



3 MAY 2019  
Sydney Motorsport Park

TRAINING PROGRAM  
10 Weeks  
Beginner & Intermediate





**Welcome to your training program for the 12 hour Endure for a Cure event at Sydney Motorsport Park. This event is challenging but so rewarding. We can promise you it will be worth the effort in training and on the day.**

The program is split into 'Beginner' – finish the event and have fun doing it, and 'Intermediate' – for those that want to give it a good nudge and clock up some kms!

The event takes place at Sydney Motorsport Park, Eastern Creek and will utilise the 4km Gardner GP Circuit. Riding on the smoothest road ever, the track surface is a hot mix bitumen, 15m wide on the main straight narrowing to 12m as it flows through the landscaped hills.

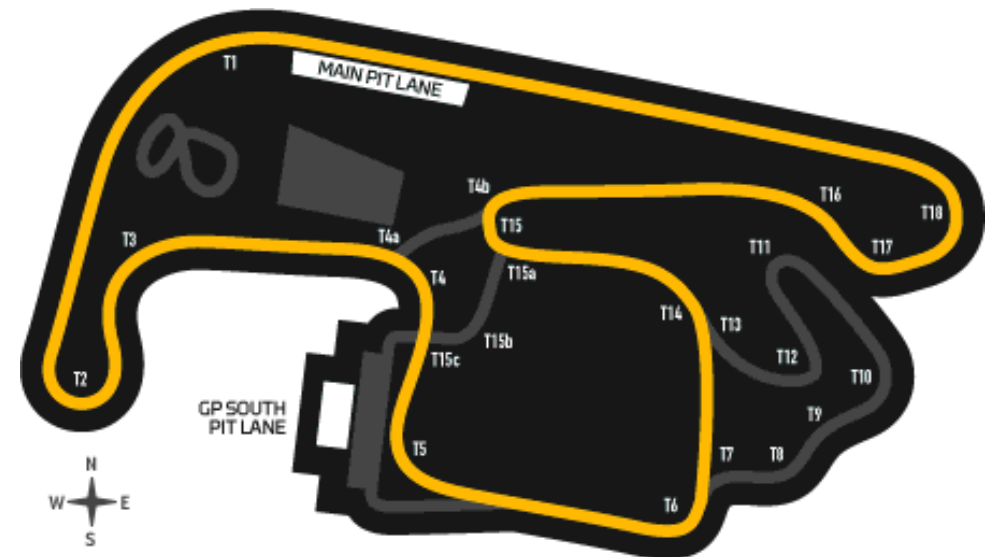
A favourite amongst riders and drivers alike, this circuit offers a variety of challenging bends, curves and turns with a few little hills to challenge you. And let's not forget that awesome straight!

Feel the wind in your hair as you fly down that straight, past pit lane into the first bend.

Preparation for the event is key, you need to get used to spending time in the saddle, how you will refuel, and build up strength and stamina to last the 12 hours.

The training programs in this document are here to guide you in the right direction. Each plan builds weekly and caters for a beginner new to these types of events, and someone how is looking to give it a little nudge and clock up some big distances!

**We look forward to seeing you on the day, race ready and raring to give it your all!**





## **YOUR TRAINING PLAN**

The sessions in this program are geared to build weekly, increasing mileage steadily, while building your strength and endurance. Your body will need to get used to spending 12 hours in the saddle. The circuit has a few hills which are a good opportunity to get out of the saddle and change position. Weekday sessions are best completed on a trainer or indoor bike for consistency and maximum gains but they are also easily achievable outside if you have the right terrain. Weekend sessions should be completed on the road. Riding with other cyclist will be a big part of the event as you help each other out around the circuit, so ensure you are aware of bunch ride etiquette and safety, and practice this in training. If you are taking on this challenge with friends, then make sure you plan training rides together so you get to know each others strengths.

