



**BICYCLE  
NETWORK®**

UNITED ENERGY  
**AROUND  
THE BAY**

**TRAINING PLAN  
300KM OPTION**

# WELCOME TO YOUR TOOLKIT!



## MEET YOUR COACH – KP!

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

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

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

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

**Happy pedalling!**

# WHAT YOU NEED TO KNOW

## **AROUND THE BAY 300KM - EPIC!**

If you find yourself landing on this page, it means you are either crazy, or hungry for more!

Most likely you have tackled United Energy Around the Bay before in some capacity and now you are looking for the challenge of all challenges. Well, you have come to the right spot. This option not only takes you around the bay in its entirety, it also takes you up Arthur's Seat, one of Melbourne's most iconic climbs. You'll feel the sting in the legs on this one, but the view is well worth it.

Capped at 500 riders, if this sounds like your idea of fun, best to get on the training plan asap, as you will need endurance, stamina, and some climbing legs to get you through!

# TRAINING PROGRAM TIMELINE

## **JUNE/JULY 2021**

K's for days, bulk km's, whatever you want to call it...these two months will be all about the long, slow easy kms (make sure you rug up) so that when we get closer to event day you have the capacity to complete the harder days on the bike. This is the "base" of the training plan

## **AUGUST/SEPTEMBER 2021**

This is where the real "meat" of the plan is. Longer rides with some intensity, as well as structured sessions with some harder efforts to build up that engine of yours!

## **OCTOBER 2021**

Taper time, recovery techniques and making sure you are good to go for the big day. The final week leading into the event will still have some shorter efforts to keep the legs and lungs primed, but the focus will be on sleep and recovery!

# KNOWING HOW HARD TO WORK

## SETTING YOUR TRAINING ZONES AND MEASURING INTENSITY

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

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

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

# KNOWING HOW HARD TO WORK

## BASELINE THRESHOLD POWER TESTING!

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

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

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

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

WEEK 01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	TEST DAY	ENDURANCE RIDE	ENDURANCE WITH SOME TEMPO	MORE KMS	RECOVERY	FIRST LONG(ISH) ONE	FREE RIDE	
16:00	-50 MINUTES	2 HOURS	2 HOURS	> 2.5 HOURS	60 MINUTES	-5 HOURS	~ 4 HOURS	
14 JUNE - 20 JUNE	BASE 1: THIS WEEK'S GOAL IS TO GET MOVING & GOAL SETTING	<p>Welcome to your 16 week plan! Now, before we get started we need to set your training zones! This means conducting a 20 minute test!</p> <p>This can be completed on an indoor trainer or on the road (whichever you think will produce a better result!)</p> <p>If you are doing this with a power meter, make sure you calibrate your power meter/trainer before starting</p> <p>After a - 20 minute warm up you will complete 1 x 3 minute HARD effort (go by feel) before cruising for another 5 minutes, then the test will begin!</p> <p>Complete 1 x 20 minute MAX effort (make sure to not go too hard at the start); you want nothing left at the end. You will need to lap this effort so that you can record your avg power. Put in your average power (W) for the 20 minute effort into the attached SS and that will give you your training zones.</p> <p>Cool down for at least 10 minutes after your effort</p> <p>Note: if you are not training to power then you can still do this test and measure your HR, using your HR zones to measure the intensity of your efforts</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p> <p>The next 4 weeks are focusing on volume, not intensity, so whilst it might feel repetitive, these weeks are important to get you through the harder sessions. Think of it as ground work for when the sessions get spicy!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>2 x 10 minute zone 3 efforts with 5 minutes recovery in between.</b></p> <p>Efforts should be controlled, keeping a consistent power throughout the effort.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>	<p>This can be a gravel ride, mtb ride, social ride or solo ride, the aim with this one is to just ride!</p> <p>Take it easy, don't push yourself, but just take it as a chance to break up the road kms if you like!</p>

