YOUR TRAINING PLAN

250KM ANTI-CLOCKWISE

Ride your way past icons of Melbourne, past the high fliers of Avalon and the sands of Portarlington, taking in Oliver's view from the hill and cruising past as the beach-goers chill.

BICYCLE NETWORK

AROUND THE BAY

KARMEA

YOUR TRAINING PLAN

250KM ANTI-CLOCKWISE

Return ride | Bridge climb | Rest stop | Super rest stop | Ferry | Scenic views | Coastal riding | Valet | Closed roads

Welcome to your training programme for Bicycle Network's Around the Bay. Karmea is proud to be working alongside Bicycle Network to support you in your training for this iconic and challenging event.

The big one – the 250km loop traces the entire coastline of Port Phillip Bay as it journeys via the Bellarine Peninsula, Queenscliff, Sorrento and the Mornington Peninsula before heading back to Melbourne along the iconic Beach Road.

This option is relatively flat, with an odd little bump, as well as rollers and false flats, which contribute to 1,000 metres of elevation gain.

The steepest sections are when you ride out of Geelong into Drysdale with roughly 1.2kms of climbing, then a gradual climb with some rollers thrown in for 6km as you come out of Mornington and head towards Frankston.

BICYCLE NETWORK

Karmea is a proud partner of Bicycle Network Women's Community programme, working to address the gender imbalance in cycling, and aiming for 50:50 female to male riders by 2020. We extend a huge welcome to all those female riders taking to road for this event, thank you for becoming the inspiration to others.

YOUR TRAINING PLAN

The sessions in this programme are geared to build weekly, increasing mileage steadily, while building your strength and endurance towards your goal distance. Weekday sessions are best completed on a trainer for consistency and maximum gains. Weekend sessions should be completed on the road. Riding in a bunch will be a big part of the event so ensure you are aware of bunch ride etiquette and safety, and practice this in training.

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

CADENCE/RPM:

Although the course is relatively flat, hill work should form an essential part of any training plan. 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 60rpm, 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 and blow yourself up!

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 key muscles stretches. Working on strength enables you to increase power, reduce the risk of injury and become an all-round more balanced rider. Please refer to the specific sessions at the back of this programme as a guide. 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:

Train in the kit you will ride in. Practice load up your jersey pockets prior to the race day to ensure you can fit it all in. Practice changing a flat tyre if you aren't confident. Ensure you are running the right tyre pressure for the event. If you have drop bags for food stops, ensure you work out what you want to put in them well before the race.

TRAINING TO HEART RATE AND EFFORT LEVELS

Training to heart rate allows you to get maximum gains from your training. We find many athletes 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 an steady state heart rate. If you don't have a heart rate monitor, then we have included in the chart below a guide for perceived effort. You can keep it simple with easy, medium and hard as your guides. Easy is a pace you can easily talk at (recovery, warm up, steady state, and cool down). Medium pace talking becomes a little breathless, you are applying yourself in these sessions (hill and endurance work). Hard efforts are more of a yes no answer level (intervals, hills). Your long rides should be done at an easy/medium pace.

E1	**RECOVERY** Easy Aerobic Endurance	50–60% maximum heart rate	VERY EASY
E2A	**COMFORTABLE** Extensive Aerobic Endurance (Steady, controlled, comfortable, efficient form)	60–70% maximum heart rate	EASY STEADY STATE
E2B	**COMFORTABLE/UNCOMFORTABLE** Intensive Aerobic Endurance (Strong, solid, controlled effort, not hammering)	75% maximum heart rate	MEDIUM
E3	**STRESSFUL/HARD** Maximal Aerobic Endurance (Just under threshold)	80% maximum heart rate	HARD
AT	**VERY STRESSFUL** Anaerobic Threshold	80–90% maximum heart rate	VERY HARD
MAX	**ANAEROBIC MAXIMAL** VO2 Max	90-100% maximum heart rate	ALL OUT

HEART RATE TEST

This is best completed indoors on a stationary bike or turbo trainer. It can also be useful to have someone run the test for you so that you can focus on your effort rather than reading numbers. Ensure that this is completed at the start of your programme when you are fully rested.