To easily help you, here is a quick guide to some of the terminology you will see in your plan:

### **CADENCE/RPM (Revolutions per minute) :**

Hill work should form an essential part of any training plan so you need to learn to love the hills. Hill work translates well to power on the flats, increasing your strength and endurance. To enable you to maximise the strength gains from your hill sessions, all your specific hill work should be completed at 60-65rpm, seated. Focus on relaxed hands and upper body, working from a strong core and driving forwards into the hill with your glutes rather than your quads. If you don't have a cadence sensor then just count the revolutions of one leg for 15secs, it should be 15. Longer rides should be focused on a higher cadence 80-90rpm so you don't load up your legs over the duration of your ride, this will also help with your recovery.

### **STRENGTH/FLEXIBILITY:**

These should form an important part of your training. Stretch after each session, focus on your tightest muscles, and dedicate 20mins in your rest and cross train days to stretching key muscles. Working on strength enables you to increase power, reduce the risk of injury and become an all-round more balanced rider. If you are working with a trainer, attending classes or taking yourself to the gym the main thing to focus on is single leg work that simulates muscle recruitment during cycling. Look to strength your glutes, quads, calves but don't leave out your upper body as this also plays an important part in riding. Neck, and upper back are important. Your lower back may need strength but you will gain more benefits from focussing on key core stability work and increasing your flexibility in your lower back muscles.

### **NUTRITION GUIDE:**

As a very simple guide, you want to be consuming your body weight in kgs, in grams of carbs PER HOUR on the bike. So if you weight 70kg, you need to be eating 70gms per hour. This can come in the form of bars, sports drink, bananas, gels, dates, baby food! Try it all out BEFORE the event and make sure your tummy is happy with what you are feeding it. Try to either eat or drink something every 10mins, it often works well to alternate. Water should be in one of your bottles on the bike. Drink WATER ONLY with food, sports drinks should be taken alone. If you feel sick, don't sweat it, skip a feed and switch to water until it all settles down.



## OTHER HINTS AND TIPS :

1. Train in the kit you will ride in.
2. Practice loading up your jersey pockets with everything you plan to eat between pitt stops, so you know it fits and when you will need to stop to refill.
3. Practice changing a flat tyre if you aren't confident.
4. Ensure you are running the right tyre pressure for the event.
5. Stretch each day post ride. This is important for your recovery
6. Ensure you eat as soon as possible after your rides. This will speed up your recovery and allow you to replenish much needed energy.
7. Study the route and the course, simulating this in training where possible with the same elevation and distance
8. Massage ☺Book them often to help your muscles stay supple, injury free and ready to ride.

## TRAINING TO HEART RATE AND EFFORT LEVELS :

Training to effort level allows you to get maximum gains from your training. We find many riders work to low in key sessions, and train to high on their longer distance rides, desperate to get the miles in! Programmed recovery or easy spin sessions should be completed at a steady state heart rate.

You can keep it simple with easy, medium and hard as your guides. If you are an athlete that works to power or heart rate then as a guide we have added in your zones to the above so you can work correctly.

**EASY (Zone 1/Zone 2)** = a pace you can easily talk at (recovery, warm up, long rides, and cool down).

**MEDIUM (Zone 3/Low Zone 4)** = talking becomes a little breathless, you are applying yourself in these sessions (hill and endurance work).

**HARD (High Zone 4/Zone 5)** = efforts are more of a yes no answer level (intervals, hills).

**VERY HARD (Zone 6)** = small efforts of 30secs not able to answer! (sprints, all out efforts)

## SESSION TYPES & TERMINOLOGY

**STRENGTH** = these sessions are geared towards getting your legs stronger for the hills but also translate to more power on flat roads

**ENDURANCE** = interval sessions set at a higher effort level to increase your overall aerobic fitness

**TEMPO** = designed to make you work at a harder consistent effort for a long time these will increase your aerobic fitness

**POWER** = these sessions get your legs stronger by working at a lower cadence on flatter sections of road

**BUILD RIDE** = put the day before or after your long ride, these sessions get you used to riding on tired legs as you will in the event

**LONG RIDE** = your meat and veg! aimed at getting you used to riding longer days and building endurance

**SPIN OUT** = an easy recovery ride day, these are done for the love of riding!

**CROSS TRAIN** = anything but a bike day. Enjoy a swim, run (if you have the legs!), gym or core strength session. Pilates is perfect!

