



**BICYCLE
NETWORK®**

UNITED ENERGY
**AROUND
THE BAY**

TRAINING PLAN
20KM/50KM 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!

WEEKLY TEMPLATE

Use the following template to map out your week, track your progress and keep pedalling to your goal! Use the stickers to help you!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

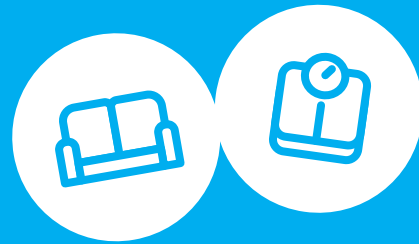
SATURDAY

SUNDAY

WEEKLY TEMPLATE

Use the following template to map out your week, track your progress and keep pedalling to your goal! Use the stickers to help you!

MONDAY



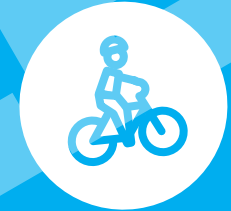
Rest day + log progress

TUESDAY



Easy walk (40mins)

WEDNESDAY



30min ride along river after work

THURSDAY



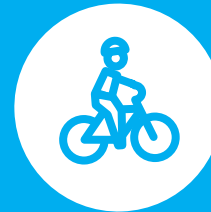
Gym AM b4 work

FRIDAY



Rest day

SATURDAY



Bike ride (~2h)

SUNDAY



Bike ride (moderate) ~90mins + UPDATE PLAN!

WEEKLY TEMPLATE STICKER PACK

Print them out
and cut them
up to stick onto
your plan each
week to stay on
top of training!

Rest day

Walk/Run

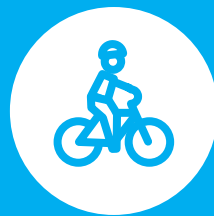
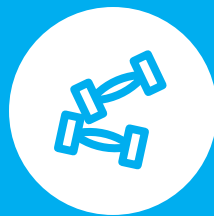
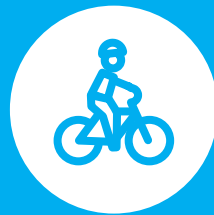
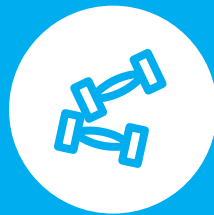
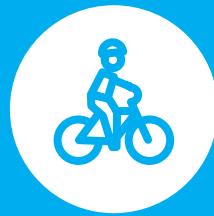
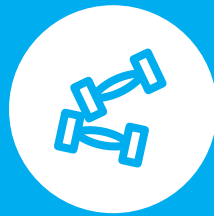
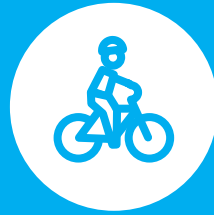
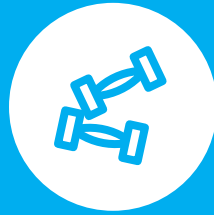
Update plan

Strength/
Gym day

Track
progress

Prioritise
sleep

Bike day



WHAT YOU NEED TO KNOW

AROUND THE BAY 20KM

Starting at Albert Park, the 20km route travels along Beach Road to a rest stop in Elwood before returning to the Albert Park finish site. The focus of this training plan is all about balance, exercising regularly and maintaining a healthy lifestyle leading into the event.

AROUND THE BAY 50KM

A great ride option, whether it's your first big ride, you are completing it with family and friends or even going solo. This training program will build on the 20km option, but also include a few more training rides to help you build your bike confidence and feel ready for the event. The 50km ride includes a unique trip over the iconic West Gate Bridge to Williamstown and back. The climb up the bridge is well worth the view!

TRAINING PROGRAM TIMELINE

JUNE/JULY 2021

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 2021

Goal setting, building on those fitness gains and managing your fatigue levels – juggling that thing we call “life”.

OCTOBER 2021

You've done all the hard work, now it is time to prep for event day. You'll need to consider what to carry with you, making sure your bike is in tip top shape (because if you are, then your bike needs to be too!) and what to wear on the day (be ready for Melbourne's unpredictable weather).