EQUIPMENT

Heart rate monitor, turbo trainer.

THE TEST

Warm up

10 minutes

Main test

10mins time trial at max consistent effort. The last minute is flat out maximum effort, with a full on sprint for the last 30 seconds. This is where you take your heart rate reading. Note that as soon as you stop the effort, your heart rate will spike slightly before starting to drop.

Cool down

10mins easy spin down

Once you have your max heart rate you can work out the percentages for the training zones from the chart on the left.

Note that heart rate can be effected by many external factors. Tiredness can cause your heart rate to be elevated, if you have completed a hard training block and are fatigued, your heart rate will be lower. Weather can also be a factor, higher in hot weather and lower in cooler conditions.

During a longer workout, heart rate will not stay stable for the same intensity and will tend to progressively rise due to cardiac drift. Heart rate is very slow to respond to changes in pace, it may take several minutes for heart rate to rise to the expected level. This can make certain interval workouts hard to accurately pace using heart rate.

STRENGTH TRAINING SESSIONS

These training sessions can be completed at home with bodyweight or if you have weights available then feel free to add them in. As are training for strength on the bike, and you need to train the following day, we are working with high reps low weights. Remember to warm up prior to commencing any strength work with either a 10min easy spin on the bike, jog or row. Focus on form at all times, core must be engaged (think draw belly button to spine as a simple cue). If in doubt please seek the help of an exercise professional for your workouts.

STRENGTH 1	STRENGTH 2	STRENGTH 3
WARM UP 10mins on stationary bike or treadmill	**WARM UP** 10mins on stationary bike or treadmill run	**WARM UP** 10mins on stationary bike or treadmill run
MAIN Reps 21 of each (rest 2mins), 16 reps of each (rest 2mins), 9reps of each. • Squats (feet hip width) • Side step up left leg • Side step up right leg • Push ups (from knees of feet) • Sumo Squats (feet wide apart) • Single leg static lunge left leg forward • Single leg static lunge left right forward	**MAIN SET** 60secs on 20secs off (3 sets) • Static lunge right • Static lunge left • Squats (feet hip width) • Bulgarian split squat (right foot up on step) • Bulgarian split squat (left foot up on • Wall hold (back to the wall, legs at right angles) • Plank holds	**MAIN SET** Set one 2 x : • 5 x squat jumps, 10 x single leg squats, 10 x squats, 10 x bridge pulses (raising up and down) • 5mins rest Set Two 2 x : • 10 x squat jumps, 20 x step ups, 20 x alternating lunges, 10 x single leg bridges pulses left leg, 10 x single leg bridges pulses right leg.
COOL DOWN 10mins easy spin on bike or brisk walk Stretch key muscles	**COOL DOWN** 10mins easy spin on bike or brisk walk Stretch key muscles	**COOL DOWN** 10mins easy spin on bike or brisk walk Stretch key muscles

STRENGTH 4	STRENGTH 5	STRENGTH 6
WARM UP 10mins on stationary bike or treadmill run	**WARM UP** 10mins on stationary bike or treadmill run	**WARM UP** 10mins on stationary bike or treadmill run
MAIN SET Every 2:30mins. i.e complete all exercises within 2mins 30, the time remaining is your rest. Start the next set on 2:30. (4 sets) • 10 x Squats (feet hip width) • 10 x alternating cross lunges (front foot steps diagonally forward across your mid line) • 10 x box jumps • 10 x mountain climber	MAIN SET Descending Pyramid Reps 40 then 30, 20, 10 (rest 2mins between) • Planted up left (extend back leg at top of step to activate glute) • Planted step up right • Squat jumps • Figure 4 Bridge pulse right (left ankle on right knee) • Figure 4 Bridge pulse right	MAIN SET 15 reps x 4 • Alternating forward lunges • Renegade rows (high plank position, hands together, raise one hand to bring elbow to ribs, repeat on other side) • Alternating side lunges • Mountain climbers • Alternating back lunges • Plank walks (high to low plank)
COOL DOWN 10mins easy spin on bike or brisk walk Stretch key muscles	**COOL DOWN** 10mins easy spin on bike or brisk walk Stretch key muscles	**COOL DOWN** 10mins easy spin on bike or brisk walk Stretch key muscles

