



**BICYCLE
NETWORK®**

UNITED ENERGY
**AROUND
THE BAY**

**TRAINING PLAN
100KM OPTION**

WELCOME TO YOUR TOOLKIT!



MEET YOUR COACH – KP!

Hey, my name is Kate and I'm your coach for this year's United Energy Around the Bay!

I've completed numerous Around the Bays in my years, from the 50km, to the 200km Sorrento ride, and even the OG "classic loop".

I am excited to be working with Bicycle Network to provide your training toolkit, help you prepare for whichever ride option suits you and smash your goals on the bike!

You'll find a 16-week training plan, which will have you hitting that start line in October feeling fit, fresh and ready to go!

Happy pedalling!

WHAT YOU NEED TO KNOW

AROUND THE BAY 100KM

This route is mostly flat (except a cheeky climb over the West Gate Bridge), and is an out and back, which means at some point you should have a tailwind (fingers crossed on the way home!).

It's a great option if you have never ridden this far before or want to try tick off the ton!

TRAINING PROGRAM TIMELINE

JUNE/JULY 2020

Rather than hibernating this winter, you will be building a routine. Exercising will soon become a habit not a chore, and you'll be building a base for the training that is to come!

AUGUST/SEPTEMBER 2020

After a few months of km's, this is where we will introduce some more structures sessions and intensity. Nothing crazy, just enough to wake those legs up and build up that engine!

OCTOBER 2020

You've done all the hard work, now it is time to prep for event day. This is what we call taper time! Time to maximise sleep, eat well, and make sure you hit that start line in the best shape possible

KNOWING HOW HARD TO WORK

SETTING YOUR TRAINING ZONES AND MEASURING INTENSITY

It is important to make sure that your training has purpose, that you aren't pushing too hard, but equally working hard enough to get those gains. Here is a guide to your training zones – a categorisation of differing intensities – that will be used throughout your program.

If you have a heart rate (HR) monitor you can use that to track your activity, otherwise using the Rating of Perceived exertion (RPE) scale will help you gauge how “hard” the exercise should feel. And for those with power meters on their bikes, there is the option to train to power too, but this will require a cheeky test to kickstart your program!

ZONE	INTENSITY	HEART RATE (% THRESHOLD HR)	RATING OF PERCEIVED EXERTION (RPE) (6-20)	HOW IT SHOULD FEEL
1	Recovery	50-70	6-10	This should feel EASY. Like you aren't doing anything at all!
2	Aerobic	71-85	11-12	An intensity that you should be able to maintain for a few hours. Should feel LIGHT
3	Tempo	86-95	13-15	Somewhat hard, MODERATE intensity, should feel like you are in control but know you are working out
4	Threshold	96-105	15-16	These efforts are hard. You know you are working here. You need to work up to being able to do these efforts. An effort in this zone usually lasts up to ~20 minutes at a time
5	Over Threshold	106-Max	17-19	These efforts are VERY HARD. You will be thinking to yourself “gee I don't know if I can do this”. But you will feel great after you do them!
6	Anaerobic	N/A	20	Sprint time! Short and sharp, nothing left in the tank, go!

KNOWING HOW HARD TO WORK

BASELINE THRESHOLD POWER TESTING!

So you have a power meter? You want to use it to help quantify your training? Great! But do you have a reference point to compare the intensity of your rides to? No? Well then, best we work out what your functional threshold power is! A test you say? Don't worry, you can do this out on the road next time you are out for a spin, or on the trainer, whichever suits you!

The test is called a Functional Threshold Power (FTP) Test, or more commonly the "20-minute test". And it is exactly that, an all-out effort where you go as hard as you can for 20 minutes. Noting down the avg power for the 20-minute duration, you then take 95% of that value, and that, is called your FTP. It is from this number, that your training zones are calculated.

It is a good idea to test this roughly every 6-8 weeks, depending on how much you are riding, and the type of training you are doing; but for the purpose of this program, we mainly just need to set your FTP before you start training, otherwise the numbers will have no relevance and we won't know if all your training is equating to anything! And we don't want that!