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.

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!

WEEK 01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	EASY RIDE	EASY AEROBIC ACTIVITY	EASY RIDE	REST DAY	SLIGHTLY LONGER RIDE	GROUP EXERCISE ACTIVITY	
5:00		30-40 MINUTES	60 MINUTES	30-40 MINUTES		60 - 70 MINUTES	90 MINUTES	
14 JUNE - 20 JUNE	BASE 1: THIS WEEK'S GOAL IS TO GET MOVING & GOAL SETTING	<p>Today is all about planning! Start by writing down your goal for your 16 week plan. Is it simply to complete the route and have fun along the way? Or do you have a particular time you want to complete it in? Either way, it is a good idea to write down your goal, stick it up in a place where you can see it, and remind yourself that every day you are one step closer to your goal.</p> <p>Print off your weekly template if you are using it, write out what your week looks like, what your commitments are and then how much time you will have left for exercising. By writing it down you immediately become accountable ☺</p>	<p>Your first ride as part of your 16 week plan.</p> <p>20km option: aim for 30 minutes nice and easy, this can be either along a bike path or a familiar route near your house. Try to pick a route you know well so you don't run the risk of going further than you need, and keep the intensity nice and light! This means an RPE of 7 - 8.</p> <p>50km option: Just like the 20km riders, try and find a nice easy route near your house, or perhaps along your local bike path. Focus on how the bike feels, keeping the intensity nice and light. This is a familiarisation session.</p>	<p>Today is all about moving your body. After your ride yesterday you might feel a few niggles, your behind might be a little sore or you may have woken up a little stiff.</p> <p>Try to get out for a gentle walk, limber up and stay warm! RPE of 6 - 7. Today is a recovery day!</p>	<p>20km option: aim for 30 minutes nice and easy, this can be either along a bike path or a familiar route near your house. Try to pick a route you know well so you don't run the risk of going further than you need, and keep the intensity nice and light! This means an RPE of 7 - 8.</p> <hr/> <p>50km option: Just like the 20km riders, try and find a nice easy route near your house, or perhaps along your local bike path. Focus on how the bike feels, keeping the intensity nice and light. This is a familiarisation session.</p>	<p>Put your feet up and rest up before the weekend!</p> <p>No planned exercise today.</p>	<p>The first couple of weeks you will be riding to time, rather than distance. This is because depending on the terrain, the weather and how you are feeling, some distances will take longer than others. To make sure you don't overdo it, it is best to ride to time rather than kilometres for the time being</p> <hr/> <p>20 km & 50 km option: aim for 60 minutes on the bike today at an RPE of 8-9</p>	<p>Today is a "free" exercise day. Try and do some form of exercise, whether it is a walk, another ride or another type of fitness workout, today is all about moving!</p> <p>Try and convince a family member or friend to come with you; exercise is always better with a buddy!</p>

WEEK 02	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	EASY RIDE	EASY AEROBIC ACTIVITY	EASY RIDE	REST DAY	SLIGHTLY LONGER RIDE	GROUP EXERCISE ACTIVITY	
5.50		40 MINUTES	60 MINUTES	40 MINUTES		90 MINUTES	2 HOURS	
21 JUNE - 27 JUNE	BASE 2: PLANNING YOUR TIME & TIME MANAGEMENT	<p>Well done on getting through Week 1!</p> <p>This week is all about time management and ensuring you are able to fit exercise in around your work/home schedule.</p> <p>Try to plan your exercise for when you have the most energy (if this is in the morning then great, or maybe you need to wind down after work with some exercise). By lining up your physical activity with when you are most energised, this will mean you get the most out of yourself!</p>	<p>Try and stick to bike paths if possible, that way there is less stop-start on your ride. Aim to ride consistently for 40 minutes without stopping.</p> <p>When you get home make sure you have a snack on hand, or try and time it with breakfast or dinner depending on when you complete your session.</p> <p>This should feel somewhat easy, and be completed in what we call Zone 2 (RPE of 11 - 12)</p>	<p>Today is all about moving your body. After your ride you might feel a few niggles, your behind might be a little sore or you may have woken up a little stiff.</p> <p>Try to get out for a gentle walk, limber up and stay warm! RPE of 6 - 7. Today is a recovery day!</p>	<p>Try and stick to bike paths if possible, that way there is less stop-start on your ride. Aim to ride consistently for 40 minutes without stopping.</p> <p>When you get home make sure you have a snack on hand, or try and time it with breakfast or dinner depending on when you complete your session.</p> <p>This should feel somewhat easy, and be completed in what we call Zone 2 (RPE of 11 - 12)</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>Head out for 90 minutes today. Mixture of bike paths and road, aim to find a new route (who doesn't love exploring on the weekend). Make sure you take a drink bottle with you and a taillight for on the road. Pack a snack for halfway, and take as many small stops as you need.</p> <p>Session should feel easy - moderate (RPE < 13)</p>	<p>Today is a "free" exercise day. Try and do some form of exercise, whether it is a walk, another ride or another type of fitness workout, today is all about moving!</p> <p>Try and convince a family member to come with you, or a friend; exercise is always better when done with friends!</p>