AROUND THE BAY 250KM CHALLENGE

1			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-11 JUN	BASE	AM	REST DAY	STRENGTH 1:00:00	SPIN OUT 1:00:00	TEMPO 1:00:00	CROSS TRAIN 1:00:00	BUILD RIDE 30KMS	LONG RIDE 80KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **STRENGTH SET** 5 x 6mins hill repeats as 3mins @60rpm E2B, 3mins @70rpm E3. 3mins rest **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET** 40mins Cadence 90rpm high E2B **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Include in the ride: 10mins E2A 90rpm 25mins E2B 90rpm 5mins E3 +90rpm	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 1	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength workout.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

2			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12-18 JUN	BASE	AM	REST DAY	POWER 1:00:00	SPIN OUT 1:00:00	GEARING 1:00:00	CROSS TRAIN 1:00:00	BUILD RIDE 30KMS	LONG RIDE 80KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **POWER SET** 5 x 6mins @70rpm big gear effort E2B. 3mins rest, **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET** Cadence 90rpm. 5mins E2A 20mins E2B 15mins E3 **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Include in the ride: 10mins E2A 90rpm 25mins E2B 90rpm 5mins E3 +90rpm	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 2	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength workout.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

3			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19-25 JUN	BASE	AM	REST DAY	STRENGTH 1:00:00	SPIN OUT 1:00:00	TEMPO 1:00:00	CROSS TRAIN 1:00:00	BUILD RIDE 40KMS	LONG RIDE 90KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **STRENGTH SET** 5 x 6mins hill repeats as 3mins @60rpm E2B, 3mins @70rpm E3. 3mins rest **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET** 40mins Cadence 90rpm high E2B **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Ride at good tempo high E2A into E2B and pace for the duration.	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 3	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength workout.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

4			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 JUN – 2 JUL	BASE	AM	REST DAY	POWER 1:00:00	SPIN OUT 1:00:00	GEARING 1:00:00	CROSS TRAIN 1:00:00	BUILD RIDE 40KMS	LONG RIDE 90KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **POWER SET** 5 x 6mins @70rpm big gear effort E2B. 3mins rest, **COOL DOWN** 10mins E1 90rpm Trainer or Road	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET** Cadence 90rpm. 5mins E2A 20mins E2B 15mins E3 **COOL DOWN** 10mins E1 90rpm Trainer or Road		4 x 5mins hill climb @ 60rpm E2B push last 30secs in same gear to +70rpm E3	Ride a hilly route. Ride all hills at optimum cadence. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 4	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength workout.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

5			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3-9 JUL	REST WEEK	AM	REST DAY	TEMPO 1:00:00	SPIN OUT 1:00:00	GEARING 1:00:00	REST DAY	BUILD RIDE 30KMS	LONG RIDE 60KMS
		SESSION	Swim, yoga, stretch only today. BOOK A MASSAGE THIS WEEK	**WARM UP** 10mins E1 90rpm **MAIN SET** 30mins Cadence 90rpm high E2B 10mins E2A **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET** Cadence 90rpm. 10mins E2A 20mins E2B 10mins E3 **COOL DOWN** 10mins E1 90rpm	Swim, yoga, stretch only today.	Easy spin out over hills & undulations. E2A @ 90rpm	Rest week ride. Spin at E2A max, 90rpm. Enjoy a coffee stop if you like ☺
		PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.		Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