Training Zones				
ZONE	Intensity	Power (% Functional Threshold Power)	Heart Rate (% Threshold HR)	Rating of Perceived Exertion (RPE) (6-20)
1	Recovery	40-55	50-70	6-10
2	Aerobic	56-75	71-85	11-12
3	Tempo	76-90	86-95	13-15
4	Threshold	91-105	96-105	15-16
5	Over Threshold	106-130	106-Max	17-19
6	Anaerobic	130+	N/A	20

EVENT DAY

100KM

Rider briefing: 6:45am

Start Time: 7:00am

Location: Aughtie Walk, Albert Park

Checklist:

- > Serviced Bike
- > Helmet and shoes
- > Post ride snack that you can grab quickly
- > Water bottle
- > Sunscreen
- > Rider pack
- > Alarm set in plenty of time



WEEK 01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	TESTING DAY	ENDURANCE RIDE	REST DAY	ENDURANCE RIDE	RECOVERY	ENDURANCE RIDE	ENDURANCE RIDE	
9:00	-50 MINUTES	90 MINUTES		90 MINUTES	60 MINUTES	2 HOURS	2H - 2H:30 MINUTES	
22 - 28 JUNE	BASE 1: SETTING YOUR GOAL AND KICKSTARTING YOUR PROGRAM	<p>Welcome to your 16 week plan! Now, before we get started we need to set your training zones! This means conducting a 20 minute test!</p> <p>This can be completed on an indoor trainer or on the road (whichever you think will produce a better result!)</p> <p>If you are doing this with a power meter, make sure you calibrate your power meter/trainer before starting</p> <p>After a - 20 minute warm up you will complete 1 x 3 minute HARD effort (go by feel) before cruising for another 5 minutes, then the test will begin!</p> <p>Complete 1 x 20 minute MAX effort (make sure to not go too hard at the start); you want nothing left at the end. You will need to lap this effort so that you can record your avg power. Put in your average power (W) for the 20 minute effort into the attached SS and that will give you your training zones.</p> <p>Cool down for at least 10 minutes after your effort</p> <p>Note: if you are not training to power then you can still do this test and measure your HR, then use your HR value to set your training zones</p>	<p>Now that you have set your training zones, it is time to go for your first ride. The next few weeks are about building up the base, so there will be minimal intensity, with the focus on volume, so try and keep yourself in check.</p> <p>Today's ride is no more than 90 minutes, and staying within <u>Zone 2</u></p>	<p>No need to be a hero just yet, today is a day off which means no riding!</p> <p>As you get further into your program you will appreciate these days more and more!</p>	<p>Stick to flat terrain today, feel free to mix it up with a mixture of bike paths and road. No more than 90 minutes, and stick within Zone 2. You should get to the end of this ride and still feel relatively fresh.</p>	<p>Easy day on the pedals today. If you want to mix it up and substitute with a walk/light run then that is fine too. The aim of this session is light exercise, to keep the body moving and limber up before the weekend</p>	<p>Aim to keep the intensity in mid zone 2, and the terrain flat.</p> <p>Focus on keeping momentum and collectively not stopping for more than 10 minutes within the 2 hours. If you are able to tee up with friends then that is even better!</p>	<p>Free ride today. Keep the intensity within Zone 2. If you would like to substitute with a long walk/run then that is okay too (but if you have never run before then now probably isn't the time to start), as the DOMS will be bad enough from the step up in training!</p>

WEEK 02	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	REST DAY	ENDURANCE RIDE	LIGHT AEROBIC ACTIVITY	ENDURANCE RIDE	RECOVERY/AEROBIC EXERCISE	GROUP RIDE	GETTING IN THE KMS
9:45		90 MINUTES	< 60 MINUTES	90 MINUTES	45 MINUTES	2 HOURS	2 - 3 HOURS
29 JUNE - 05 JULY	BASE 2: SETTLING INTO YOUR ROUTINE	<p>Mondays are rest day. Time to sit down and plan your week, get your head in the game and fill out your weekly template to keep you on track!</p> <p>The tip with creating a routine is to map out all your commitments first and then block in the exercise sessions, that way you can make sure you have allocated enough time to work out and you won't be stressing out about all the things on your to-do list. Whether you are a morning person or a night owl, planning pays off for everyone ☺</p>	<p>Keep it flat for the time being,</p> <p>90 minutes <u>Zone 2</u> average, with minimal stopping. Aim for an avg speed ~23 - 26 km/h.</p>	<p>Optional exercise day. This is a recovery day. Keep it roughly ~ 60 minutes and in <u>Zone 1-2</u>.</p> <p>Whilst we are still within the opening weeks of the program, it is important to slowly build up the volume, rather than diving in too quickly. So these lighter days need to be light.</p>	<p>Keep it flat for the time being,</p> <p>90 minutes <u>Zone 2</u> average, with minimal stopping. Aim for an avg speed ~<u>23 - 26 km/h</u>.</p>	<p>Easy day on the pedals today. If you want to mix it up and substitute with a walk/light run then that is fine too. The aim of this session is light exercise, to keep the body moving and limber up before the weekend</p>	<p>Weekends are for fun with friends. Try and team up with 1-3 others, and get out for a group ride. Not only is this a social outing, it will help you with being more comfortable around others on a bike. If this is something that you aren't used to, then start with one other person, and then build up. Stick to a route you know, and somewhere that you can stop for coffee at the</p>
		<p>A slightly longer day on the tools today. Up to 3 hours, and feel free to push into Zone 3 for your average power/intensity. You should feel tired by the end of this ride.</p> <p>Depending on the weather conditions, aim for an avg speed between <u>25 and 28 km/h</u>.</p>					

