



**THIS
IS YOUR NEW
CHALLENGE**

#THISISPEAKS

**100km
TRAINING PLAN**



**PEAKS
CHALLENGE**
FALLS CREEK

SUNDAY 7 MARCH 2021
235KM / 4000M+ / 13HRS

100 km TRAINING PROGRAM

5-12.5 hours

This program assumes you will commence the first week with some kilometres already in the legs. Remember, consistency is the key to getting fitter, so try and ride as regularly as possible. If you miss a session it is OK, don't try and make it up, just get on with the program. Try to prioritise the key long rides as these are the most important sessions.

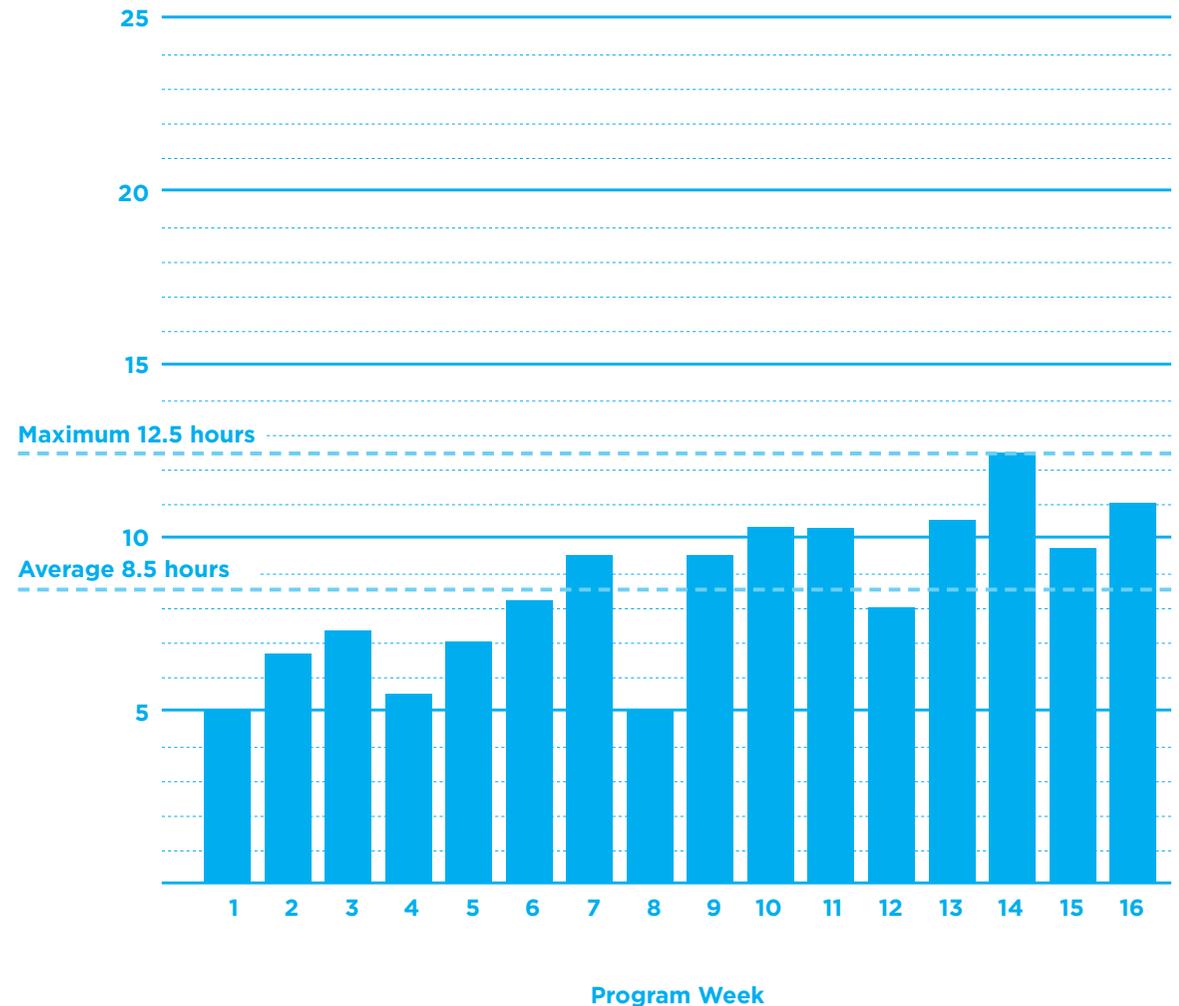
This program outline is [available for download](#) into Training Peaks if you would prefer to upload your data, monitor your progress and use the SMART Ergo files to perform indoor trainer sessions on platforms such as Zwift or Trainer Road.