WEEK 03		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	EASY RIDE	EASY AEROBIC ACTIVITY	EASY RIDE	REST DAY	SLIGHTLY LONGER RIDE	GROUP EXERCISE ACTIVITY
6:20			40 MINUTES	60 MINUTES	40 MINUTES		2 HOURS	2 HOURS
28 JUNE - 04 JULY	BASE 3: SETTLING INTO YOUR ROUTINE	<p>Welcome to week 3! Two weeks down and by now you should have hopefully settled into some routine!</p> <p>This week is all about consistency. You might feel like you are ready to take on the world and have a burst of energy having now completed a few weeks of training, but it is important not to get carried away!</p> <p>Settle in for another week of routine and consistency! Next week is the final week in this block before a rest week!</p>	<p>Try and stick to bike paths if possible, that way there is less stop start on your ride. Aim to ride consistently for 40 minutes without stopping.</p> <p>When you get home make sure you have a snack on hand, or try and time it with breakfast or dinner depending on when you complete your session.</p> <p>This should feel somewhat easy, and be completed in what we call Zone 2 (RPE of 11 - 12)</p>	<p>Today is all about moving your body. After your ride you might feel a few niggles, your behind might be a little sore or you may have woken up a little stiff.</p> <p>Try to get out for a gentle walk, limber up and stay warm! RPE of 6 - 7. Today is a recovery day!</p>	<p>Try and stick to bike paths if possible, that way there is less stop start on your ride. Aim to ride consistently for 40 minutes without stopping.</p> <p>When you get home make sure you have a snack on hand, or try and time it with breakfast or dinner depending on when you complete your session.</p> <p>This should feel somewhat easy, and be completed in what we call Zone 2 (RPE of 11 - 12)</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 is an <i>optional</i> ride for those completing the 20km option.</p> <p>If you are following the 50km option then aim for 40 km in this 2h period, or as close to as possible.</p> <p>This will be your first taste for what will almost be the distance of the event.</p> <p>This should feel somewhat easy, and be completed in what we call Zone 2 (RPE of 11 - 12)</p>	<p>Today is a "free" exercise day. Try and do some form of exercise, whether it is a walk, another ride or another type of fitness workout, today is all about moving!</p> <p>Try and convince a family member to come with you, or a friend; exercise is always better when done with friends!</p>