WEEK 04	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	ENDURANCE RIDE	LIGHT AEROBIC ACTIVITY	ENDURANCE RIDE	RECOVERY/AEROBIC EXERCISE	GROUP RIDE	GETTING IN THE KMS	
9:45		90 MINUTES	60 MINUTES	90 MINUTES	60 MINUTES	2.5 HOURS	2 - 3 HOURS	
13 - 19 JULY	BASE 4: MORE ROUTINE & GROUP RIDING TIPS	<p>Week 4, last little push until a recovery week. By now you should have settled into a nice routine, working out when is the best time of day to exercise, familiarised yourself with your training zones and sessions, and started to think about some longer routes you can try in the next block.</p>	<p>Can introduce a rolling hills loop here.</p> <p>90 minutes <u>Zone 2</u> average, with minimal stopping. Aim for an avg speed ~23 - 26 km/h.</p>	<p>Optional exercise day. This is a recovery day. Keep it roughly ~ 60 minutes and in <u>Zone 1-2</u>.</p> <p>Whilst we are still within the opening weeks of the program, it is important to slowly build up the volume, rather than diving in too quickly. So these lighter days need to be light.</p>	<p>Rolling hills/flat</p> <p>90 minutes <u>Zone 2</u> average, with minimal stopping. Aim for an avg speed ~23 - 26 km/h.</p>	<p>Light exercise, Ride or run/walk. Zone 1 - 2 average, no more. Should still feel fresh after this session. A ride to the coffee shop/walk with a friend is a suitable option here (and social too!)</p>	<p>You know the drill. 2.5h with friends/family. Mixed terrain loop and average intensity <u>Mid Zone 2</u></p>	<p>3h minimum today, empty the tank because it is rest week next week!</p> <p>If you are feeling a little tired then you can keep it lighter, but make sure you still tick off 3 h (just don't go as hard).</p>

WEEK 05		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	EASY RIDE	EASY AEROBIC ACTIVITY	WALK	REST DAY	ENDURANCE RIDE	ENDURANCE RIDE
5:00			30 MINUTES	60 MINUTES	45 MINUTES		60 MINUTES	60 MINUTES
20 - 26 JULY	RECOVERY WEEK:	<p>Time to put those feet up.</p> <p>Rest week means exactly that, rest! Whilst you might be tempted to fill in all the extra time with other things, try to think of your rest week as a type of training, where the goal is to do the least amount possible, but still moving a little. You don't want to undo your hard work, but equally you need to give yourself a chance to reset and recharge the batteries</p>	<p>Take the bike for a spin along the bike paths or trails today. Keep of the road and just cruise. Or if you want to ride to a coffee shop then that is fine too. The aim of this session is to keep moving but not to exert any energy, just cruise!</p>	<p>Optional activity day today. If you feel up to it, try and get out and stretch the legs for up to an hour. This could be a walk, run or any other form of exercise (day off the bike though).</p> <p><u>Stay within Zone 1 for this activity</u></p>	<p>On your feet today.</p> <p>Go for a walk/run but keep the intensity <u>no higher than Zone 3 (moderate)</u>.</p> <p>Just keep those legs ticking over.</p>	<p>Exercise free day, put those feet up!</p> <p>It is important to give ourselves a chance to rest and recover from exercise, otherwise our bodies don't have time to heal and repair, meaning there is no <i>gain!</i></p> <p>Take it easy so you are ready for the weekend</p>	<p>This weekend the aim is to get out for 2 x 1h rides, so this means not going too hard on the first day.</p> <p>Zone 2 for both rides, and up to an hour in duration (if you feel up to 90 minutes then that is okay, but no more!)</p>	<p>This weekend the aim is to get out for 2 x 1h rides, so this means not going too hard on the first day.</p> <p>Zone 2 for both rides, and up to an hour in duration (if you feel up to 90 minutes then that is okay, but no more!)</p>