Because of the hilly nature of the course it is recommended that you get out to the hills as often as possible for your training rides. Many of the sessions are hill specific. If you live in an area that doesn't have hills, then do your best to modify the efforts so that you achieve the outcomes for each session.

The program is sixteen weeks in total and follows a three week 'on' one week 'off' cycle, which includes four main phases:

- Weeks 1 to 4:** Base 1, Base 2, Base 3, Recovery.
- Weeks 5 to 8:** Build 1, Build 2, Build 3, Recovery.
- Weeks 9 to 12:** Build 4, Build 5, Build 6, Recovery.
- Weeks 13 to 16:** Focus 1, Focus 2, Focus 3, Event/Taper.

PROGRAM SUMMARY



Training with Power and Heart Rate

The training sessions are prescribed based on your specific training zones. Please refer to the training zones detailed within this program outline. The sessions try to cater for power, heart rate, and rating of perceived exertion.

TERMINOLOGY

Z	This outlines the training Zone for the intervals within a session. This is either Heart Rate, Power or Perceived Effort (RPE)
FTP	Functional Threshold Power. Percentages of FTP are given for specific intervals
TEMPO	Designed to make you work at a harder consistent effort for a long time these will increase your aerobic fitness
HR	Heart Rate. Heart rate is often the most common way to guide training intensity. Be familiar with your Heart Rate Zones and the factors that influence it.
RPE	Rating of Perceived Exertion. This is a scale of 1 to 10 and is outlined in the training zones guide
SE	Strength Effort
RPM	Pedal revolutions per minute. Also known as cadence.

TRAINING ZONES GUIDE

Zone	Intensity	% Threshold Power (FTP)	% Threshold Heart Rate	Perceived Exertion (RPE 1-10)	Feeling
Zone 1	Recovery	40% to 55%	50% to 70%	1 to 3	This is an intensity perceived to be VERY EASY.
Zone 2	Aerobic	56% to 75%	71% to 85%	3 to 5	This intensity is sustainable for many hours. The top of Zone 2 should feel LIGHT.
Zone 3	Tempo	76% to 90%	86% to 95%	5 to 6	This intensity is MODERATE and sustainable for prolonged periods but requires some focus. Breathing should still be controlled and fatigue should slowly occur. Zone 3 is typically 'Tempo Intensity' sustainable on the flats and long hills
Zone 4	Threshold	91% to 105%	96% to 105%	7 to 9	This intensity is HARD and requires specific training to be able to sustain. Intervals in this Zone usually range from 3 - 15 minutes.
Zone 5	Over Threshold	106% to 130%	106% to MAX	9 to 10	These efforts are VERY HARD. VO2 max corresponds with upper Zone 5. These efforts are in the range of 1 - 8 minutes in duration.