WEEK 02	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	ENDURANCE WITH EFFORTS	ENDURANCE	SOME MORE EFFORTS	RECOVERY	LONG(ISH)	BACKING UP	
16:30		2 HOURS	3 HOURS	90 MINUTES	60 MINUTES	5 HOURS	4 HOURS	
21 JUNE - 27 JUNE	BASE 2: PLANNING YOUR TIME & TIME MANAGEMENT	<p>Mondays are always a good day to start planning your week, working out how busy you are going to be, and where you can slot in your training. As the weeks pass, you will find that your volume is going to reach as much as ~ 20 h per week, so it is important to look at the entire week and if you need to switch some rides around you can, just make sure that you give yourself enough time to recover between the harder sessions</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>3 x 10 minute ascending efforts. Start the efforts in low Zone 3 and then every 2 minutes increase your power output (W) by 5 W. Rest between each 10 minute block is 5 minutes (Zone 1)</b></p> <p>Efforts should be controlled, keeping a consistent power throughout the effort.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>4 x 8 minute tempo efforts (mid-high Zone 3) with 5 minutes rest in between.</b></p> <p>Efforts should be controlled, keeping a consistent power throughout the effort.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>	<p>Keep it flat for the time being. Aim for ~ 100 - 120km for this ride.</p> <p>Normalised power should be low Zone 2 and a comfortable cadence. The aim of this ride is to add volume to your training, so there is no need to push it today.</p>

WEEK 03		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	A BIT OF TEMPO	GETTING THAT VOLUME IN	LONGER EFFORTS (BUT NOT TOO HARD)	RECOVERY	GROUP RIDE LONG	GROUP RIDE LONG V 2.0
19:30			90 MINUTES	3 HOURS	90 MINUTES	2 HOURS	5.5 HOURS	6 HOURS
28 JUNE - 04 JULY	BASE 3: SETTLING INTO YOUR ROUTINE	<p>Week 3, more of the same, but starting to really get stuck into some volume. This weekend sees us approaching 10 h on the bike over two days, so make sure you fuel up for the rides as well as get a good night's rest on both Friday and Saturday. Keep up the good work!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>2 x 12 minute tempo efforts (mid-high Zone 3) with 7 minutes rest in between.</b></p> <p><b>Efforts should be controlled, keeping a consistent power throughout the effort.</b></p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Aim for 3 h on the bike today. The overall goal of this session is volume and kms in the legs so if you are short of time with work or other commitments, aim to collectively get in 3 h of riding. That might be an hour of Zwifting before work, a commute to/ from work or taking the longer way home. Whatever is most feasible. Banking km's if what we want at the minute</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>3 x 15 minute tempo efforts (mid-high Zone 3) with 5 minutes rest in between.</b></p> <p>Efforts should be controlled, keeping a consistent power throughout the effort. These are longer than previous efforts so make sure you don't go out too hard</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Recruit some friends this weekend. Depending on what rides you have planned, it would be good to have one day on mixed terrain (rolling hills, ~ 20 minute tempo climbs) and then the other day along a flatter route. That way you don't cook yourself before next week, but you still see the week out with roughly 18 h of training in the legs!</p> <p>Keep normalised power to <u>mid to high Zone 2</u></p>	<p>Recruit some friends this weekend. Depending on what rides you have planned, it would be good to have one day on mixed terrain (rolling hills, ~ 20 minute tempo climbs) and then the other day along a flatter route. That way you don't cook yourself before next week, but you still see the week out with roughly 18 h of training in the legs!</p> <p>Keep normalised power to <u>mid to high Zone 2</u></p>

