride	45min ride	45min ride	1hr 15min ride
	Easy ride. Aim for 30min minimum depending	Easy ride on the road or on a stationary bike.	Easy ride on the road or on a stationary bike.	Easy ride on the road or on a stationary bike.
	on your bum & legs (how sore they are)	Your effort should be such that you can hold a	Your effort should be such that you can hold a	Your effort should be such that you can hold a
		conversation easily.	conversation easily.	conversation easily.
Wednesday				
		This ride is an active recovery ride with the	This ride is an active recovery ride with the	
		idea of keeping the legs moving for the next	idea of keeping the legs moving for the next	
		day's harder session.	day's harder session.	
	1hr ride	1hr ride	1hr 15min ride	Rest
	Easy ride on the road or on a stationary bike.		Easy to moderate ride on the road or on a	Try and do some stretching on your rest day.
	Your effort should be such that you can hold a		stationary bike.	15min to stretch out your legs, shoulders and
	conversation easily.			back.
Thursday		During the ride, perform 5x 30s harder efforts	During the ride, perform 5x 1min harder	
			efforts (at feel) with 3min easy pedalling	
			between sets.	
			between sets.	

	Week 1	Week 2	Week 3	Week 4
	Rest	Rest	Rest	Rest
Friday	Try and do some stretching on your rest day.	Try and do some stretching on your rest day.	Try and do some stretching on your rest day.	
Triday	15min to stretch out your legs, shoulders and	15min to stretch out your legs, shoulders and	15min to stretch out your legs, shoulders and	
	back.	back.	back.	
		<u>Endurance</u>	<u>Endurance</u>	<u>Endurance</u>
	<u>Endurance</u>	Endurance rides should be your longer rides of	Endurance rides should be your longer rides of	Endurance rides should be your longer rides of
	Endurance rides should be your longer rides of	the week.	the week.	the week.
Saturday	the week.			
Saturday		Aim for 60% of event distance (18km) or 1hr	Aim for 70% of event distance (21km) or 1hr	Aim for 60% of event distance (18km) or 1hr
	Aim for 50% of event distance (15km) or 1hr	15min (whichever is greater). Your effort	30min (whichever is greater). Your effort	15min (whichever is greater). Your effort
	(whichever is greater). Your effort should be	should be such that you can hold a	should be such that you can hold a	should be such that you can hold a
	such that you can hold a conversation easily.	conversation relatively easily.	conversation relatively easily.	conversation relatively easily.
	Saturday ride if it was missed.	Saturday ride if it was missed.	Saturday ride if it was missed.	Saturday ride if it was missed.
	Otherwise, 1hr ride concentrating on a higher	Otherwise, <u>1hr</u> ride concentrating on a higher	Otherwise, <u>1hr</u> ride concentrating on a higher	Otherwise, <u>1hr</u> ride concentrating on a higher
	than normal cadence.	than normal cadence.	than normal cadence.	than normal cadence.
	If unable to ride, go for a 30min brisk walk to	If unable to ride, go for a 30min brisk walk to	If unable to ride, go for a 30min brisk walk to	If unable to ride, go for a 30min brisk walk to
	flush out any lactic acid in the legs.	flush out any lactic acid in the legs.	flush out any lactic acid in the legs.	flush out any lactic acid in the legs.

	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 from 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.
	1hr ride	1hr 15min ride	Rest & Recovery day	Prepare
Monday	Easy/Moderate ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation.		Ideally, get a massage or at least perform self massage of your leg muscles, especially your quads.	
				If possible, get a massage or perform self- massage on your legs.
	1hr 15min ride	1hr 30min ride	1hr 30min ride	45min ride
	Moderate ride on the road or on a stationary		Moderate ride on the road or on a stationary	Easy ride on the road or on a stationary bike.
	bike.	bike.	bike.	Your effort should be such that you can hold a
Tuesday				conversation easily.
	During the ride, perform 5x 1min harder		During the ride, perform 5x 90s harder efforts	
	efforts (at feel) with 3min easy pedalling	(at feel) with 3min easy pedalling between	(at feel) with 3min easy pedalling between	
	between sets.	sets.	sets.	
	1hr 30min ride	1hr 15min ride	1hr 15min ride	1hr 15min ride
	Easy ride on the road or on a stationary bike.		Easy ride on the road or on a stationary bike.	Easy ride on the road or on a stationary bike.
	Your effort should be such that you can hold a	Your effort should be such that you can hold a	Your effort should be such that you can hold a	Your effort should be such that you can hold a
Wednesday	conversation.	conversation easily.	conversation easily.	conversation easily.
vvcuncsuay				
	This ride is an active recovery ride with the	This ride is an active recovery ride with the	This ride is an active recovery ride with the	
	idea of keeping the legs moving for the next	idea of keeping the legs moving for the next	idea of keeping the legs moving for the next	
	days harder session.	day's harder session.	day's harder session.	
	1hr 15min ride	1hr 30min ride	1hr 30min ride	Rest
	Harder ride on the road or on a stationary	Harder ride on the road or on a stationary	Harder ride on the road or on a stationary	Try and do some stretching on your rest day.
	bike.	bike.	bike.	15min to stretch out your legs, shoulders and
Thursday	During the side perform Fy 00e hander offerte	During the ride newform Ex 3min bands	During the ride perform Ex 2min bands	back.
Thursday	During the ride, perform 5x 90s harder efforts (at feel) with 3min easy pedalling between	efforts (at feel) with 3min easy pedalling	During the ride, perform 5x 2min harder efforts (at feel) with 3min easy pedalling	
	sets.	between sets.	between sets.	
	3613.	between sets.	Detween sets.	