WEEK 04		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	EASY RIDE	EASY AEROBIC ACTIVITY	EASY RIDE	REST DAY	SLIGHTLY LONGER RIDE	GROUP EXERCISE ACTIVITY
6:20			40 MINUTES	60 MINUTES	40 MINUTES		2 HOURS	2 HOURS
05 JULY - 11 JULY	BASE 4: MORE ROUTINE & GROUP RIDING TIPS	<p>One more week until you can enjoy a well earned rest.</p> <p>If you are up for a challenge, try and head out for a group ride on Sunday, nothing hard, the main factor being FUN! The sooner you feel up to riding in a group, the more natural this will feel come event day.</p>	<p>Try and stick to bike paths if possible, that way there is less stop start on your ride. Aim to ride consistently for 40 minutes without stopping.</p> <p>When you get home make sure you have a snack on hand, or try and time it with breakfast or dinner depending on when you complete your session.</p> <p>This should feel somewhat easy, and be completed in what we call Zone 2 (RPE of 11 - 12)</p>	<p>Today is all about moving your body. After your ride you might feel a few niggles, your behind might be a little sore or you may have woken up a little stiff.</p> <p>Try to get out for a gentle walk, limber up and stay warm! RPE of 6 - 7. Today is a recovery day!</p>	<p>Feel free to tackle the road on this one. Or mix it up with some road and some bike path (whatever you feel comfortable with).</p> <p>When you get home make sure you have a snack on hand, or try and time it with breakfast or dinner depending on when you complete your session.</p> <p>This should feel somewhat easy, and be completed in what we call Zone 2 (RPE of 11 - 12)</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 is an <i>optional</i> ride for those completing the 20km option.</p> <p>If you are following the 50km option then aim for 40km in this 2h period, or as close to as possible.</p> <p>This will be your first taste for what will almost be the distance of the event.</p> <p>This should feel somewhat easy, and be completed in what we call Zone 2 (RPE of 11 - 12)</p>	<p>Today is a "free" exercise day. Try and do some form of exercise, whether it is a walk, another ride or another type of fitness workout, today is all about moving!</p> <p>Try and convince a family member to come with you, or a friend; exercise is always better when done with friends!</p> <p>If riding on the road with friends/family, focus on keeping a safe distance and being each others' eyes and ears! This means calling out things that might be in the way up ahead, or when there is a bump in the road...</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
4:15			30 MINUTES	60 MINUTES	45 MINUTES		60 MINUTES	60 MINUTES
12 JULY - 18 JULY	RECOVERY WEEK: TIME TO PUT THE FEET UP AND RESET BEFORE THE NEXT BLOCK	<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>RPE of 7 - 10</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 1 h 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>Same as yesterday, aim for 1 h on the bike, sticking to Zone 2.</p>

WEEK 06		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	ENDURANCE RIDE	ENDURANCE RIDE	WALK	REST DAY	SLIGHTLY LONGER/ HARDER RIDE	GROUP RIDE
7:15			90 MINUTES	60 MINUTES	45 MINUTES		2 HOURS	2 HOURS
19 JULY - 25 JULY	BUILD # 1, WK 1: SETTLING BACK IN	<p>Settling back in to Block #2. Building on your routine that you set during the first block, this is all about starting to push yourself just enough to get some more gains! There will be a bit more riding in groups, a few more hills (for those tackling the 50 km option) and generally just learning more about yourself as a bike rider!</p>	<p>Up to 90 minutes on the bike, <u>no more than Zone 3</u>. If you feel like pushing yourself a little, try and find some routes with a few rolling hills/rises.</p>	<p>Time to back up with another ride.</p> <p>Road ride this time. Up to 60 minutes.</p> <hr/> <p>50km option: aim to complete 20km during this time (avg speed ~ 20km/h).</p> <p><u>RPE should be no more than 15.</u></p>	<p>Stretch out those legs from the previous two days!</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>A slightly longer ride today</p> <p>20km option: up to 2h on a mix of bike paths and road, averaging in Zone 2. This should not feel hard, you should be able to chat comfortably</p> <p>50km option: all on the road, aiming for ~350 m elevation (rolling hills) in the 2h OR 40km in 2h.</p>	<p>Free ride. Try to ride with 2 - 3 others, and test yourself by riding together. Sometimes this might mean holding back, rather than riding off. The aim of this ride is to get used to riding together, communicating on how you are feeling, how hard the ride is and talking to each other throughout. On event day this is a lot harder than you think, as there are so many people around</p>