**REST** = complete rest if you need it or enjoy an unloaded session like a swim or yoga class. Add in extra stretches today.



## BEGINNER PROGRAM

WK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>25 FEBRUARY – 3 MARCH</b>	<b>REST DAY</b>	<b>INTERVAL 1:00:00</b>	<b>CROSS TRAIN</b>	<b>REST DAY</b>	<b>POWER 1:10:00</b>	<b>LONG RIDE 3:00:00</b>	<b>BUILD RIDE 2:30:00</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>INTERVAL SET:</b> 4 x 5mins @ 90rpm HARD, 2mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>POWER SET:</b> 5 x 6min @70rpm big gear MED effort. Rest 5mins EASY  <b>COOL DOWN</b> 5mins EASY 90rpm	Ride at good tempo and pace for the duration.	Ride a hilly route.  Ride all hills at 60rpm MED.  Rest of ride 90rpm. EASY
WK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>4 - 10 MARCH</b>	<b>REST DAY</b>	<b>STRENGTH 1:00:00</b>	<b>CROSS TRAIN</b>	<b>REST DAY</b>	<b>ENDURANCE 1:10:00</b>	<b>LONG RIDE 3:30:00</b>	<b>BUILD RIDE 3:00:00</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>STRENGTH SET:</b> 4 x 6min hill repeats @60rpm MED  4mins rest (or back down hill)  <b>COOL DOWN</b> 10mins EASY 90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>ENDURANCE SET:</b> 4 x 8mins as 6min MED, 2min HARD.  Rest 4mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Include in ride:  4 x 4min hill climb @ 60rpm MED	Ride a hilly route.  Cadence 90rpm. EASY/MED Pace



WK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11 – 17 MARCH REST WEEK</b>	<b>REST DAY</b>	<b>SPIN OUT 1:00:00</b>	<b>REST DAY</b>	<b>CROSS TRAIN</b>	<b>REST DAY</b>	<b>LONG RIDE 3:00:00</b>	<b>BUILD RIDE 2:00:00</b>
	Swim, yoga, stretch only today.	Easy cruise to ease out the legs.  Cadence 90rpm	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	Easy spin out over hills & undulations.	Rest week ride. Enjoy a coffee stop if you like ☺
WK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>18 – 24 MARCH</b>	<b>REST DAY</b>	<b>TEMPO 1:10:00</b>	<b>SPIN OUT 1:00:00</b>	<b>CROSS TRAIN</b>	<b>POWER 1:10:00</b>	<b>LONG RIDE 4:00:00</b>	<b>BUILD RIDE 3:00:00</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 90rpm  <b>STRENGTH SET:</b> 50mins at MED pace 80-90rpm  <b>COOL DOWN</b> 10mins E1 90rpm	Easy cruise to ease out the legs.  Building distance again this week.  Cadence 90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>POWER SET:</b> 5 x 6min @70rpm big gear effort MED. 3mins rest,  <b>COOL DOWN</b> 10mins EASY 90rpm	Include in the ride: 10mins EASY 90rpm 20mins MED 90rpm 10min HARD +90rpm	Ride a hilly route.  Ride all hills at 60rpm MED pace.  Rest of ride 90rpm. EASY.