6			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-16 JUL	BUILD 1	AM	REST DAY	INTERVAL 1:00:00	SPIN OUT 1:00:00	ENDURANCE 1:00:00	CROSS TRAIN	BUILD RIDE 40KMS	LONG RIDE 90KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **INTERVAL SET** 7 x 3mins @ 90rpm hard, 2mins easy. **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **ENDURANCE SET** 3 x 10mins 10min high E2B 90rpm, rest 3mins E1. **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Include in the ride: 10mins E2A 90rpm 30mins E2B 90rpm 5mins E3 +90rpm	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg
		PM		STRETCH & ROLL 0:20:00	STRENGTH 1	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

7			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17-23 JUL	BUILD 1	AM	REST DAY	STRENGTH 1:00:00	SPIN OUT 1:00:00	ENDURANCE 1:00:00	CROSS TRAIN	BUILD RIDE 40KMS	LONG RIDE 100KMS
		SESSION	Swim, yoga, stretch only today. BOOK A MASSAGE THIS WEEK	**WARM UP** 10mins E1 90rpm **STRENGTH SET** 6 x 4mins hill climb alternating @60rpm E2B seated, @60rpm E3 standing **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **ENDURANCE SET** 3 x 10mins 90rpm as 8mins E2B, 2min E3, rest 3mins E1/E2A. **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core	Include in ride: 30mins tempo high E2B cadence focused at 90rpm	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 2	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

8			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24-30 JUL	BUILD 1	AM	REST DAY	INTERVAL 1:00:00	SPIN OUT 1:00:00	POWER 1:20:00	CROSS TRAIN	BUILD RIDE 40KMS	LONG RIDE 100KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **INTERVAL SET** 4 x 5mins @ 90rpm E3, 2mins E1/E2A **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **POWER SET** 5 x 8min @70rpm big gear effort E2B. Rest 4mins E1/E2A **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core	Ride at good tempo and pace for the duration.	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 3	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	
		SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	

9			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 JUL-6 AUG	BUILD 1	AM	REST DAY	INTERVAL 1:00:00	SPIN OUT 1:00:00	ENDURANCE 1:20:00	CROSS TRAIN	BUILD RIDE 40KMS	LONG RIDE 110KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **INTERVAL SET** 6 x 4mins @ 90rpm E3, 2mins E1 **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **ENDURANCE SET** 5 x 8mins as 6mins E2B, 2mins E3. Rest 3mins E1/E2A **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Include in ride: 4 x 5mins hill climb @ 60rpm E2B push last 30secs in same gear to +70rpm E3	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 4	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

10			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-13 AUG	REST WEEK	AM	REST DAY	TEMPO 1:00:00	SPIN OUT 1:00:00	GEARING 1:00:00	REST DAY	BUILD RIDE 40KMS	LONG RIDE 80KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **ENDURANCE SET** 30mins high E2B 10mins E2A **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET** Cadence 90rpm. 10mins E2A 20mins E2B 10mins E3 **COOL DOWN** 10mins E1 90rpm	Swim, yoga, stretch only today.	Easy spin out over hills & undulations. E2A @ 90rpm	Rest week ride. Spin at E2A max, 90rpm. Enjoy a coffee stop if you like ☺
		PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.		Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

11			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14-20 AUG	BUILD 2	AM	REST DAY	ENDURANCE 1:00:00	SPIN OUT 1:00:00	SE SET 1:30:00	CROSS TRAIN	BUILD RIDE 60KMS	LONG RIDE 120KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **MAIN SET** 3 x 5mins with 1min rest as: 2mins E2B 80rpm 2mins E3 90rpm 1min AT +95rpm 3min bonus rest 5 x 3mins with 1min rest as: 1mins E3 90rpm 1mins AT 100rpm 1min MAX **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET** 4 x 12mins as: 3mins E2B60rpm 1mins easy 2mins E3 90rpm 2mins E2B 60rpm 1mins easy 3mins E3 90rpm 4mins rest **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Include in the ride: 10mins E2A 90rpm 25mins E2B 90rpm 5mins E3 +90rpm	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 1	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
				Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