WEEK 06	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	AEROBIC SESSION	EASY ENDURANCE	AEROBIC SESSION	RECOVERY	GROUP RIDE (MODERATE)	GETTING IN THE KMS	
12:00		90 MINUTES - 2 H	60 MINUTES	90 MINUTES - 2 H	40 - 60 MINUTES	> 3 HOURS	3 - 4 HOURS	
27 JULY - 02 AUGUST	BUILD # 1, WK 1: SETTLING BACK IN	A day of rest, planning and preparing for the week ahead	<p>As we begin the next block, these aerobic sessions will be the focus of your week.</p> <p>Depending on how you feel you can mix it up on some hillier loops, or keep it simple with flatter rides. Average power/intensity should be within <u>Zone 2 (mid - high)</u></p> <p>No more than 2h in duration</p>	<p>Another "free" exercise day. This session can be completed on the bike, or on foot. If you opt/ for a walk/run, make sure you keep it light. You should get to the end of this session and feel like you can begin another session straight away (no residual fatigue).</p> <p>Avg intensity should be no higher than mid <u>Zone 2</u>.</p>	Mixed terrain, 2h in duration with an <u>average intensity of Zone 2</u>	<p>Recovery ride. Coffee ride, stroll or day off if you feel like you need it.</p> <p>This sessions should be very easy ☺</p>	<p>Building on your group rides that you already have under your belt, now it is time to include a bit more intensity. You can do this by increasing the overall speed of your ride, or by including more hills and vertical gain.</p> <p>By riding in a group, you tend to ride harder than if you were solo as you tend to push yourself when in the company of others.</p> <p>Overall intensity of this ride should be high <u>Zone 2</u> and duration roughly 3h.</p>	<p>Long easy ride today. 4h in duration, relatively flat terrain, with the focus being volume, not intensity here.</p> <p>Avg power should be no higher than <u>mid Zone 2</u>.</p>

WEEK 07		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	AEROBIC SESSION	EASY ENDURANCE	AEROBIC SESSION	RECOVERY	GROUP RIDE (MODERATE)	GETTING IN THE KMS
12:00			90 MINUTES - 2 HOURS	60 MINUTES	90 MINUTES - 2 HOURS	40 - 60 MINUTES	> 3 HOURS	3 - 4 HOURS
03 - 09 AUGUST	BUILD # 1, WK 2: INTRODUCING SOME MORE INTENSITY	<p>Key sessions for this week are Tuesday's punchy ride and then Saturday's bunch ride.</p> <p>If you need to shift a few things around to hit these sessions (mix up your days) then that is fine, just make sure you are feeling relatively fresh for these sessions ☺</p>	<p>Punchier loop today. Try to aim for ~500 m elevation for the duration of this ride.</p> <p>Average intensity should be low Zone 3, but achieving this is punching over hills, and pushing a little harder (not all-out) on the flatter roads.</p> <p>You should feel tired at the end of this ride, but not exhausted.</p>	<p>Another "free" exercise day. This session can be completed on the bike, or on foot. If you opt/for a walk/run, make sure you keep it light. You should get to the end of this session and feel like you can begin another session straight away (no residual fatigue).</p> <p>Avg intensity should be no higher than mid Zone 2.</p>	<p>Mixed terrain, 2h in duration with an <u>average intensity of Zone 2</u></p>	<p>Recovery ride. Coffee ride, stroll or day off if you feel like you need it.</p> <p>This sessions should be very easy ☺</p>	<p>Building on your group rides that you already have under your belt, now it is time to include a bit more intensity. You can do this by increasing the overall speed of your ride, or by including more hills and vertical gain.</p> <p>By riding in a group, you tend to ride harder than if you were solo as you tend to push yourself when in the company of others.</p> <p>Overall intensity of this ride should be high <u>Zone 2</u> and duration roughly 3h.</p>	<p>Long easy ride today. 4h in duration, relatively flat terrain, with the focus being volume, not intensity here.</p> <p>Avg power should be no higher than <u>mid Zone 2</u>.</p>