WK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 – 31 MARCH	REST DAY	<b>GEARING</b> 1:00:00	<b>SPIN OUT</b> 1:00:00	<b>CROSS TRAIN</b>	<b>ENDURANCE</b> 1:10:00	<b>LONG RIDE</b> 5:00:00	<b>BUILD RIDE</b> 3:00:00
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 90rpm  <b>MAIN SET</b> 3 x 10min with 3min spin recovery as: 4mins EASY 70rpm 4mins MED 80rpm 2mins HARD 90rpm  <b>COOL DOWN</b> 10mins E1 90rpm	Easy cruise to spin out the legs.  Cadence 90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>ENDURANCE SET:</b> 4 x 10mins as 8min MED, 2min HARD.  Rest 3mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Include in ride:  40mins MED/HARD cadence 80- 90rpm	Ride a hilly route.  Ride all hills at 60rpm MED.  Rest of ride 90rpm. EASY
WK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 – 7 APRIL	REST DAY	<b>ENDURANCE</b> 1:00:00	<b>SPIN OUT</b> 1:00:00	<b>CROSS TRAIN</b>	<b>STRENGTH</b> 1:00:00	<b>LONG RIDE</b> 5:30:00	<b>BUILD RIDE</b> 3:00:00
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>MAIN SET</b> 4 x 10mins as: 2:30mins EASY 2:30mins MED 2:30mins HARD 2:30mins V HARD 3mins rest between  <b>COOL DOWN</b> 10mins EASY 90rpm	Easy cruise to ease out the legs.  Cadence 80-90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>STRENGTH SET:</b> 5 x 6min hill repeats @60rpm MED last 30secs HARD  4mins rest (or back down hill)  <b>COOL DOWN</b> 10mins EASY 90rpm	Ride at good tempo and pace for the duration.  Practice ride nutrition. Wear kit you plan to ride in.	Ride a hilly route.  Ride all hills at optimum cadence  Focus on 90rpm avg.  Practice ride nutrition. Wear kit you plan to ride in.



WK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8 – 14 APRIL REST WEEK</b>	<b>REST DAY</b>	<b>SPIN OUT 1:00:00</b>	<b>CROSS TRAIN</b>	<b>TEMPO 1:00:00</b>	<b>REST DAY</b>	<b>LONG RIDE 4:00:00</b>	<b>BUILD RIDE 2:30:00</b>
	Swim, yoga, stretch only today.  BOOK A MASSAGE THIS WEEK	Easy cruise to ease out the legs.  Cadence 80-90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1 90rpm  <b>ENDURANCE SET:</b> 30mins high E2B 10mins E2A  <b>COOL DOWN</b> 10mins E1 90rpm	Swim, yoga, stretch only today.	Easy spin out over hills & undulations.  Cadence 80- 90rpm	Rest week ride.  Cadence 80-90rpm.  Enjoy a coffee stop if you like ☺
WK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>15 – 21 APRIL</b>	<b>REST DAY</b>	<b>INTERVALS 1:00:00</b>	<b>SPIN OUT 1:10:00</b>	<b>CROSS TRAIN</b>	<b>ENDURANCE 1:30:00</b>	<b>LONG RIDE 6:00:00</b>	<b>BUILD RIDE 3:00:00</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>MAIN SET</b> 4 x 6mins HARD 3min EASY recovery  <b>COOL DOWN</b>  10mins EASY 80rpm	Easy cruise to ease out the legs.  Increasing distance if you can get out for a little more then great!  Cadence 80-90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>MAIN SET</b> 3 x 20mins 90rpm as  15mins MEDIUM  5mins HARD  5mins rest  <b>COOL DOWN</b> 10mins EASY 80rpm	Include in ride:  4 x 5min hill climb @ 60rpm MED push last 30secs in same gear to +70rpm HARD	Ride a hilly route.  Ride all hills at optimum cadence  Focus on 80-90rpm  Practice ride nutrition. Wear kit you plan to ride in.