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	3 X 10 MIN STRENGTH EFFORTS	DAY OFF	AEROBIC CAPACITY - HEART RATE BASED	DAY OFF	STRENGTH ENDURANCE - 5 MIN SE'S	AEROBIC RIDE - BY FEEL
5:00		1:00		1:00		2:00	1:00
16 - 22 NOVEMBER	BASE 1	SESSION DESCRIPTION					
		<p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p> <p>Warm Up as needed then complete the main set.</p> <p>MAIN SET: 3 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <p>Cool down well after the main set.</p>		<p>This session targets your efficiency. These are longer sustained efforts aiming to hold a specific heart rate in your aerobic zone.</p> <p>This is a good session to complete fasted in the morning (possibly after a black coffee) as it will assist in weight loss without requiring high intensity efforts that may be negatively impacted by a lack of carbohydrate availability.</p> <p>MAIN SET: 3 to 6 x 10 min on 2 min recovery at your top of Z2 Heart Rate. Target upper Z2 power but adjust power up or down to keep your heart rate at your target number.</p> <p>Power and heart rate zones may not coincide but focus on maintaining heart rate for this session.</p> <p>Ensure cadence is kept at 90 to 100 rpm.</p> <p>A short 5min cool down is sufficient</p>		<p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <p>MAIN SET: These really need a solid climb, you just cant get the tension in the legs on the flat.</p> <p>3 to 5 x 5 min SE's @ 50-60 rpm.</p> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <p>As the weeks progress you should be able to hold more power during the efforts.</p> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p> <p>Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	4 X 10 MIN STRENGTH EFFORTS	AEROBIC RIDE - BY FEEL	AEROBIC CAPACITY - HEART RATE BASED	DAY OFF	STRENGTH ENDURANCE - 6 MIN SE'S	AEROBIC RIDE - BY FEEL
6:45		1:15	1:00	1:15		2:00	1:15
23 -29 NOVEMBER	BASE 2	SESSION DESCRIPTION					
		<p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p> <p>Warm Up as needed then complete the main set.</p> <p>MAIN SET: 4 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <p>Cool down well after the main set.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session targets your efficiency. These are longer sustained efforts aiming to hold a specific heart rate in your aerobic zone.</p> <p>This is a good session to complete fasted in the morning (possibly after a black coffee) as it will assist in weight loss without requiring high intensity efforts that may be negatively impacted by a lack of carbohydrate availability.</p> <p>MAIN SET: 3 to 4 x 10 min on 2 min recovery at your top of Z2 Heart Rate. Target upper Z2 power but adjust power up or down to keep your heart rate at your target number.</p> <p>Power and heart rate zones may not coincide but focus on maintaining heart rate for this session.</p> <p>Ensure cadence is kept at 90 to 100 rpm.</p> <p>A short 5min cool down is sufficient</p>		<p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <p>MAIN SET: These really need a solid climb, you just cant get the tension in the legs on the flat.</p> <p>3 to 5 x 6 min SE's @ 50-60 rpm.</p> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <p>As the weeks progress you should be able to hold more power during the efforts.</p> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p> <p>Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	5 X 10 MIN STRENGTH EFFORTS	AEROBIC RIDE - BY FEEL	4 X 10 STRENGTH Z2 to Z4 BUILDS	DAY OFF	STRENGTH ENDURANCE - 8 MIN SE'S	AEROBIC RIDE - BY FEEL
7:15		1:30	1:00	1:15		2:00	1:30
30 NOVEMBER - 6 DECEMBER	BASE 3						
	SESSION DESCRIPTION	<p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p> <p>Warm Up as needed then complete the main set.</p> <p>MAIN SET: 5 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <p>Cool down well after the main set.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This is an Aerobic session to work on efficiency. It is a Power or HR based main set. This can be completed on flat road, hill or ergo.</p> <p>MAIN SET: Keep your cadence low to moderate at 65 to 80 rpm for each 10 min effort.</p> <p>4 x 10 min aiming to start aerobic and build the power through Z2 to Z3 and into Z4.</p> <p>Do each build based upon how you are feeling. If you feel good try to end up at close to FTP Power or HR by the end of the 10 min interval.</p> <p>Take 5 min recovery b/w intervals. Try to get through a minimum of 2 to 4 intervals total based upon how you are feeling.</p> <p>Ride the rest of the ride easy in Z2 with a few short efforts if you feel good.</p>		<p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <p>MAIN SET: These really need a solid climb, you just cant get the tension in the legs on the flat.</p> <p>3 to 5 x 8 min SE's @ 50-60 rpm.</p> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <p>As the weeks progress you should be able to hold more power during the efforts.</p> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p> <p>Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	6 X 6 MIN @75% FTP - CADENCE FOCUS	AEROBIC RIDE - BY FEEL	DAY OFF	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE - BY FEEL	DAY OFF
5:30		1:00	1:00		0:30	3:00	
7 - 13 DECEMBER	RECOVERY 1	<p>This is an aerobic session with a specific focus on a higher cadence than usual.</p> <p>Warm up for 10 min prior to commencing the main set. Include some specific high cadence drills to prepare the legs.</p> <p>MAIN SET: 6 x 6 min on 2 min recovery at the top of Z2 HR and power. (75% FTP). Focus on form and a higher than usual cadence. This should be close to 100+ rpm if possible.</p> <p>Finish the session with a short cool down.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>		<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	
	SESSION DESCRIPTION						