12			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
21-27 AUG	BUILD 2	AM	REST DAY	GEARING 1:00:00	SPIN OUT 1:00:00	SE SET 1:30:00	CROSS TRAIN	BUILD RIDE 60KMS	LONG RIDE 140KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **MAIN SET** 3 x 12mins with 3mins spin recovery as: 4mins E2B 70rpm 4mins E2B 80rpm 4mins E3 90rpm **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET 1** 4 x 7mins with 5mins rest as 60rpm E2B. Last 2mins push to 70rpm high E2B. 5mins easy E1 **MAIN SET 2** 1 x 15min 90rpm E2B **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Include in ride: 40mins tempo high E2B cadence focused at 90rpm	Ride a hilly route. Ride all hills at 60rpm E2B. Rest of ride 90rpm. E2A avg.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 2	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

13			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 AUG-3 SEPT	BUILD 2	AM	REST DAY	ENDURANCE 1:00:00	SPIN OUT 1:00:00	SE SET 1:30:00	CROSS TRAIN	BUILD RIDE 60KMS	LONG RIDE 160KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **MAIN SET** 4 x 10mins as: 2:30mins E2B 2:30mins high E2B 2:30mins E3 2:30mins AT 3mins rest between **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 3mins E1 80rpm 3mins E2A 85rpm 3mins E2B 85rpm 2mins E3 90rpm 3mins roll recovery **MAIN SET** 3 x 21mins as: 6mins 60rpm E2B 3mins 70rpm E3 1mins 90rpm AT 1mins easy 6mins 60rpm E2B 3mins 70rpm E3 1mins 90rpm AT 4mins easy **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Ride at good tempo and pace for the duration.	Ride a hilly route. Ride all hills at optimum cadence Focus on 90rpm avg E2A. Practice race nutrition.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 3	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
					Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

14			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4-10 SEPT	REST WEEK	AM	REST DAY	TEMPO 1:00:00	SPIN OUT 1:00:00	GEARING 1:00:00	CROSS TRAIN	BUILD RIDE 40KMS	LONG RIDE 100KMS
		SESSION	Swim, yoga, stretch only today. BOOK A MASSAGE THIS WEEK	**WARM UP** 10mins E1 90rpm **ENDURANCE SET** 30mins high E2B 10mins E2A **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **MAIN SET** Cadence 90rpm. 10mins E2A 20mins E2B 10mins E3 **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Easy spin out over hills & undulations. E2A @ 90rpm	Rest week ride. Spin at E2A max, 90rpm. Enjoy a coffee stop if you like ☺
		PM		STRETCH & ROLL 0:20:00	STRENGTH 4	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
					Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

15		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11-17 SEPT PREP	AM	REST DAY	INTERVALS 1:00:00	SPIN OUT 1:00:00	ENDURANCE 1:30:00	CROSS TRAIN	BUILD RIDE 70KMS	LONG RIDE 180KMS
	SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **MAIN SET** 4 x 6mins w. 3mins recovery as: 2mins E2B 80rpm 1mins AT 90rpm 2mins E2B 80rpm 1mins AT 90rpm **COOL DOWN** 10mins E1 80rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 4mins E1 80rpm 4mins E2A 85rpm 4mins E2B85rpm 1mins E3 90rpm 3mins roll recovery **MAIN SET** 3 x 20mins 90rpm as: 10mins E2B high 7mins E3 solid 2mins E3 high 5mins rest **COOL DOWN** 10mins E1 80rpm	Run, swim, gym, strength, core.	Include in ride: 4 x 5mins hill climb @ 60rpm E2B push last 30secs in same gear to +70rpm E3	Ride a hilly route. Ride all hills at optimum cadence Focus on 90rpm avg E2A. Practice race nutrition.
	PM		STRETCH & ROLL 0:20:00	STRENGTH 5	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	
			Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	