WK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>22 – 28 APRIL</b>	<b>REST DAY</b>	<b>GEARING 1:10:00</b>	<b>SPIN OUT 1:20:00</b>	<b>CROSS TRAIN</b>	<b>POWER 1:30:00</b>	<b>LONG RIDE 6:00:00</b>	<b>BUILD RIDE 3:00:00</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 15mins EASY 90rpm  <b>MAIN SET</b> 3 x 10mins w. 5min recovery as:  3mins MED 80rpm 2mins HARD 90rpm 3mins MED 80rpm 2mins HARD 90rpm  <b>COOL DOWN</b> 10mins EASY	Easy cruise to ease out the legs.  Holding distance if you can get out for 90mins then great!!  Cadence 80-90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>POWER SET:</b> 8 x 7min @70rpm big gear effort MED. 3mins rest,  <b>COOL DOWN</b> 10mins EASY 90rpm	Include in the ride:  10mins EASY 90rpm  40mins MED 90rpm  5min HARD +90rpm	Ride a hilly route.  Ride all hills at optimum cadence  80- 90rpm.  Practice ride nutrition. Wear kit you plan to ride in.
WK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>29 APRIL – 5 MAY TAPER WEEK</b>	<b>REST DAY</b>	<b>INTERVALS 1:00:00</b>	<b>SPIN OUT 1:30:00</b>	<b>REST DAY</b>	<b>EVENT DAY</b>	<b>REST DAY</b>	<b>RECOVERY</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>INTERVAL SET:</b> 6 x 4mins @ 90rpm HARD, 2mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Easy cruise to ease out the legs.  Cadence 80-90rpm	Swim, yoga, stretch only today.	This is what it's all been leading up to. Ride strong, stay hydrated, stick to your nutrition plan.  Most of all smile, enjoy and know you are doing something amazing.	Enjoy a day of rest.	Add into your day a 40-60min ride to ease out your legs.  Gentle mobilisation is the best way to recover.



INTERMEDIATE PROGRAM							
WK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 FEBRUARY – 3 MARCH	REST DAY	INTERVAL 1:00:00	SPIN OUT 1:10:00	CROSS TRAIN	POWER 1:20:00	LONG RIDE 4:00:00	BUILD RIDE 3:00:00
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>INTERVAL SET:</b> 4 x 5mins @ 90rpm HARD, 2mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Easy cruise to spin out the legs.  Cadence 90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>POWER SET:</b> 5 x 8min @70rpm big gear MED effort. Rest 4mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Ride at good tempo and pace for the duration.	Ride a hilly route.  Ride all hills at 60rpm MED.  Rest of ride 90rpm. EASY
WK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 - 10 MARCH	REST DAY	STRENGTH 1:00:00	SPIN OUT 1:10:00	CROSS TRAIN	ENDURANCE 1:20:00	LONG RIDE 4:30:00	BUILD RIDE 3:30:00
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>STRENGTH SET:</b> 5 x 6min hill repeats @60rpm MED  3mins rest (or back down hill)  <b>COOL DOWN</b> 10mins EASY 90rpm	Easy cruise to ease out the legs.  Cadence 90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>ENDURANCE SET:</b> 5 x 8mins as 6min MED, 2min HARD.  Rest 3mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Include in ride:  4 x 5min hill climb @ 60rpm MED push last 30secs in same gear to +70rpm HARD	Ride a hilly route.  Cadence 90rpm. EASY/MED Pace



WK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11 – 17 MARCH REST WEEK</b>	<b>REST DAY</b>	<b>SPIN OUT 1:00:00</b>	<b>REST DAY</b>	<b>GEARING 1:00:00</b>	<b>REST DAY</b>	<b>LONG RIDE 4:00:00</b>	<b>BUILD RIDE 3:00:00</b>
	Swim, yoga, stretch only today.	Easy cruise to ease out the legs.  Cadence 90rpm	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>MAIN SET:</b> Cadence 90rpm. 10mins EASY 20mins MED 10min MED/HARD  <b>COOL DOWN</b> 10mins EASY 90rpm	Swim, yoga, stretch only today.	Easy spin out over hills & undulations.	Rest week ride. Enjoy a coffee stop if you like ☺
WK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>18 – 24 MARCH</b>	<b>REST DAY</b>	<b>TEMPO 1:10:00</b>	<b>SPIN OUT 1:30:00</b>	<b>CROSS TRAIN</b>	<b>POWER 1:20:00</b>	<b>LONG RIDE 5:00:00</b>	<b>BUILD RIDE 4:00:00</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 90rpm  <b>STRENGTH SET:</b> 50mins at MED pace 80-90rpm  <b>COOL DOWN</b> 10mins E1 90rpm	Easy cruise to ease out the legs.  Building distance again this week.  Cadence 90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>POWER SET:</b> 8 x 6min @70rpm big gear effort MED. 3mins rest,  <b>COOL DOWN</b> 10mins EASY 90rpm	Include in the ride: 10mins EASY 90rpm 25mins MED 90rpm 5min HARD +90rpm	Ride a hilly route.  Ride all hills at 60rpm MED pace.  Rest of ride 90rpm. EASY.