	Week 5	Week 6	Week 7	Week 8
	Rest	Rest	Rest	Rest
Friday	Try and do some stretching on your rest day.	Try and do some stretching on your rest day.	Try and do some stretching on your rest day.	
Tituay	15min to stretch out your legs, shoulders and	15min to stretch out your legs, shoulders and	15min to stretch out your legs, shoulders and	
	back.	back.	back.	
	<u>Endurance</u>	<u>Endurance</u>	<u>Endurance</u>	<u>Endurance</u>
	Endurance rides should be your longer rides of	Endurance rides should be your longer rides of	Endurance rides should be your longer rides of	Endurance rides should be your longer rides of
	the week.	the week.	the week.	the week.
Saturday				
Saturday	Aim for 85% of event distance (26km) or 1hr	Aim for 100% of event distance (30km) or 2hr	Aim for 115% of event distance (35km) or 2hr	Aim for 60% of event distance (18km) or 1hr
	45min (whichever is greater). Your effort	(whichever is greater). Your effort should be	15min (whichever is greater). Your effort	15min (whichever is greater). Your effort
	should be such that you can hold a	such that you can hold a conversation	should be such that you can hold a	should be such that you can hold a
	conversation relatively easily.	relatively easily.	conversation relatively easily.	conversation relatively easily.
	Saturday ride if it was missed.			
	Otherwise, <u>1hr</u> ride concentrating on a higher			
Sunday	than normal cadence.	than normal cadence.	than normal cadence.	than normal cadence.
	If unable to ride, go for a 30min brisk walk to	If unable to ride, go for a 30min brisk walk to	If unable to ride, go for a 30min brisk walk to	If unable to ride, go for a 30min brisk walk to
	flush out any lactic acid in the legs.	flush out any lactic acid in the legs.	flush out any lactic acid in the legs.	flush out any lactic acid in the legs.

	Week 9	Week 10
	Moderate	Bobbo week
	Week 9 will be used to ease back into longer	You will do 1 harder effort prior to easing into
	sessions toward the end of the week.	the Bobbo
		You prepared for this, You trained for this, YOU GOT THIS!!
Monday	massage of your leg muscles, especially your quads.	1hr 30min ride Moderate ride on the road or on a stationary bike. During the ride, perform 5x 2min harder efforts (at feel) with 3min easy pedalling between sets.
Tuesday	 1hr 15min ride Easy to moderate ride on the road or on a stationary bike. During the ride, perform 5x 30s harder efforts (at feel) with 3min easy pedalling between sets. 	Rest Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.
Wednesday	45min 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 day's harder session.	• •
Thursday	1hr 15min ride Easy to moderate ride on the road or on a stationary bike. During the ride, perform 5x 1min harder efforts (at feel) with 3min easy pedalling between sets.	Rest. Recovery & Prepare day Ideally, get a massage or at least perform self- massage of your leg muscles, especially your quads. Clean & check over your bike and kit, making sure everything is ready for the event. Remember, a clean bike is a fast bike.

	Week 9	Week 10
	Rest	45min ride
Friday	Try and do some stretching on your rest day.	Easy ride on the road or on a stationary bike.
Filliay	15min to stretch out your legs, shoulders and	Your effort should be such that you can hold a
	back.	conversation easily.
	<u>Endurance</u>	45min ride
	Endurance rides should be your longer rides of	Easy ride on the road or on a stationary bike.
	the week.	Your effort should be such that you can hold a
Catamatan		conversation easily.
Saturday	Aim for 115% of event distance (35km) or 2hr	
	15min (whichever is greater). Your effort	
	should be such that you can hold a	
	conversation relatively easily.	
	Saturday ride if it was missed.	
	Otherwise, <u>1hr</u> ride concentrating on a higher	GOAL EVENT
Sunday	than normal cadence.	
		YOU CAN DO THIS!!
	If unable to ride, go for a 30min brisk walk to	
	flush out any lactic acid in the legs.	