



	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 1	Rest or active rest 30 mins	Aerobic ride 20 mins	Cross training 30 mins	Aerobic ride 20 mins	Rest	Cross training 30 mins	Endurance ride 30 mins
WEEK 2	Rest or active rest 30 mins	Aerobic ride 20 mins	Cross training 30 mins	Aerobic ride 20 mins	Rest	Aerobic ride 30 mins	Endurance ride 45 mins
WEEK 3	Rest or active rest 30 mins	Aerobic ride 30 mins	Cross training 30 mins	Aerobic ride 30 mins	Rest	Cross training 30 mins	Endurance ride 45 mins
WEEK 4	Rest or active rest 30 mins	Aerobic ride 30 mins	Cross training 30 mins	Aerobic ride 40 mins	Rest	Aerobic ride 30 mins	Endurance ride 60 mins
WEEK 5	Rest or active rest 30 mins	Tempo or threshold ride 30 mins	Cross training 30 mins	Aerobic ride 30 mins	Rest	Cross training 30 mins	Endurance ride 60 mins
WEEK 6	Rest or active rest 30 mins	Aerobic Ride 45 mins	Cross training 30 mins	Tempo or threshold ride 30 min	Rest	Aerobic ride 30 mins	Endurance ride 1.5 hr
WEEK 7	Rest or active rest 30 mins	Tempo or threshold ride 40 mins	Cross training 30 mins	Aerobic Ride 60 mins	Rest <b>GET YOUR BIKE SERVICED</b>	Cross training 30 mins	Endurance ride 1.5 hr
WEEK 8	Rest or active rest 30 mins	Aerobic Ride 60 mins	Cross training 30 mins	Aerobic ride 40 mins	Rest	Rest	<b>EVENT DAY</b>

## TRAINING TYPES

### AEROBIC RIDE

Zone 2 (60 - 70% HR max or 3-4/10 effort)  
Should be able to have a conversation

### HIIT

Interval training at zone 4 or 5 (80 – 100% HR max)  
with controlled recovery time

### RECOVERY RIDE

Zone 1 to 2 (50 -65% HR max), should be the easiest ride and  
should leave you feeling better than when you started

### TEMPO/THRESHOLD RIDE

High zone 3 to low zone 4 (75-85% HR max)  
should be hard to speak more than a few words

### ENDURANCE RIDE

Zone 2 to 3 (60-75% HR max) for long distance and time

### CROSS TRAINING

Yoga, running, gym session, swimming, etc.

### ACTIVE REST

A very easy exercise a walk or swim at zone 1 (50-60%),  
maybe take this as a chance to plan out the rest of your week

## PREPARATION TIPS

- Make sure you have a bike and a helmet and have signed up for the event!
- Ride with friends to keep each other accountable and have more fun
- Try to decide what you are going to wear on event day as early as possible and train in it as much as possible
- Get your bike serviced 1 to 2 weeks out from the event to make sure its in top shape
- Listen to your body, if you don't feel up to training one day or something else comes up, just move on. Don't try to fit in extra
- Learn about the ABCD bike check and do one on your bike ready for the weekend.
- Time to go for a ride! Practise balance and stopping.

## ABCD BIKE CHECK

Before each ride, or at the end of each week, give your bike a quick scan with the ABCD check

### A IS FOR AIR

Keep your tyres pumped up to the pressure recommended on the sidewall to roll smoothly and avoid punctures

### B IS FOR BRAKES

Check the pads hit the rim properly and aren't worn away; check the levers don't contact the handgrips

### C IS FOR CHAIN

Turn the pedals backwards watching that every link in the chain moves smoothly; check the chain isn't dry or rusty – clean and lubricate it (with lube from a bike shop) if necessary

### D IS A DROP TEST

Lift the bike 5cm off the ground and drop it, listening for rattles. Tighten any loose parts