

BRISSIE TO THE BAY - 6 WEEK TRAINING PROGRAM



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 4.5 hours riding	Skills Focus	Be ready	S1, S2, S3	S6	S1, S2, S3	Off Massage	Endurance + S6	S1, S2, S3
	Riding Time	Off	30 minutes	30 minutes	30 Minutes	Off	2 hours	1 hour
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
WEEK 2 6 hours riding	Skills Focus		S1, S2, S3	S6	S1, S2, S3		Endurance + S6	S1, S2, S3
	Riding Time	Off	30 minutes	30 minutes	1 hour	Off	2.5 hours	1.5 hours
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
WEEK 3 7 hours riding	Skills Focus		S4, S5	S6	S4, S5		Endurance + S6, S9, S10	S7
	Riding Time	Off	30 minutes	1 hour	30 Minutes	Off	3 hours	2 hours
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
WEEK 4 9 hours riding	Skills Focus		S4, S5	Endurance + S6, S7, S8	S4, S5		Endurance + S6, S9, S10	S7
	Riding Time	Off	1 hour	1.5 hours	30 Minutes	Off	4 hours	2 hours
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
WEEK 5 8 hours riding	Skills Focus		S7, S8	Recovery	S7, S8		REHEARSAL Endurance + S6, S8, S9, S10	Relax and Enjoy Recovery Ride
	Riding Time	Off	30 minutes	30 minutes	30 minutes	Off	4.5 hours	2 hours
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
WEEK 6 3 hours riding + Brissie to the Bay	Skills Focus		S1, S2, S3	S4, S5, S7	S8, S9, S10	Bike, Nutrition and Clothing READY for Sunday	Rest	
	Riding Time	Off	1 hour	1 hour	1 hour	Off	Off or very easy 30 min spin	
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Switch off	

SKILLS FOCUS LEGEND:

S1 Starting off

S2 Stopping and Obstacles

S3 Pedalling ITS

S4 Hand Positions

S5 Balance and Cornering

S6 Pacing

S7 Out of the Seat

S8 Climbing

S9 Following

S10 Passing

Endurance

Target Heart Rate = 75% MHR



Queensland