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	15 MIN @ 90% THRESHOLD HEART RATE	AEROBIC RIDE - BY FEEL	SUB-FTP BIG-GEARED EFFORTS	DAY OFF	CLIMBING ENDURANCE - 30 MIN TOTAL	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS
7:00		1:00	1:00	1:00		2:30	1:30
14 - 20 DECEMBER	BUILD 1	SESSION DESCRIPTION					
		<p>This is a sub-FTP session to work on sustained and steady power. It is a HR based main set. This is ideally completed on a climb but can be modified to a flat road or Ergo.</p> <p>Warm up well for 10-15 min building intensity. Try to ramp HR up to your target intensity prior to commencing the main set.</p> <p>MAIN SET: 3 x 15 min efforts</p> <p>Aim to build to then sustain 90% of FTP HR. 90% FTP HR should correspond with approx 85 to 88% FTP Power.</p> <p>Power should be smooth and steady but may have to drop as the effort progresses to keep your HR steady.</p> <p>Take 5 to 10 min recovery b/w intervals. Try to get through a minimum of 2 intervals.</p> <p>Ride the rest of the ride easy in Z2 with a few short efforts if you feel good.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Make this just an aerobic ride but include some Sub-FTP Big geared efforts</p> <p>Flat to rolling terrain will work best for this ride.</p> <p>The goal of the efforts is a controlled build in intensity in a big gear. Enough to get some longer sustained tension in the legs and forces you to recruit some upper body to 'muscle' the bike.</p> <p>EXAMPLE: Efforts in the gear 53/14 to11 (or similar/suitable to you) at 50 to 60 rpm with a power in the range of 75 to 80% FTP. Heart rate should mostly be in Z2 but may creep into Z3 as the effort progresses.</p> <p>The efforts should range from 5 to 20 min each in duration. The longer the effort you can manage better so you can better fatigue the legs.</p> <p>Spread the efforts out throughout the ride and take good recovery b/w each acceleration.</p>		<p>The goal of this session is to build muscular endurance.</p> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <p>EXAMPLES: 3 x 10 min 2 x 15 min</p> <p>This may be 1 x long climb or multiple moderate (approx. 20 min) climbs.</p> <p>Aim to hold a consistent effort each climb. Cadence is self selected but should feel efficient without an excessive 'strength' focus.</p> <p>MAIN SET: Perform repeats at:</p> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <p>Being consistent within or between efforts is the main goal.</p> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p> <p>If you are on the trainer for these just get through the Main Set done.</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting your HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	15 MIN ALTERNATING AND STEADY	AEROBIC RIDE - BY FEEL	SUB-FTP BIG-GEARED EFFORTS	DAY OFF	CLIMBING ENDURANCE - 40 MIN TOTAL	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS
8:15		1:15	1:00	1:15		3:00	1:45
21 -27 DECEMBER	BUILD 2	SESSION DESCRIPTION					
		<p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p> <p>MAIN SET 1: 1 x approx 15 min Set.</p> <p>30 sec hard Z5 controlled acceleration on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</p> <p>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</p> <p>Take 10 min recovery b/w each set</p> <p>MAIN SET 2: 1 x 15-20 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the full 15 min effort just under FTP you are doing well.</p> <p>The legs should be cooked now!</p> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Make this just an aerobic ride but include some Sub-FTP Big geared efforts</p> <p>Flat to rolling terrain will work best for this ride.</p> <p>The goal of the efforts is a controlled build in intensity in a big gear. Enough to get some longer sustained tension in the legs and forces you to recruit some upper body to 'muscle' the bike.</p> <p>EXAMPLE: Efforts in the gear 53/14 to11 (or similar/suitable to you) at 50 to 60 rpm with a power in the range of 75 to 80% FTP. Heart rate should mostly be in Z2 but may creep into Z3 as the effort progresses.</p> <p>The efforts should range from 5 to 20 min each in duration. The longer the effort you can manage better so you can better fatigue the legs.</p> <p>Spread the efforts out throughout the ride and take good recovery b/w each acceleration.</p>		<p>The goal of this session is to build muscular endurance.</p> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <p>EXAMPLES: 4 x 10 min 2 x 20 min</p> <p>This may be 1 x long climb or multiple moderate (approx. 20 min) climbs.</p> <p>Aim to hold a consistent effort each climb. Cadence is self selected but should feel efficient without an excessive 'strength' focus.</p> <p>MAIN SET: Perform repeats at:</p> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <p>Being consistent within or between efforts is the main goal.</p> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p> <p>If you are on the trainer for these just get through the Main Set done.</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting your HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well.</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	20 MIN ALTERNATING AND STEADY	AEROBIC RIDE - BY FEEL	4 X 10 MIN TEMPO ALTERNATING	DAY OFF	CLIMBING ENDURANCE - 60 MIN TOTAL	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS
9:30		1:15	1:15	1:15		3:45	2:00
28 DECEMBER - 3 JANUARY	BUILD 3	SESSION DESCRIPTION					
		<p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p> <p>MAIN SET 1: 1 x approx 20 min Set.</p> <p>30 sec hard Z5 controlled acceleration on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</p> <p>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</p> <p>Take 10 min recovery b/w each set</p> <p>MAIN SET 2: 1 x 15-20 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the full 15 min effort just under FTP you are doing well.</p> <p>The legs should be cooked now!</p> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session focuses on longer efforts with a change in cadence and intensity to promote the ability to be able to change your pace during an event.</p> <p>Warm up for 10-20 mins self selected spinning</p> <p>MAIN SET: 4 x 10 min on 3 min recovery done as:</p> <p>2 min SE Tempo Z3 (60 rpm)</p> <p>3 min Spin Aerobic Z3 (110 rpm)</p> <p>2 min SE Tempo Z3 (60 rpm)</p> <p>3 min Spin Aerobic Z3 (110 rpm)</p> <p>If you cant do 110 rpm just aim for cadence that is high but still allows you to remain steady on the bike.</p> <p>Focus on a smooth transition between the low and higher cadence components. The effort should always be in control and below threshold.</p>		<p>The goal of this session is to build muscular endurance.</p> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <p>EXAMPLES: 6 x 10 min 3 x 20 min</p> <p>This may be 1 x long climb or multiple moderate (approx. 20 min) climbs.</p> <p>Aim to hold a consistent effort each climb. Cadence is self selected but should feel efficient without an excessive 'strength' focus.</p> <p>MAIN SET: Perform repeats at:</p> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <p>Being consistent within or between efforts is the main goal.</p> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p> <p>If you are on the trainer for these just get through the Main Set done.</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting your HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	AEROBIC RIDE - BY FEEL	DAY OFF	FTP - 5 X 5 MIN INCREASING INTENSITY	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS	DAY OFF
5:00		1:00		1:00	1:00	2:00	
4 - 10 JANUARY	RECOVERY 2	SESSION DESCRIPTION					
		<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>		<p>You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress.</p> <p>MAIN SET: Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm.</p> <p>Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP</p> <p>Take 5 min recovery b/w efforts</p> <p>Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good.</p> <p>The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort. Your Average power for this effort is a good indication of your power at VO2max.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting your HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well</p>	