WK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 – 31 MARCH	<b>REST DAY</b>	<b>GEARING</b> 1:00:00	<b>SPIN OUT</b> 1:30:00	<b>CROSS TRAIN</b>	<b>STRENGTH</b> 1:00:00	<b>LONG RIDE</b> 5:30:00	<b>BUILD RIDE</b> 4:00:00
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 90rpm  <b>MAIN SET</b> 3 x 12min with 3min spin recovery as: 4mins EASY 70rpm 4mins MED 80rpm 4mins HARD 90rpm  <b>COOL DOWN</b> 10mins E1 90rpm	Easy cruise to spin out the legs.  Cadence 90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>STRENGTH SET:</b> 5 x 6min hill repeats @60rpm MED Last 60sec HARD 3mins rest (or back down hill)  <b>COOL DOWN</b> 10mins EASY 90rpm	Include in ride:  40mins MED/HARD cadence 80- 90rpm	Ride a hilly route.  Ride all hills at 60rpm MED.  Rest of ride 90rpm. EASY
WK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 – 7 APRIL	<b>REST DAY</b>	<b>ENDURANCE</b> 1:00:00	<b>SPIN OUT</b> 1:30:00	<b>CROSS TRAIN</b>	<b>ENDURANCE</b> 1:20:00	<b>LONG RIDE</b> 6:00:00	<b>BUILD RIDE</b> 4:00:00
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>MAIN SET</b> 4 x 10mins as: 2:30mins EASY 2:30mins MED 2:30mins HARD 2:30mins V HARD 3mins rest between  <b>COOL DOWN</b> 10mins EASY 90rpm	Easy cruise to ease out the legs.  Cadence 80-90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>ENDURANCE SET:</b> 3 x 10mins as 8min MED, 2min HARD.  Rest 3mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Ride at good tempo and pace for the duration.  Practice ride nutrition. Wear kit you plan to ride in.	Ride a hilly route.  Ride all hills at optimum cadence  Focus on 90rpm avg.  Practice ride nutrition. Wear kit you plan to ride in.



WK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8 – 14 APRIL REST WEEK</b>	<b>REST DAY</b>	<b>SPIN OUT 1:30:00</b>	<b>REST DAY</b>	<b>TEMPO 1:00:00</b>	<b>REST DAY</b>	<b>LONG RIDE 5:00:00</b>	<b>BUILD RIDE 2:30:00</b>
	Swim, yoga, stretch only today.  BOOK A MASSAGE THIS WEEK	Easy cruise to ease out the legs.  Cadence 80-90rpm	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 90rpm  <b>ENDURANCE SET:</b> 30mins high E2B 10mins E2A  <b>COOL DOWN</b> 10mins E1 90rpm	Swim, yoga, stretch only today.	Easy spin out over hills & undulations.  Cadence 80- 90rpm	Rest week ride.  Cadence 80-90rpm.  Enjoy a coffee stop if you like ☺
WK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>15 – 21 APRIL</b>	<b>REST DAY</b>	<b>INTERVALS 1:00:00</b>	<b>SPIN OUT 1:30:00</b>	<b>CROSS TRAIN</b>	<b>ENDURANCE 1:30:00</b>	<b>LONG RIDE 6:30:00</b>	<b>BUILD RIDE 4:00:00</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>MAIN SET</b> 4 x 6mins HARD 3min EASY recovery  <b>COOL DOWN</b>  10mins EASY 80rpm	Easy cruise to ease out the legs.  Holding distance if you can get out for 2hours then great!!  Cadence 80-90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>MAIN SET</b> 3 x 20mins 90rpm as  10mins MEDIUM  10mins HARD  5mins rest  <b>COOL DOWN</b> 10mins EASY 80rpm	Include in ride:  4 x 5min hill climb @ 60rpm MED push last 30secs in same gear to +70rpm HARD	Ride a hilly route.  Ride all hills at optimum cadence  Focus on 80-90rpm  Practice ride nutrition. Wear kit you plan to ride in.