WEEK 07		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	ENDURANCE RIDE	ENDURANCE RIDE	WALK	REST DAY	SLIGHTLY HARDER RIDE	GROUP RIDE
7:15			90 MINUTES	60 MINUTES	45 MINUTES		2 HOURS	2 HOURS
26 JULY - 01 AUGUST	BUILD # 1, WK 2	<p>This week includes two rides on new routes, so use your rest day to plan out where the weekend will take you.</p>	<p>Up to 90 minutes on the bike, <u>no more than Zone 3</u>. If you feel like pushing yourself a little, try and find some routes with a few rolling hills/rises.</p>	<p>Time to back up with another ride.</p> <p>Road ride this time. Up to 60 minutes.</p> <p>50km option: aim to complete 20km during this time (avg speed - 20km/h)</p> <p><u>RPE should be no more than 15.</u></p>	<p>Stretch out those legs from the previous two days!</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>For both the 20km & 50km options today you will tackle 2h on the road. Aim to find a route that has a few hills in it (2-3 minutes long max).</p> <p>The aim of this session is to build your endurance capacity by including bursts of intensity into an endurance ride.</p> <p>Efforts should feel no harder than Zone 3.</p>	<p>Building on last week's group ride, aim to ride on a new route, so that you have to practice communication and sticking together in an unfamiliar environment.</p> <p>Perceived effort should be no harder than Zone 2,</p>

WEEK 08	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	ENDURANCE RIDE	ENDURANCE RIDE	WALK	REST DAY	SLIGHTLY HARDER RIDE	GROUP RIDE (SKILLS FOCUS)	
7:15		30-40 MINUTES	60 MINUTES	45 MINUTES		2 HOURS	2 HOURS	
02 AUGUST - 08 AUGUST	BUILD # 1, WK 3: MANAGING FATIGUE LEVELS	<p>Halfway point! By now you are more than likely starting to feel a bit tired, You might find the struggle to juggle family, work and exercise a little overwhelming at times. That is okay! We are all human, which means that sometimes the best laid plans don't always carry out. If you need to take an extra day off because you have run out of time, or you are just pooped, don't stress. Exercise is supposed to make you feel better, not worse!</p> <p>Balance is your friend, and sometimes life can get a little off balance, but that is okay, tomorrow is a new day, and next week is a new week (and a recovery week!)</p>	<p>Up to 90 minutes on the bike, <u>no more than Zone 3</u>. If you feel like pushing yourself a little, try and find some routes with a few rolling hills/rises.</p>	<p>Time to back up with another ride.</p> <p>Road ride this time. Up to 60 minutes.</p> <p>50km option: aim to complete 20km during this time (avg speed - 20km/h)</p> <p><u>RPE should be no more than 15.</u></p>	<p>Stretch out those legs from the previous two days!</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>For both the 20km & 50km options today you will tackle 2h on the road. Aim to find a route that has a few hills in it (2-3 minutes long max).</p> <p>The aim of this session is to build your endurance capacity by including bursts of intensity into an endurance ride.</p> <p>Efforts should feel no harder than Zone 3</p>	<p>If you are feeling up to it, aim for a ride with a few more hills in it. Finding roads that are a little narrower, a bit more windy and with a few more downhills, will help you test your skills. Even if the ride on the event day isn't overly hilly, these skills can still be applied to your riding</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	
4:15		30 MINUTES	60 MINUTES	45 MINUTES		60 MINUTES	60 MINUTES	
09 AUGUST - 15 AUGUST	RECOVERY WEEK: USING YOUR GEARS TO MAKE LIFE EASIER	<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>RPE of 7 - 10</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 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	ENDURANCE RIDE (ROAD)	WALK/RUN	ENDURANCE RIDE (ROAD)	EASY WALK/RUN	ROAD RIDE	GROUP RIDE	
8:30		90 MINUTES	60 MINUTES	90 MINUTES	60 MINUTES	2H:30 MINUTES	2 HOURS	
23 AUGUST - 29 AUGUST	BUILD # 2, WK 2: MOTIVATION AND SATYING ON TRACK!	<p>Week 11. Five weeks to go. Not long now!</p> <p>Almost 3/4 way through, The third quarter is always the hardest, so try and keep pushing on through. The sun is coming out, the winter months have disappeared, and hopefully you are feeling those fitness gains every time you get on the bike.</p> <p>For those tackling the 50 km, you have ridden the distance, you have introduced yourself to some hills, and you can smell the scent of achievement, time to put the finishing touches on the program!</p>	<p>Stick to <u>Zone 2-3</u> for this one, and aim to complete the entire ride on the road.</p>	<p>Aerobic activity, not going harder than Zone 4. If you want to substitute for another type of session (gym, circuit training etc), the that is fine too! This is a mix-up session, so you are still moving, but you aren't on the bike!</p>	<p>Stick to <u>Zone 2-3</u> for this one, and aim to complete the entire ride on the road.</p>	<p>Optional exercise day: up to 60 minutes of non-bike riding exercise!</p>	<p>A longer ride today, sticking to Zone 2, but can push into Zone 3 at times if you feel.</p> <p>20km option: aim for -30 - 40 km during this time</p> <p>50km: Your challenge is 60 km! (with up to 800 m climbing for those that are sniffing out a challenge!) Remember, gears are your friend</p>	<p>Optional group activity day. If you are completing the event with family/friends, get the crew together for a Sunday pedal. This is a "free" ride so you can go as hard or as easy as you like 😊</p>

