



	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 1	Rest or active rest 30 mins	Aerobic ride 45 mins	Cross training	HIIT 5 x 4 mins on 7 mins off	Recovery ride 60 mins	Tempo or threshold ride 60 mins	Endurance ride 2.5 hr
WEEK 2	Rest or active rest 30 mins	Tempo or threshold ride 60 mins	Cross training	Tempo or threshold ride 60 mins	Recovery ride 45 mins	Endurance ride 1.5hr	Endurance ride (hilly loop) 2.5 hr
WEEK 3	Rest or active rest 30 mins	Aerobic ride 45 mins	Cross training	HIIT 5 x 5 mins on 7 mins off	Recovery ride 45 mins	Endurance ride 2 hr	Endurance ride 3 hr
WEEK 4	Rest or active rest 30 mins	HIIT 5 x 7mins on 7 mins off	Cross training	Aerobic ride 60 mins	Recovery ride 60 mins	Tempo or threshold ride (hilly loop) 75 mins	Endurance ride 3 hr
WEEK 5	Rest or active rest 30 mins	Tempo or threshold ride 60 mins	Cross training	HITT 8 x 8 mins on 6 mins off	Recovery ride 60 mins	Endurance ride (hilly loop) 2 hr	Endurance ride 3 hr
WEEK 6	Rest or active rest 30 mins	HIIT 8 x 8mins on 4 mins off	Cross training	Tempo or threshold ride 60 mins	Recovery ride 60 mins	Aerobic ride 75 mins	Endurance ride (hilly loop) 3.5 hr
WEEK 7	Rest or active rest 30 mins	Tempo or threshold ride 60 mins	Cross training GET YOUR BIKE SERVICED	HIIT 10 x 6 mins on 4 mins off	Recovery ride 60 mins	Endurance ride 2 hr	Endurance ride 3.5 hr
WEEK 8	Rest or active rest 30 mins	Recovery ride 45 mins	Aerobic ride or cross training 60 mins	Rest	Aerobic Ride 45 mins	Rest or active rest 30 mins	EVENT DAY

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