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP - 5 X 5 MIN (5 MIN RECO)	AEROBIC RIDE - BY FEEL	4 X 10 MIN PYRAMIDS	RECOVERY - COFFEE SHOP RIDE	CLIMBING - STANDING FOCUS (5 X 5 MIN)	AEROBIC RIDE - BY FEEL
9:30		1:00	1:00	1:00	1:00	3:30	2:00
11 - 17 JANUARY	BUILD 4	SESSION DESCRIPTION					
		<p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <p>MAIN SET: 5 x 5 min Intervals on 5 min reco at your best sustainable intensity.</p> <p>The goal is to aim at or above your FTP. 100 to 105% FTP is your approximate target.</p> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs.</p> <p>As the weeks progress the reduced recovery should make the session harder</p> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session is a continuous set that cycles between Z2 and FTP. It should catch up with you as the session progresses.</p> <p>MAIN SET: 4 x 10 min Pyramids</p> <p>1 min 60% FTP</p> <p>1 min 70% FTP</p> <p>1 min 80% FTP</p> <p>1 min 90% FTP</p> <p>1 min 100% FTP</p> <p>Then return back down and repeat for as many sets as you can. Complete a maximum of 4 Pyramids.</p> <p>Focus on letting your Heart Rate drop as best you can after the higher FTP interval and re-gain the feeling of control as the intensity of the efforts reduce.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The aim of this session is to focus on out of the saddle climbing technique.</p> <p>A good technique should feel as if you are climbing a set of stairs. Focus on where your centre of gravity falls over the pedals as well as your weight distributed between your arms and pedals.</p> <p>The hill should be a steady gradient. Steep enough to give you resistance but not too steep that you have to work too hard.</p> <p>MAIN SET: 5 x 5 min Intervals at a comfortable tempo (Z3) Roll back down the hill and repeat.</p> <p>Stay out of the saddle for as much of each 5 min effort as you can.</p> <p>This shouldn't be a hard set but more a focus on technique. You should get the feel for a smooth action that recruits your quads and glutes evenly.</p> <p>Ride Aerobic for the rest of the ride with a focus on out of the saddle for any other hills that you climb as part of the ride.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP - 6 X 5 MIN (3 MIN RECO)	AEROBIC RIDE - BY FEEL	5 X 10 MIN PYRAMIDS	RECOVERY - COFFEE SHOP RIDE	CLIMBING - STANDING STRENGTH (6 X 5 MIN)	HOOR OF POWER - LOW Z3 TARGET
10:15		1:00	1:00	1:15	1:00	4:00	2:00
18 - 24 JANUARY	BUILD 5	SESSION DESCRIPTION					
		<p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <p>MAIN SET: 6 x 5 min Intervals on 3 min reco at your best sustainable intensity.</p> <p>The goal is to aim at or above your FTP. 100 to 105% FTP is your approximate target.</p> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs.</p> <p>As the weeks progress the reduced recovery should make the session harder</p> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session is a continuous set that cycles between Z2 and FTP. It should catch up with you as the session progresses.</p> <p>MAIN SET: 5 x 10 min Pyramids</p> <p>1 min 60% FTP</p> <p>1 min 70% FTP</p> <p>1 min 80% FTP</p> <p>1 min 90% FTP</p> <p>1 min 100% FTP</p> <p>Then return back down and repeat for as many sets as you can. Complete a maximum of 5 Pyramids.</p> <p>Focus on letting your Heart Rate drop as best you can after the higher FTP interval and re-gain the feeling of control as the intensity of the efforts reduce.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The aim of this session is to focus on out of the saddle climbing technique.</p> <p>As a progression from last week this week perform these in a big gear so you have some tension in the legs. 50 to 70rpm is a good target.</p> <p>This week try and find a hill that has a steeper gradient. 5 to 10% would be perfect. Something that forces you to work and use your strength.</p> <p>MAIN SET: 6 x 5 min Intervals at a comfortable tempo (Z3). Complete these in a gear that gives you some good tension in the legs.</p> <p>Alternate seated and standing as you feel the need. Try to get in a pattern of seated and standing climbing each few minutes.</p> <p>Roll back down the hill and repeat.</p> <p>This shouldn't be a hard set but more a focus on technique. You should get the feel for a smooth action that recruits your quads and glutes evenly.</p> <p>Ride Aerobic for the rest of the ride with a focus on out of the saddle for any other hills that you climb as part of the ride.</p>	<p>The goal for this session is to perform a consistent 60 min effort at a high aerobic tempo intensity. This should be performed on an undulating road with no interruptions.</p> <p>It can be modified for an ergo if needed. It may require you to scale back the intensity slightly as there will be less rest periods on down hills etc.</p> <p>MAIN SET: 60 min at a target Low Z3. The easiest way to 'stay in the zone' is to keep HR +/- 5 bpm of the prescribed target intensity.</p> <p>Use the undulations. Push it slightly harder up and climbs, ride steady on the flats and recover slightly on the down hills (but try to stay on the pedals if you can)</p> <p>The rest the ride should be by feel at an aerobic pace.</p> <p>Focus on nutrition during the effort. Practice eating and drinking while still maintaining your target intensity.</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP - 5 X 5 MIN (2 MIN RECO)	AEROBIC RIDE - BY FEEL	4 X 10 MIN Z3 WITH 90 SEC VO2 LIFTS	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE BY FEEL WITH HILLS	AEROBIC RIDE - BY FEEL