WEEK 08		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	AEROBIC SESSION	EASY ENDURANCE	AEROBIC SESSION	RECOVERY	GROUP RIDE (MODERATE)	GETTING IN THE KMS
12:00			90 MINUTES - 2 HOURS	60 MINUTES	90 MINUTES - 2 HOURS	40 - 60 MINUTES	> 3 HOURS	3 - 4 HOURS
10 - 16 AUGUST	BUILD # 1, WK 3: LAST PUSH BEFORE A REST WEEK	<p>Key sessions this week are Thursday and pushing hard on Sunday to finish this block with an empty tank. Next week is a recovery week and marks the halfway point of your plan, so let's bring out the week on a high!</p>	<p>Punchier loop today. Try to aim for ~500 m elevation for the duration of this ride. Average intensity should be <u>low Zone 3</u>, but achieving this is punching over hills, and pushing a little harder (not all-out) on the flatter roads.</p> <p>You should feel tired at the end of this ride, but <u>not exhausted</u>.</p>	<p>Light spin on the pedals. Continuous 60 minutes in Zone 1-2; if you are feeling okay and want to extend to 90 minutes then that is okay too.</p>	<p>Mixed terrain, 2h in duration with an <u>average intensity of Zone 2</u></p> <p><i>Note: additional option is to add 2 x 5 minute zone 3 efforts in the middle, with 5+ minutes rest in between.</i></p>	<p>Recovery ride. Coffee ride, stroll or day off if you feel like you need it.</p> <p>This sessions should be very easy ☺</p>	<p>Building on your group rides that you already have under your belt, now it is time to include a bit more intensity. You can do this by increasing the overall speed of your ride, or by including more hills and vertical gain.</p> <p>By riding in a group, you tend to ride harder than if you were solo as you tend to push yourself when in the company of others.</p> <p>intensity of this ride should be high <u>Zone 2</u> and duration roughly 3h.</p>	<p>Long easy ride today. 4h in duration, relatively flat terrain, with the focus being volume, not intensity here.</p> <p>Avg power should be no higher than <u>mid Zone 2</u>.</p>

WEEK 09		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	EASY RIDE	EASY AEROBIC ACTIVITY	WALK	REST DAY	ENDURANCE RIDE	ENDURANCE RIDE
7:00			30 MINUTES	60 MINUTES	45 MINUTES		60 MINUTES	60 MINUTES
17 - 23 AUGUST	RECOVERY WEEK	<p>Time to put those feet up.</p> <p>Rest week means exactly that, rest! Whilst you might be tempted to fill in all the extra time with other things, try to think of your rest week as a type of training, where the goal is to do the least amount possible, but still moving a little. You don't want to undo your hard work, but equally you need to give yourself a chance to reset and recharge the batteries</p>	<p>Take the bike for a spin along the bike paths or trails today. Keep of the road and just cruise. Or if you want to ride to a coffee shop then that is fine too. The aim of this session is to keep moving but not to exert any energy, just cruise!</p>	<p>Optional activity day today. If you feel up to it, try and get out and stretch the legs for up to an hour. This could be a walk, run or any other form of exercise (day off the bike though).</p> <p><u>Zone 1, no harder</u></p>	<p>On your feet today.</p> <p>Go for a walk/run but keep the intensity <u>no higher than Zone 3 (moderate)</u>.</p> <p>Just keep those legs ticking over</p>	<p>Exercise free day, put those feet up!</p> <p>It is important to give ourselves a chance to rest and recover from exercise, otherwise our bodies don't have time to heal and repair, meaning there is no <i>gain!</i></p> <p>Take it easy so you are ready for the next block!</p> <p><i>Note: optional extra: if you want to test yourself with another 20 minute test now that you are at the halfway point of your training, then today is a good day to do it. Follow the same protocol as the first test you did.</i></p>	<p>This weekend the aim is to get out for 2 x 1h rides, so this means not going too hard on the first day.</p> <p>Zone 2 for both rides, and up to an hour in duration (if you feel up to 90 minutes then that is okay, but no more!)</p>	<p>This weekend the aim is to get out for 2 x 1h rides, so this means not going too hard on the first day.</p> <p>Zone 2 for both rides, and up to an hour in duration (if you feel up to 90 minutes then that is okay, but no more!)</p>

