

With 8 weeks to go it's easy to build on your DURATION & INTENSITY safely. Here is a typical example.

	Indoor Session	Weekday outdoor session	Weekend Long Ride	Time	Distance
Week 1	4 x (5 min @90% of max / 4 min recovery)	30km Bunch ride @ tempo	50 km @ 26 kph average. Flat	4 hrs	100 km
Week 2	5 x (4 min @90% of max / 4 min recovery)	33 km Bunch ride @ tempo	55 km @ 26 kmph ave. Flat	4 hrs 20 mins	110 km
Week 3	5 x (5 min @90% of max / 4 min recovery)	35 km Bunch ride @ tempo	60 km @ 26 kmph ave. Flat	4 hrs 35 mins	120 km
Week 4	5 x (5 min @90% of max / 3 min recovery)	35 km Bunch ride @ tempo (5 x 1km Time trial efforts on way home)	65 km @ 26 kmph av. Added in 3 x 1km climbs 'race pace' with bunch	4 hrs 45 mins	128 km
Week 5	5 x (5 min @90% of max / 3 min recovery)	35 km Bunch ride @ tempo (5 x 1km Time trial efforts on way home)	70 km @ 26 kmph ave. Non stop and undulating course. Coffee at end	4 hrs 55 mins	135 km
Week 6	5 x (5 min @90% of max / 2 min recovery)	35 km Bunch ride @ tempo (2 x 2.5 km Time trial efforts on way home)	75 km @ 26 kmph ave. Non stop and undulating course. Coffee at end	5 hrs 10 mins	140 km
Week 7	2 x (10 min @90% of max / 3 min recovery)	35 km Bunch ride @ tempo (3 x 2 km Time trial efforts on way home)	80 km @ 26 kmph ave. Non stop and undulating course. Coffee at end	5 hrs 30 mins	150 km
Week 8	2 x (12 min @90% of max / 4 min recovery)	35 km Bunch ride @ tempo (1 x 5 km Time trial efforts on way home)	90 km @ 26 kmph ave. Non stop and undulating course. Coffee at end	6 hrs	160 km
ATB week	10 x (2 min @70% of max / 2 min recovery)	35 km Bunch ride - easy paced	Around The Bay Goal event 100km	6 hrs	155 km