WEEK 04		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	A BIT OF TEMPO	GETTING THAT VOLUME IN	LONGER EFFORTS (BUT NOT TOO HARD)	RECOVERY	GROUP RIDE LONG	GROUP RIDE LONG V 2.0
18:30			90 MINUTES	3 HOURS	90 MINUTES	90 MINUTES	5.5 HOURS	6 HOURS
05 JULY - 11 JULY	BASE 4	<p>Week 4, the last push before a recovery week. Key sessions this week are Tuesday and Thursday, aiming to get a 3h continuous ride in on Wednesday (virtual or IRL!)</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>2 x 12 minute tempo efforts (mid-high Zone 3) with 7 minutes rest in between.</b></p> <p>Efforts should be controlled, keeping a consistent power throughout the effort.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>3 h rolling terrain, group ride or solo.</p> <p>Normalised power <u>mid Zone 3</u> which can mean a few shorter bursts (&lt; 5 minutes) in Zone 4 or 5, or just a solid ride in Zone 3.</p> <p>You should have heavy legs after this ride, but not be exhausted!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>3 x 15 minute tempo efforts (mid-high Zone 3) with 5 minutes rest in between.</b></p> <p>Efforts should be controlled, keeping a consistent power throughout the effort. These are longer than previous efforts so make sure you don't go out too hard</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Recruit some friends this weekend.</p> <p>Depending on what rides you have planned, it would be good to have one day on mixed terrain (rolling hills, ~ 20 minute tempo climbs) and then the other day along a flatter route.</p> <p>That way you don't cook yourself before next week, but you still see the week out with roughly 18 h of training in the legs!</p> <p>Keep normalised power to <u>mid to high Zone 2</u></p>	<p>Recruit some friends this weekend.</p> <p>Depending on what rides you have planned, it would be good to have one day on mixed terrain (rolling hills, ~ 20 minute tempo climbs) and then the other day along a flatter route.</p> <p>That way you don't cook yourself before next week, but you still see the week out with roughly 18 h of training in the legs!</p> <p>Keep normalised power to <u>mid to high Zone 2</u></p>

WEEK 05		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	VO2 WITH COMPLETE RECOVERY	EASY ENDURANCE	ENDURANCE WITH 1 X 5 MINUTE HARD EFFORT	RECOVERY	ENDURANCE RIDE (EASY)	GO LONG
11:00			60 MINUTES	60 MINUTES	90 MINUTES	45 MINUTES	2 HOURS	> 4 HOURS
12 JULY - 18 JULY	RECOVERY WEEK: TIME TO PUT THE FEET UP AND RESET BEFORE THE NEXT BLOCK	<p>Recovery week.</p> <p>Reduction in volume, still some intensity, but overall a lighter week. Sunday will see you hop back into it with some kms, but the majority of the week is short and sharp or light and easy.</p> <p>The next block will be increasing in intensity again, so it is important that you use this recovery week for its intended purpose, to recover! 😊</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1-2) before settling into the following efforts:</p> <p><b>6 x 3 minute Zone 5 efforts with 6 minutes recovery (&lt;Zone 2) in between</b></p> <p>You should feel on top of these efforts, focusing on holding yourself in Zone 5, and not going too deep.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Optional day off, otherwise you can accumulate this in your daily commute, or a nice easy spin before work (wear your layers as it is no doubt going to be chilly!)</p>	<p>Keep your power within Zone 2 for this ride. After you are warmed up, complete <b>1 x 5 minute Zone 5 effort in the middle of your ride.</b> Push hard in this one, maintaining a consistent cadence and focusing on breathing through the effort.</p> <p>Once you have ticked this effort off, the rest of the ride can be completed in Zone 2.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>