WEEK 10		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	TEMPO SESSION	ENDURANCE RIDE/ ALTERNATE TRAINING	TEMPO SESSION	RECOVERY	HILLY LOOP	FLAT KMS
10:30			90 MINUTES	60 MINUTES	90 MINUTES	60 MINUTES	~ 3 HOURS	3 - 4 HOURS
24 - 30 AUGUST	BUILD # 2, WK 1:	<p>Build # 2 time! This next block will focus will see the introduction of some more intensity and structured sessions. These efforts can be done on the road (replicated as close to the prescribed efforts as possible) or on an indoor trainer (smart or traditional trainer).</p> <p>The key sessions for the week are the structured one, so these should take priority, ensuring you are fresh when you attempt them! If this means you need to cut back during the other sessions then that is okay 😊</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>3 x 10 minute efforts sitting in Mid - High Zone 3 avg.</p> <p>Rest between efforts is 5 minutes in Zone 1.</p> <p>These efforts should feel moderately hard, not exhausting!</p> <p>Cool down for 15 minutes before hopping off, drifting back down to Zone 1.</p>	<p>Today is what we call a "free" exercise day. If you want to mix it up and not have a day on the bike, then you can mix it up with a session in the gym, a run, or another mode of exercise that gets the HR up but isn't too long in duration. The aim of this session is to include intervals, some intensity, but also adequate rest in between efforts.</p> <p>Overall <u>RPE of the session should be no higher than 15.</u></p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>5 x 5 minute efforts sitting in mid - high Zone 3 avg.</p> <p>Rest between efforts is 3 minutes in Zone 1.</p> <p>These efforts should feel moderately hard, not exhausting!</p> <p>Cool down for 15 minutes before hopping off, drifting back down to Zone 1.</p>	<p>Easy day on the pedals. Aim is to spin the legs out after a harder session yesterday and recover before the weekend.</p> <p>No more than 60 minutes and keep it light! You should feel like you can get on the bike and do it all again</p>	<p>Aim for >100m of climbing over the 3 h. Even if your ride option for ATB doesn't have a lot of climbing in it, tackling hills in your training will prove beneficial when it comes to training gains.</p> <p>Overall intensity of the session should be mid - high Zone 2.</p>	<p>Km's are on the cards today. No intensity, just volume. Aim for up to 4h on the bike. Depending on the conditions this might bring you close to 100 km, but the focus here is time on the bike, not distance covered.</p> <p><u>Average intensity is mid zone 2</u></p>

WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	TEMPO SESSION	ALTERNATE TRAINING SESSION	TEMPO SESSION (LONG)	ENDURANCE RIDE/ BUNCH RIDE	BUNCH RIDE (MODERATE)	KMS WITH SOME BERGS	
11:00		90 MINUTES	60 MINUTES	90 MINUTES	60 MINUTES	> 3 HOURS	> 3 HOURS	
31 AUGUST - 06 SEPTEMBER	BUILD # 2, WK 2: SETTLING INTO THE EFFORTS	<p>Another week down, and another week to come with some more efforts at the end of the week.</p> <p>Key sessions for this week are Tuesday, Thursday and Sunday, so make these your priority.</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>3 x 10 minute efforts sitting in Mid - High Zone 3 avg.</p> <p>Rest between efforts is 5 minutes in Zone 1.</p> <p>These efforts should feel moderately hard, not exhausting!</p> <p>Cool down for 15 minutes before hopping off, drifting back down to Zone 1.</p>	<p>Today is what we call a "free" exercise day. If you want to mix it up and not have a day on the bike, then you can mix it up with a session in the gym, a run, or another mode of exercise that gets the HR up but isn't too long in duration. The aim of this session is to include intervals, some intensity, but also adequate rest in between efforts.</p> <p>Overall <u>RPE of the session should be no higher than 15.</u></p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>5 x 5 minute efforts sitting in mid - high Zone 3 avg.</p> <p>Rest between efforts is 3 minutes in Zone 1.</p> <p>These efforts should feel moderately hard, not exhausting!</p> <p>Cool down for 15 minutes before hopping off, drifting back down to Zone 1.</p>	<p>This should not be a hard ride, but rather an endurance ride with mates. Fridays are a good day to flush out the junk in the legs from the week, and prepare mentally for the weekend, all whilst in the company of friends and coffee hopefully!</p>	<p>Test each other today, keep the pressure on the pedals all the time.</p> <p>Your average power for this ride should be mid Zone 3, and you should feel tired by the end of it. Make sure you recover well and refuel as you have another hard(ish) day in store tomorrow.</p>	<p>Aim to get > 1000m of climbing in on this ride. There are plenty of good loops out North to explore (around Eltham, Warrandyte, St Andrews or similar) where you can find plenty of quieter roads for climbing.</p> <p>Include in your ride:</p> <p>2 - 3 x 15 10-15 minute tempo climbs (Zone 3) with at least 15 minutes rest in between.</p> <p>These efforts should be controlled, at a comfortable cadence and with controlled breathing</p>

