

| | MON | TUES | WED | THU | FRI | SAT | SUN |
|--------|--------------------------------|---------------------------------------|----------------|---------------------------------------|---------------------------------------|--|---------------------------|
| WEEK 1 | Rest or active rest 30 mins | Aerobic ride 45 mins | Cross training | Aerobic ride 45 mins | Rest or recovery ride | Aerobic ride or cross Training 60 mins | Endurance ride 60 mins |
| WEEK 2 | Rest or active rest 30 mins | Tempo or threshold ride 30 mins | Cross training | Aerobic ride 45 mins | Rest or recovery ride | Cross training 45 mins | Endurance ride 60 mins |
| WEEK 3 | Rest or active rest 30 mins | Aerobic ride 60 mins | Cross training | HIIT 5 x 5 mins on 7 mins off | Rest or recovery ride | Tempo or threshold ride 45 mins | Endurance ride 1.5 hr |
| WEEK 4 | Rest or active rest 30 mins | HIIT 5 x 5 mins on 7 mins off | Cross training | Tempo or threshold ride 45 mins | Rest or recovery ride | Aerobic ride 45 mins | Endurance ride 2 hr |
| WEEK 5 | Rest or active rest 30 mins | HITT 4 x 6 mins on 7 mins off | Cross training | Tempo or threshold ride 60 mins | Rest or recovery ride | Aerobic ride 45 mins | Endurance ride 2.25 hr |
| WEEK 6 | Rest or active rest 30 mins | Aerobic Ride 45 mins | Cross training | HIIT 4 x 8 mins on 8 mins off | Rest or recovery ride | Rest | Endurance ride 2.5 hr |
| WEEK 7 | Rest or active rest 30 mins | HIIT 4 x 8 mins on 8 mins off | Cross training | Aerobic Ride 60 mins | Rest GET YOUR BIKE SERVICED | Tempo or threshold ride 45 mins | Endurance ride 1.5 hr |
| WEEK 8 | Rest or active rest 30 mins | Aerobic Ride 45 mins | Cross training | Rest or active rest 30 mins | Aerobic Ride 30 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