10:15		1:00	1:00	1:15	1:00	4:00	2:00
25 - 31 JANUARY	BUILD 6	SESSION DESCRIPTION					
		<p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <p>MAIN SET: 5 x 5 min Intervals on 2 min reco at your best sustainable intensity.</p> <p>The goal is to aim at or above your FTP. 100 to 105% FTP is your approximate target.</p> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs.</p> <p>As the weeks progress the reduced recovery should make the session harder</p> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session is best performed on the ergo so you can sustain a steady controlled effort. Adapt it to the road for the flat or hill if you like.</p> <p>Warm up as needed for a minimum of 10 to 15 min.</p> <p>MAIN SET: 4 x 10 min efforts at high Z3 (85% FTP). Each effort has a 90 sec lift to Z5 Intensity (110 to 120% FTP. If doing these by HR then lift should be a 9/10 effort that gets your HR to spike a bit.</p> <p>The 90 sec lift is performed sequentially later within each effort as follows:</p> <p>Interval 1 = 0 min (Start of effort)</p> <p>Interval 2 = 2 min</p> <p>Interval 3 = 4 min</p> <p>Interval 4 = 6 min</p> <p>Recover for 4 min after each interval in Z1.</p> <p>Gauge each Z5 lift. It should be controlled and smooth and still allow you to continue on with the Z3 Steady Effort. Reduce the intensity of the Lift if needed.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Goal for this session is a longer ride on hilly terrain.</p> <p>Nothing hard, just enough to get in some endurance type efforts. Set yourself a goal distance or duration and plan a ride that will get you to your target.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to Z2 75% of FTP at 100+ rpm</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	AEROBIC RIDE - BY FEEL	FTP - 5 X 5 MIN INCREASING INTENSITY	DAY OFF	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS	RECOVERY - COFFEE SHOP RIDE
8:00		1:00	1:00		1:00	4:00	1:00
1 - 7 FEBRUARY	RECOVERY 3	SESSION DESCRIPTION					
		<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress.</p> <p>MAIN SET: Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm.</p> <p>Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP</p> <p>Take 5 min recovery b/w efforts</p> <p>Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good.</p> <p>The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort. Your Average power for this effort is a good indication of your power at VO2max.</p>		<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting our HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	2 X 15 MIN + 5 MIN LIFT	AEROBIC RIDE - BY FEEL	TEMPO WITH A FINAL 10 MIN FLAT OUT	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE WITH STEEP HILLS	AEROBIC RIDE - BY FEEL
10:30		1:00	2:00	1:30	1:00	4:00	1:00
8 -14 FEBRUARY	FOCUS 1	SESSION DESCRIPTION					
		<p>10 min Warm up</p> <p>MAIN SET: 2 x 15 min @ 80% into 5 min lift at 90%</p> <p>For the first 15 min keep cadence moderate at 75 to 85 rpm then drop it a bit more to 60 to 75 rpm in the 5 min lift.</p> <p>5 min recovery between efforts</p> <p>Cool down</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>The goal for this ride is to focus on a slightly higher intensity than you would normally self-select on a typical training ride. The session finishes with a solid approx 10 min effort at your best sustainable intensity.</p> <p>This should be completed on an uninterrupted route where you can sustain a good consistent pace. Undulating is fine but try to avoid stopping.</p> <p>Warm up as needed for 15-20 min or until you reach a place away from traffic congestion / interruptions.</p> <p>MAIN SET: Perform approx 30 min to 1 hour of moderate tempo in Z3 then straight into a solid Z4 10 min effort aiming to sustain speed / power as high as possible.</p> <p>Always on the pedals and always pushing. A good solid tempo on the flats then lift on any hills.</p> <p>--</p> <p>Ensure you cool down for a good 15 min prior to finishing the session.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>This training block is about being specific to the demands of the 100km Peaks Challenge course. The main challenge is getting up the back of Falls Creek then pushing on over the top to the finish line.