WEEK 12		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	TEMPO SESSION	ALTERNATE TRAINING SESSION	TEMPO SESSION (LONG)	ENDURANCE RIDE/ BUNCH RIDE	BUNCH RIDE (MODERATE)	KMS WITH SOME BERGS
11:00			90 MINUTES	60 MINUTES	90 MINUTES	60 MINUTES	> 3 HOURS	> 3 HOURS
07 - 13 SEPTEMBER	BUILD # 2, WK 3	<p>Final push before another rest week! Three quarters of the way through your program, you no doubt are probably feeling fitter but equally more tired as you work through the efforts. With the base kms in the legs and an introduction to the efforts, pushing into the final quarter is where it will all come together, you've got this!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>3 x 10 minute efforts sitting in Mid - High Zone 3 avg.</p> <p>Rest between efforts is 5 minutes in Zone 1.</p> <p>These efforts should feel moderately hard, not exhausting!</p> <p>Cool down for 15 minutes before hopping off, drifting back down to Zone 1.</p>	<p>Today is what we call a "free" exercise day. If you want to mix it up and not have a day on the bike, then you can mix it up with a session in the gym, a run, or another mode of exercise that gets the HR up but isn't too long in duration. The aim of this session is to include intervals, some intensity, but also adequate rest in between efforts.</p> <p>Overall <u>RPE of the session should be no higher than 15.</u></p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>5 x 5 minute efforts sitting in mid - high Zone 3 avg.</p> <p>Rest between efforts is 3 minutes in Zone 1.</p> <p>These efforts should feel moderately hard, not exhausting!</p> <p>Cool down for 15 minutes before hopping off, drifting back down to Zone 1.</p>	<p>This should not be a hard ride, but rather an endurance ride with mates. Fridays are a good day to flush out the junk in the legs from the week, and prepare mentally for the weekend, all whilst in the company of friends and coffee hopefully!</p>	<p>Test each other today, keep the pressure on the pedals all the time. Your average power for this ride should be mid Zone 3, and you should feel tired by the end of it. Make sure you recover well and refuel as you have another hard(ish) day in store tomorrow.</p>	<p>Aim to get > 1000m of climbing in on this ride. There are plenty of good loops out North to explore (around Eltham, Warrandyte, St Andrews or similar) where you can find plenty of quieter roads for climbing.</p> <p>Include in your ride:</p> <p>2 - 3 x 15 10-15 minute tempo climbs (Zone 3) with at least 15 minutes rest in between.</p> <p>These efforts should be controlled, at a comfortable cadence and with controlled breathing</p>

WEEK 13		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	EASY RIDE	EASY AEROBIC ACTIVITY	WALK	REST DAY	ENDURANCE RIDE	ENDURANCE RIDE
7:00			30 MINUTES	60 MINUTES	45 MINUTES		90 MINUTES	90 MINUTES
14 - 20 SEPTEMBER	RECOVERY WEEK	<p>Time to put those feet up.</p> <p>With your big event only 3 weeks away, you will need this rest week now more than ever.</p> <p>Prioritise sleep, recovery and light exercise, and don't be tempted to jam your days up with other tasks which may leave you just as tired as if you were exercising!</p>	<p>Take the bike for a spin along the bike paths or trails today. Keep of the road and just cruise. Or if you want to ride to a coffee shop then that is fine too. The aim of this session is to keep moving but not to exert any energy, just cruise!</p>	<p>Optional activity day today. If you feel up to it, try and get out and stretch the legs for up to an hour. This could be a walk, run or any other form of exercise (day off the bike though).</p> <p><u>No more than Zone 2.</u></p>	<p>On your feet today.</p> <p>Go for a walk/run but keep the intensity no <u>higher than Zone 3 (moderate).</u></p> <p>Just keep those legs ticking over.</p>	<p>Exercise free day, put those feet up!</p> <p>It is important to give ourselves a chance to rest and recover from exercise, otherwise our bodies don't have time to heal and repair, meaning there is no <i>gain!</i></p> <p>Take it easy so you are ready for the next block!</p>	<p><u>This</u> weekend the aim is to get out for 2 endurance rides, <u>Zone 2</u> for both rides, and up to 2 hours in duration – be careful not to overdo it. If you feel like pushing yourself on the Sunday opt for a slightly hillier loop</p>	<p>This weekend the aim is to get out for 2 endurance rides, <u>Zone 2</u> for both rides, and up to 2 hours in duration – be careful not to overdo it. If you feel like pushing yourself on the Sunday opt for a slightly hillier loop</p>