WK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>22 – 28 APRIL</b>	<b>REST DAY</b>	<b>GEARING 1:20:00</b>	<b>SPIN OUT 1:30:00</b>	<b>CROSS TRAIN</b>	<b>POWER 1:30:00</b>	<b>LONG RIDE 6:30:00</b>	<b>BUILD RIDE 4:00:00</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 15mins EASY 90rpm  <b>MAIN SET</b> 4 x 10mins w. 4min recovery as:  3mins MED 80rpm 2mins HARD 90rpm 3mins MED 80rpm 2mins HARD 90rpm  <b>COOL DOWN</b> 10mins EASY	Easy cruise to ease out the legs.  Holding distance if you can get out for 2hours then great!!  Cadence 80-90rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins EASY 90rpm  <b>POWER SET:</b> 8 x 7min @70rpm big gear effort MED. 3mins rest,  <b>COOL DOWN</b> 10mins EASY 90rpm	Include in the ride:  10mins EASY 90rpm  40mins MED 90rpm  5min HARD +90rpm	Ride a hilly route.  Ride all hills at optimum cadence  80- 90rpm.  Practice ride nutrition. Wear kit you plan to ride in.
WK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>29 APRIL – 5 MAY TAPER WEEK</b>	<b>REST DAY</b>	<b>INTERVALS 1:00:00</b>	<b>SPIN OUT 1:30:00</b>	<b>ENDURANCE 1:30:00</b>	<b>EVENT DAY</b>	<b>REST DAY</b>	<b>RECOVERY</b>
	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins EASY 90rpm  <b>INTERVAL SET:</b> 6 x 4mins @ 90rpm HARD, 2mins EASY  <b>COOL DOWN</b> 10mins EASY 90rpm	Easy cruise to ease out the legs.  Cadence 80-90rpm	<b>WARM UP</b> 10mins EASY 90rpm  <b>ENDURANCE SET:</b> 4 x 15mins 90rpm as 10min MED, 5min HARD, rest 3mins.  <b>COOL DOWN</b> 10mins EASY 90rpm	This is what it's all been leading up to. Ride strong, stay hydrated, stick to your nutrition plan.  Most of all smile, enjoy and know you are doing something amazing.	Enjoy a day of rest.	Add into your day a 40-60min ride to ease out your legs.  Gentle mobilisation is the best way to recover.





### **MEET YOUR COACH :**

*Sarah Anne Evans is the founder and head coach at KarMEA, athlete coaching and training retreat specialists. She is an established triathlon, cycling and endurance coach with experience helping athletes at all levels achieve their goals, and a background of 15 years of race experience over various distances and disciplines.*

*Sarah Anne founded KarMEA based on principles that create a more complete, successful, and rounded athlete, capable of achieving anything they set their minds to.*

*If you'd like to talk about a personalised coaching programme tailored to your goals, contact Sarah Anne.*

**FOR MORE INFORMATION CALL 0420 923 067 OR VISIT [WWW.KARMEA.COM.AU](http://WWW.KARMEA.COM.AU)**

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