

**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.**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
	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.
<b>Monday</b>	<b><u>Prepare</u></b> Check your bike and kit over, making sure everything is ready for you to begin riding tomorrow.	<b><u>Rest &amp; Recovery day</u></b> Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	<b><u>Rest &amp; Recovery day</u></b> Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	<b><u>Prepare</u></b> 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.
<b>Tuesday</b>	<b><u>1hr ride</u></b> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.	<b><u>1hr 30min ride</u></b> Moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>5x 60s</u></b> harder efforts (at feel) with <b>3min</b> easy pedalling inbetween sets.	<b><u>1hr 30min ride</u></b> Moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>5x 90s</u></b> harder efforts (at feel) with <b>3min</b> easy pedalling inbetween sets.	<b><u>1hr 15min ride</u></b> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.
<b>Wednesday</b>	<b><u>1hr ride</u></b> Easy/Moderate ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation relatively easy.	<b><u>1hr 15min ride</u></b> 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.	<b><u>1hr 15min ride</u></b> 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.	<b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.

<p><b>Thursday</b></p>	<p><b><u>1hr ride</u></b> 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><b><u>1hr 30min ride</u></b> Moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>5x 90s</u></b> harder efforts (at feel) with <b>3min</b> easy pedalling inbetween sets.</p>	<p><b><u>1hr 45min ride</u></b> Moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>5x 2min</u></b> harder efforts (at feel) with <b>3min</b> easy pedalling inbetween sets.</p>	<p><b><u>1hr 30min ride</u></b> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.</p>
<p><b>Friday</b></p>	<p><b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><b><u>Rest</u></b></p>
<p><b>Saturday</b></p>	<p><b><u>Endurance</u></b> 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><b><u>Endurance</u></b> 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><b><u>Endurance</u></b> 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><b><u>Endurance</u></b> 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><b>Sunday</b></p>	<p>Saturday ride if it was missed.  Otherwise, <b><u>1hr</u></b> 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, <b><u>1hr</u></b> 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, <b><u>1hr</u></b> 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, <b><u>1hr</u></b> 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>

	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
	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.
<b>Monday</b>	<b><u>1hr 15min ride</u></b> Easy/Moderate ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation.	<b><u>1hr 15min ride</u></b> Moderate ride on the road or on a stationary bike. Your effort should feel harder than usual with elevated heart rate numbers.	<b><u>Rest &amp; Recovery day</u></b> Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	<b><u>Prepare</u></b> 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.
<b>Tuesday</b>	<b><u>1hr 30min ride</u></b> Moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>5x 2min</u></b> harder efforts (at feel) with <b>3min</b> easy pedalling inbetween sets.	<b><u>1hr 30min ride</u></b> Moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>5x 2min</u></b> harder efforts (at feel) with <b>3min</b> easy pedalling inbetween sets.	<b><u>1hr 30min ride</u></b> Moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>3x 5min</u></b> harder efforts (at feel) with <b>5min</b> easy pedalling inbetween sets.	<b><u>1hr ride</u></b> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.
<b>Wednesday</b>	<b><u>1hr 15min ride</u></b> 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.	<b><u>1hr 15min ride</u></b> 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.	<b><u>1hr 15min ride</u></b> 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.	<b><u>1hr 30min ride</u></b> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.

<p><b>Thursday</b></p>	<p><b><u>1hr 45min ride</u></b> Harder ride on the road or on a stationary bike.</p> <p>During the ride, perform <b><u>2x 5min</u></b> harder efforts (at feel) with <b>5min</b> easy pedalling inbetween sets.</p>	<p><b><u>1hr 45min ride</u></b> Harder ride on the road or on a stationary bike.</p> <p>During the ride, perform <b><u>3x 5min</u></b> harder efforts (at feel) with <b>5min</b> easy pedalling inbetween sets.</p>	<p><b><u>2hr ride</u></b> Harder ride on the road or on a stationary bike.</p> <p>During the ride, perform <b><u>2x 10min</u></b> harder efforts (at feel) with <b>10min</b> easy pedalling inbetween sets.</p>	<p><b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>
<p><b>Friday</b></p>	<p><b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><b><u>Rest</u></b></p>
<p><b>Saturday</b></p>	<p><b><u>Endurance</u></b> 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><b><u>Endurance</u></b> 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><b><u>Endurance</u></b> 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><b><u>Endurance</u></b> 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><b>Sunday</b></p>	<p>Saturday ride if it was missed.</p> <p>Otherwise, <b><u>1hr</u></b> 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, <b><u>1hr</u></b> 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, <b><u>1hr</u></b> 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, <b><u>1hr</u></b> 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>

	<b>Week 9</b>	<b>Week 10</b>
	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!!
<b>Monday</b>	<b><u>Rest &amp; Recovery day</u></b> Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.	<b><u>1hr 30min ride</u></b> Moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>5x 2min</u></b> harder efforts (at feel) with <b><u>3min</u></b> easy pedalling inbetween sets.
<b>Tuesday</b>	<b><u>1hr 30min ride</u></b> Easy to moderate ride on the road or on a stationary bike.  During the ride, perform <b><u>5x 60s</u></b> harder efforts (at feel) with <b><u>3min</u></b> easy pedalling inbetween sets.	<b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.
<b>Wednesday</b>	<b><u>1hr ride</u></b> 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.	<b><u>1hr 15min ride</u></b> Easy/Moderate ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation.

<p><b>Thursday</b></p>	<p><b><u>1hr 30min ride</u></b> Easy to moderate ride on the road or on a stationary bike.</p> <p>During the ride, perform <b><u>2x 5min</u></b> harder efforts (at feel) with <b>5min</b> easy pedalling inbetween sets.</p>	<p><b><u>Rest, Recovery &amp; Prepare day</u></b> Ideally, get a massage or at least perform self-massage of your leg muscles, especially your quads.</p> <p>Clean &amp; 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><b>Friday</b></p>	<p><b><u>Rest</u></b> Try and do some stretching on your rest day. 15min to stretch out your legs, shoulders and back.</p>	<p><b><u>1hr ride</u></b> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.</p>
<p><b>Saturday</b></p>	<p><b><u>Endurance</u></b> 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><b><u>45min ride</u></b> Easy ride on the road or on a stationary bike. Your effort should be such that you can hold a conversation easily.</p>
<p><b>Sunday</b></p>	<p>Saturday ride if it was missed.</p> <p>Otherwise, <b><u>1hr</u></b> 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><b><u>GOAL EVENT</u></b></p> <p><b><u>YOU CAN DO THIS!!</u></b></p>