16		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18-24 SEPT PREP	AM	REST DAY	GEARING 1:00:00	SPIN OUT 1:00:00	POWER 1:30:00	CROSS TRAIN	BUILD RIDE 80KMS	LONG RIDE 200KMS
	SESSION	Swim, yoga, stretch only today.	**WARM UP** 15mins E1 90rpm **MAIN SET** 3 x 10mins w. 4min recovery as: 3mins E2B 80rpm 2mins E3 90rpm 3mins E2B 80rpm 2mins E3 90rpm **COOL DOWN** 10mins easy spin E2A down to E1	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	WARM UP 10mins @ E1 4mins @ E2A 3mins @ E2B 2mins @ E3 1mins @ best effort 5mins easy spin **MAIN SET** 4 x 8mins @90rpm as: 40secs big chain ring at best power 20secs small chain ring easy Repeat until 8mins is up. 5mins rest between 8mins efforts. **COOL DOWN** 10mins E2A to E1	Run, swim, gym, strength, core.	Include in the ride: 10mins E2A 90rpm 40mins E2B 90rpm 5mins E3 +90rpm	Ride a hilly route. Ride all hills at optimum cadence Focus on 90rpm avg E2A. Practice race nutrition.
	PM		STRETCH & ROLL 0:20:00	STRENGTH 6	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	
			Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	

17			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 SEPT-1 OCT	TAPER 1	AM	REST DAY	INTERVALS 1:00:00	SPIN OUT 1:00:00	ENDURANCE 1:30:00	CROSS TRAIN	BUILD RIDE 80KMS	LONG RIDE 180KMS
		SESSION	Swim, yoga, stretch only today.	**WARM UP** 10mins E1 90rpm **INTERVAL SET** 6 x 4mins @ 90rpm E3, 2mins E2A **COOL DOWN** 10mins E1 90rpm	Easy E1/E2A cruise to easy out the legs. Cadence 90rpm	**WARM UP** 10mins E1 90rpm **ENDURANCE SET** 4 x 15mins 90rpm as 10min E2B, 5min E3, rest 3mins E2A. **COOL DOWN** 10mins E1 90rpm	Run, swim, gym, strength, core.	Include in ride: 4 x 5min hill climb @ 60rpm, E2B push last 30secs in same gear to +70rpm E3	Ride a hilly route. Ride all hills at optimum cadence Focus on 90rpm avg E2A. Practice race nutrition.
		PM		STRETCH & ROLL 0:20:00	STRENGTH	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

18			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2-8 OCT	TAPER 2/RACE	AM	TAPER WEEK REST DAY	MOBILISATION 1:00:00	CROSS TRAIN	PRE RACE RIDE 1:00:00	REST DAY	PRE RACE CHECK 0:40:00	EVENT DAY
		SESSION	Swim, yoga, stretch only today. BOOK A PRE RIDE MASSAGE THIS WEEK	**WARM UP** 10mins E1 90rpm **MAIN SET** 3 x 1mins E2B low 80rpm 1mins E2B high85rpm 1mins E3 low 90rpm 1mins E3 95rpm 1mins E3high 100rpm 1mins AT 105rpm 1mins AT 110rpm 2mins recovery **COOL DOWN** 10mins E1 80rpm	Swim, gym, strength, core. Avoid any heavy leg weights.	**WARM UP** 10mins E1/E2A **ENDURANCE SET** 3 x 10mins 10min E2B 90rpm, rest 3mins E2A. **COOL DOWN** 10mins E1 80rpm	Swim, yoga, stretch only today.	Spin out on the bike, check the gears and brakes after travelling. Add in 3 x 1km lifts in pace with 4min recovery.	Around the Bay 250km!
		PM		STRETCH & ROLL 0:20:00	STRENGTH 4	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	
					Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	

KARMEA

Karmea Performance Coaching provides everything you need for your endurance cycling and multisport adventures. Our aim is to support your sporting journey, with targeted athlete training programmes, expert guidance and mentoring from qualified coaches, and provide you with a supportive community in which you can thrive as an athlete.

OUR SERVICES INCLUDE

Athlete coaching packages: Guiding you every step of the way towards your goal race. Targeted, balanced, and specific to your aims.

Alpine training retreats: Based in the Snowy Mountains the Karmea Ranch is the perfect place to eat, sleep, train, repeat, under the guidance of your qualified and experienced Karmea coaches.

For more information call **0420 923 067** or visit **www.karmeafitness.com**

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