WEEK 14		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	SWEET SPOT	ENDURANCE RIDE	SWEET SPOT	EASY PEDAL	SHORT AND SHARP	EVENT DAY DISTANCE
12:30			~ 2 HOURS	~ 2 HOURS	~ 90 MINUTES	60 MINUTES	2 HOURS	4 HOURS
21 - 27 SEPTEMBER	FOCUS 1: FROM TEMPO TO SWEET SPOT	<p>The last push towards event day. The focus now shifts from volume to that of intensity. This means you are still working hard, and the overall “load” of training remains similar, but you have more time to recover between sessions. Try to prioritise these key sessions, and maximise recovery on the between days. If that means cutting back on the “endurance” rides or opting for an additional rest day in order to hit the targets on the harder days then that is okay.</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>6 x 8 minute efforts in Low Zone 4; with 3 minutes rest in Zone 1 in between. Make sure you control the 8 minute effort, focusing on your breathing and keeping a smooth pedal stroke. These efforts should feel somewhat hard, but still achievable.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Up to 2 h with an average intensity of Zone 2. Focus is on flushing out the legs from yesterday and keeping some volume in the program. You should not feel fatigued after this ride.</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>8 x 4 minute efforts in Low Zone 4; with 1 minute rest in Zone 1 in between. Make sure you control the 8 minute effort, focusing on your breathing and keeping a smooth pedal stroke. These efforts should feel somewhat hard, but still achievable.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>See how you feel today, and if you need to take the day off or substitute for another aerobic exercise activity (such as a walk) then that is fine. You need to be ready to tackle tomorrow’s session</p>	<p>Punchy hills today. Included in your ride are 4 - 5 x 90 s efforts (Zone 5) interspersed throughout your ride. Recovery between efforts should be complete (at least 5-10 minutes)</p> <p>You don’t want to go too far into the red, but just enough to zap the legs a little!</p>	<p>Today is the day where you tick off the event distance in a training ride.</p> <p>The focus of today’s ride is to get through it in the quickest time possible, with the least amount of stops possible. Depending on the ride option you have chosen, you can either ride part of the course so you are familiar with it, or otherwise try and find a loop which has a similar profile. The aim of today’s ride is to work out how much you need to eat, drink and when you start to feel tired, so you are ready in 2 weeks’ time and it doesn’t sneak up on you!</p>

WEEK 15		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	SWEET SPOT	ENDURANCE RIDE	SWEET SPOT	EASY PEDAL	SHORT AND SHARP	GENTLE KMS
12:30			~ 2 HOURS	~ 2 HOURS	~ 90 MINUTES	60 MINUTES	2 HOURS	UP TO 4 HOURS
28 SEPTEMBER - 04 OCTOBER	FOCUS 2: THE FINAL PUSH	<p>Same structure and sessions as last week, aim to hit those targets (and maybe a few watts extra) in those key sessions!</p> <p>Almost there! One week to go!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>6 x 8 minute efforts in Low Zone 4; with 3 minutes rest in Zone 1 in between. Make sure you control the 8 minute effort, focusing on your breathing and keeping a smooth pedal stroke. These efforts should feel somewhat hard, but still achievable.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Up to 2h with an average intensity of <u>Zone 2</u>. Focus is on flushing out the legs from yesterday and keeping some volume in the program. You should not feel fatigued after this ride.</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p>8 x 4 minute efforts in Low Zone 4; with 1 minute rest in Zone 1 in between. Make sure you control the 8 minute effort, focusing on your breathing and keeping a smooth pedal stroke. These efforts should feel somewhat hard, but still achievable.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>See how you feel today, and if you need to take the day off or substitute for another aerobic exercise activity (such as a walk) then that is fine. You need to be ready to tackle tomorrow's session</p>	<p>More punchy hills.</p> <p>Same as last week, but this time you want to aim for 5 - 6 x 3 minute efforts (Zone 5) with complete recovery in between.</p> <p>You should feel in control during these efforts. You can do them on a climb or on a flat road with a clear run. You can even smash it out on Zwift if that's what you prefer.</p> <p>Cool down for ~ 20 minutes before jumping off though.</p>	<p>Today is not about intensity, but just time on the bike. After yesterday, try and stick to some flatter roads, and just cruise for ~4h. Average power/intensity for this ride should be no higher than <u>Zone 2</u></p>