WEEK 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	ENDURANCE RIDE (ROAD)	WALK/RUN	ENDURANCE RIDE (ROAD)	EASY WALK/RUN	ROAD RIDE	GROUP RIDE	
8:30		90 MINUTES	60 MINUTES	90 MINUTES	60 MINUTES	2H:30 MINUTES	2 HOURS	
30 AUGUST - 05 SEPTEMBER	BUILD # 2, WK 3: HOW YOU SHOULD BE FEELING NOW	<p>By now the rides should feel easier, you should find that if you are using HR to measure intensity then your HR doesn't get as high for the perceived effort, and generally you are feeling fitter! This is a good thing. It then means you can trek along as you were, or you can choose to push a bit harder to stay within your zones. Keep it up, not long to go now</p>	<p>Stick to <u>Zone 2-3</u> for this one, and aim to complete the entire ride on the road.</p>	<p>Aerobic activity, not going harder than Zone 4. If you want to substitute for another type of session (gym, circuit training etc), the that is fine too! This is a mix-up session, so you are still moving, but you aren't on the bike!</p>	<p>Stick to <u>Zone 2-3</u> for this one, and aim to complete the entire ride on the road.</p>	<p>Optional exercise day: up to 60 minutes of non-bike riding exercise!</p>	<p>A longer ride today, sticking to Zone 2, but can push into Zone 3 at times if you feel.</p> <p>20km option: aim for -30 - 40km during this time</p> <p>50km: Your challenge is 60km! (with up to 800m climbing for those that are sniffing out a challenge!) Remember, gears are your friend</p>	<p>Optional group activity day. If you are completing the event with family/friends, get the crew together for a Sunday pedal. This is a "free" ride so you can go as hard or as easy as you like 😊</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
4:15			30 MINUTES	60 MINUTES	45 MINUTES		60 MINUTES	60 MINUTES
06 SEPTEMBER - 12 SEPTEMBER	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 move 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 off 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>RPE of 7 - 10</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 weekend</p>	<p>This weekend the aim is to get out for 2 x 1 h 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 1 h 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 14		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		WALK/RUN	ROAD RIDE	RUN/FITNESS WORKOUT	RIDE	REST DAY	LONGER RIDE	LONGER RIDE -EVENT SPECIFIC
7:30			60 MINUTES	60 MINUTES	90 MINUTES		2 HOURS	3 HOURS
13 SEPTEMBER - 19 SEPTEMBER	FOCUS 1: TICKING OFF THE EVENT DISTANCE, REVISITING THAT GOAL	<p>Two more weeks to go before it is taper time!</p> <p>The key session this week is Sunday, where you will aim to complete your ride distance in 1 go, without stopping. Whether that is the 50km or the 20km this is to not only tell yourself you can do it, but to also concentrate on how you feel throughout the distance. E.g. how far in to the ride do you get before you start to feel a bit tired, a bit hungry, or heat up. These are all things you should note down so we can address them before the big day!</p>	<p>Endurance ride, flat course, 60 minutes maximum, no harder than <u>Zone 3</u></p>	<p>Higher intensity today. Up to 90 minutes of circuit training or interval training.</p> <p>If running, this is a 2 minute on, 1 minute off pattern for the entire 90 minutes (not including a 10 minute warm up); or if a circuit training session then complete as you normally would. <i>Do not try anything you haven't done before. This is not the time to try something new!</i></p> <p><u>RPE no more than Zone 4. Ensuring you have a proper cool down</u></p>	<p>Endurance free ride. Average intensity in <u>Zone 2</u>:</p> <p>20km option: all on the road</p> <p>50km option: Hilly loop, somewhere where you can include 4 - 6 x 30 second efforts up some hills. Practice using your gears (spinning not grinding) to help you get over the hills.</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>Endurance ride in Zone 2-3. Aim to complete 20 - 30km OR 2h (whichever you prefer)</p>	<p>It won't take you three hours, but today is the day you will complete your event distance!</p> <p>The aim is to complete it (20 or 50 km) without stopping. Make sure you don't go too hard too early, and you have enough left in the tank for the second half. If you are doing the event with your kids, this might be a good chance to head out with them too (if you haven't roped them in already!)</p>