</p> <p>--</p> <p>To replicate the hill you will need to find a good steep hill with a gradient of 7 to 10+ %. If the hill you have is long that is great if it is short try and map a route that will take you up it multiple times (or just ride up and down it)</p> <p>--</p> <p>For the first week set yourself a goal based upon how you feel. Try to complete the hill a set number of times or in a set duration. Over the coming weeks your goal is to try and add a few more climbs or to get up it faster.</p> <p>MAIN SET: As part of an aerobic ride complete the above direction toward the end of the ride after you have a bit of fatigue in the legs already. The goal is to push yourself and see how your legs hold up on a challenging hill.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	2 X 20 MIN + 5 MIN LIFT	AEROBIC RIDE - BY FEEL	15 MIN ALTERNATING + 2 X 10 MIN STEADY	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE WITH STEEP HILLS	AEROBIC RIDE - BY FEEL
12:30		1:00	2:00	1:30	1:00	5:00	2:00
15 - 21 FEBRUARY							
FOCUS 2							
SESSION DESCRIPTION		<p>10 min Warm up</p> <p>MAIN SET: 2 x 20 min @ 80% into 5 min lift at 90%</p> <p>For the first 15 min keep cadence moderate at 75 to 85 rpm then drop it a bit more to 60 to 75 rpm in the 5 min lift.</p> <p>5 min recovery between efforts</p> <p>Cool down</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p> <p>MAIN SET 1: 1 x approx 15 min Set.</p> <p>30 sec hard but controlled Z5 Effort on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</p> <p>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</p> <p>Take 10 min recovery b/w each set</p> <p>MAIN SET 2: 2 x 10 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the 2 x 10 efforts just under FTP you are doing well.</p> <p>Take 5 min recovery b/w each effort.</p> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>This training block is about being specific to the demands of the 100km Peaks Challenge course.</p> <p>The main challenge is getting up the back of Falls Creek then pushing on over the top to the finish line.</p> <p>--</p> <p>To replicate the hill you will need to find a good steep hill with a gradient of 7 to 10+ %. If the hill you have is long that is great if it is short try and map a route that will take you up it multiple times (or just ride up and down it)</p> <p>--</p> <p>For the first week set yourself a goal based upon how you feel. Try to complete the hill a set number of times or in a set duration. Over the coming weeks your goal is to try and add a few more climbs or to get up it faster.</p> <p>MAIN SET: As part of an aerobic ride complete the above direction toward the end of the ride after you have a bit of fatigue in the legs already. The goal is to push yourself and see how your legs hold up on a challenging hill.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	STEADY STATE INTO 1 MIN STRENGTH EFFORT	AEROBIC RIDE - BY FEEL	DAY OFF	RECOVERY - COFFEE SHOP RIDE	FINAL LONG RIDE	AEROBIC RIDE - BY FEEL
9:45		1:15	2:30		1:00	3:00	1:00
21 - 28 FEBRUARY	FOCUS 3	SESSION DESCRIPTION					
		<p>This session aims to target a steady sub-FTP effort with a lift and drop in cadence to fatigue the legs before the next sub-FTP effort.</p> <p>Warm up for as long as needed prior to the main set.</p> <p>MAIN SET:</p> <p>15 min 90% 80 to 90 rpm +1 min 100% FTP 60 to 70rpm)</p> <p>10 min 90% 80 to 90 rpm +1 min 100% FTP 60 to 70rpm)</p> <p>5 min 90% 80 to 90 rpm +1 min 100% FTP 60 to 70rpm)</p> <p>If you feel you cant make it though the set then reduce the intensity in the sub-FTP component. 80 to 85% may be more appropriate if the prescribed intensity it unachievable.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Enjoy an extra day off the bike</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>This training block is about being specific to the demands of the 100km Peaks Challenge course. The main challenge is getting up the back of Falls Creek then pushing on over the top to the finish line.</p> <p>--</p> <p>To replicate the hill you will need to find a good steep hill with a gradient of 7 to 10+ %. If the hill you have is long that is great if it is short try and map a route that will take you up it multiple times (or just ride up and down it)</p> <p>--</p> <p>For the first week set yourself a goal based upon how you feel. Try to complete the hill a set number of times or in a set duration. Over the coming weeks your goal is to try and add a few more climbs or to get up it faster.</p> <p>MAIN SET:</p> <p>As part of an aerobic ride complete the above direction toward the end of the ride after you have a bit of fatigue in the legs already. The goal is to push yourself and see how your legs hold up on a challenging hill.</p>	<p>Goal for this session is an Aerobic ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2021 PEAKS CHALLENGE FALLS CREEK - 100km TRAINING PLAN

WEEK 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP - 5 X 5 MIN INCREASING INTENSITY	RECOVERY - COFFEE SHOP RIDE	TEMPO LOOP	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE - BY FEEL	EVENT DAY!!
11:00		1:00	1:00	1:30	1:00	1:30	5:00
1 -7 MARCH							
EVENT TAPER							
SESSION DESCRIPTION		<p>You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress.</p> <p>MAIN SET: Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm.</p> <p>Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP</p> <p>Take 5 min recovery b/w efforts</p> <p>Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good.</p> <p>The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort. Your Average power for this effort is a good indication of your power at VO2max.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Aim for a slightly longer ride than usual today. We need to deplete muscle glycogen a bit more than usual so you can then load back up and super-compensate.</p> <p>Immediately post the session consume a high Carb meal and continue this eating pattern over the next 24 hours with a focus on high Carb foods / Sports drinks (electrolytes and carbs).</p> <p>MAIN SET: Once warmed up ride a rolling loop with a few hills. Ride all hills at a controlled pace and don't go too hard. The intensity should be similar to that of the event.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Goal for this session is an Aerobic ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>You've done all the hard work so today all I can say is good luck and I hope you feel prepared.</p> <p>Remember the basics. Eat and drink regularly. Nutrition is the biggest part of the day besides training.</p> <p>Pace yourself within your limits. You should know your sustainable numbers, try and stay with your group to save your legs on the flats, but ride your own pace up the hills.</p> <p>Good luck! I hope to see you there!</p>



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