WEEK 15		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		WALK/RUN	ROAD RIDE	RUN/FITNESS WORKOUT	RIDE	REST DAY	LONGER RIDE	LONGER RIDE
7:30			60 MINUTES		90 MINUTES		2 HOURS	3 HOURS
20 SEPTEMBER - 26 SEPTEMBER	FOCUS 2: TESTING YOUR SKILLS	<p>Easy walk/run today. Nothing too taxing, but just to keep moving after the weekend. This is still considered a recovery day.</p>	<p>Endurance ride, flat course, 60 minutes maximum, no harder than <u>Zone 3</u></p>	<p>Higher intensity today. Up to 90 minutes of circuit training or interval training.</p> <p>If running, this is a 2 minute on, 1 minute off pattern for the entire 90 minutes (not including a 10 minute warm up); or if a circuit training session then complete as you normally would. <i>Do not try anything you haven't done before. This is not the time to try something new!</i></p> <p><u>RPE no more than Zone 4. Ensuring you have a proper cool down</u></p>	<p>Endurance free ride. Average intensity in <u>Zone 2</u>:</p> <p>20km option: all on the road</p> <p>50km option: Hilly loop, somewhere where you can include 4 - 6 x 30 second efforts up some hills. Practice using your gears (spinning not grinding) to help you get over the hills</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>Endurance ride in Zone 2-3. Aim to complete 20 - 30km OR 2h (whichever you prefer)</p>	<p>Optional ride day today depending on how you are feeling.</p> <p>Regardless it would be good to try and get out for - 90 minutes of exercise in whatever form. Include the whole family!</p>

WEEK 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	TAPER RIDE	EASY AEROBIC ACTIVITY	TAPER RIDE	REST DAY	EASY 60 MINUTES RIDE	AROUND THE BAY DAY!	
6:00		40 MINUTES	30 MINUTES	40 MINUTES		60 MINUTES	60 - 120 MINUTES	
27 SEPTEMBER - 03 OCTOBER	TAPER TIME: GETTING READY FOR THE BIG DAY	<p>Event week! You have made it! Well done! With one week to go you are almost there. Time to start planning, packing, thinking about event day,</p> <p>Bike is ready to go, outfit for what you are going to wear on the day is sorted, you've planned how you are going to get to the start and where you will park, now all that is left is to rest and recover before the big day!</p>	<p>This is an EASY ride. Spin the legs, pick a nice light gear, and include 1-2 x 30 second efforts (where you ride as hard as you can) before dropping back down into Zone 1 to recover.</p> <p>These are what we call "leg openers" and help keep the legs "awake".</p>	<p>Optional aerobic activity, be that a walk, run, or easy pedal. Alternatively you can use this as an extra rest day if you</p>	<p>This is an EASY ride. Spin the legs, pick a nice light gear, and include 1-2 x 30 second efforts (where you ride as hard as you can) before dropping back down into Zone 1 to recover.</p> <p>These are what we call "leg openers" and help keep the legs "awake".</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 ride is purely to check over your bike, make sure everything feels right and you are ready to go. Nice and light, super easy, just spin the legs over. No more than 60 minutes, anything > 40 minutes will do.</p>	<p>One job, HAVE FUN!</p>