WEEK 06		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	TEMPO EFFORTS	ENDURANCE WITH SOME SPRINTS	TEMPO WITH SOME SWEET SPOT	ENDURANCE	GO LONG	GO LONG(ER)
19:00			~ 60 MINUTES	2.5 HOURS	~ 60 MINUTES	3 HOURS	5.5 HOURS	> 5 HOURS
19 JULY - 25 JULY	BUILD # 1, WK 1: SETTLING BACK IN	<p>Week 6! It generally takes 4-6 weeks for exercise adaptations to occur, so hopefully by now you are starting to see some progress. Rides should feel easier, you should be taking longer to feel tired when you're smashing out the endurance kms, and should be rested after last week and ready to hit the next block running!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1-2) before settling into the following efforts:</p> <p><b>4 x 10 minute Zone 3.5 efforts with 5 minutes recovery (&lt;Zone 2) in between</b></p> <p>Sustained efforts, you should start to feel the pinch in the third and fourth effort, but still confident you can get through.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Endurance ride with <b>6 - 8 x 30 second sprints</b> (as hard as you can) spread throughout. The remainder of your ride should be in <u>Zone 2</u></p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1-2) before settling into the following efforts:</p> <p><b>5 x 8 minute Zone 3.5 efforts with the last 3 minutes in each effort lifting into Zone 4. 5 minutes recovery (&lt;Zone 2) in between</b></p> <p>Sustained efforts, you should start to feel the pinch in the third and fourth effort, but still confident you can get through.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 3h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>	<p>Another long one Aiming for ~ 6h on the bike today. Best to wrangle a crew for this one, company makes the time pass faster.</p> <p>Can stop for coffee at some point in the ride, but try to not park up for too long. You will get more gains if you try and limit stops to &lt; 15 minutes. (Keep those café legs at bay). This ride can be on the flat or the hills, whatever you feel up to tackling</p>

WEEK 07		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	TEMPO EFFORTS	ENDURANCE WITH SOME SPRINTS	TEMPO WITH SOME SWEET SPOT	ENDURANCE	GO LONG	GO LONG(ER)
19:00			~ 60 MINUTES	2.5 HOURS	~ 60 MINUTES	2 HOURS	6 HOURS	> 6 HOURS
26 JULY - 01 AUGUST	BUILD # 1, WK 2	<p>Week 7! A harder week last week with a long day on Sunday, really use Monday to rest and re-set!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1-2) before settling into the following efforts:</p> <p><b>4 x 11 minute Zone 3.5 efforts with 5 minutes recovery (&lt;Zone 2) in between</b></p> <p>Sustained efforts, you should start to feel the pinch in the third and fourth effort, but still confident you can get through.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Endurance ride with <b>6 - 8 x 30 second sprints</b> (as hard as you can) spread throughout. The remainder of your ride should be in Zone 2</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1-2) before settling into the following efforts:</p> <p><b>5 x 9 minute Zone 3.5 efforts with the last 3 minutes in each effort lifting into Zone 4. 5 minutes recovery (&lt;Zone 2) in between</b></p> <p>Sustained efforts, you should start to feel the pinch in the third and fourth effort, but still confident you can get through.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>	<p>Another long one Aiming for ~ 6.5h on the bike today. Best to wrangle a crew for this one, company makes the time pass faster.</p> <p>Can stop for coffee at some point in the ride, but try to not park up for too long. You will get more gains if you try and limit stops to &lt; 15 minutes. (Keep those café legs at bay). This ride can be on the flat or the hills, whatever you feel up to tackling</p>

WEEK 08		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	TEMPO EFFORTS	ENDURANCE WITH SOME SPRINTS	TEMPO WITH SOME SWEET SPOT	ENDURANCE	GO LONG	GO LONG(ER)
19:00			~ 60 MINUTES	2.5 HOURS	~ 60 MINUTES	2 HOURS	6 HOURS	> 6 HOURS
02 AUGUST - 08 AUGUST	BUILD # 1, WK 3	<p>Week 8! A harder week last week with a long day on Sunday, really use Monday to rest and re-set!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1-2) before settling into the following efforts:</p> <p><b>4 x 12 minute Zone 3.5 efforts with 5 minutes recovery (&lt;Zone 2) in between</b></p> <p>Sustained efforts, you should start to feel the pinch in the third and fourth effort, but still confident you can get through.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Endurance ride with <b>6 - 8 x 30 second sprints</b> (as hard as you can) spread throughout. The remainder of your ride should be in <u>Zone 2</u></p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1-2) before settling into the following efforts:</p> <p><b>5 x 10 minute Zone 3.5 efforts with the last 3 minutes in each effort lifting into Zone 4. 5 minutes recovery (&lt;Zone 2) in between</b></p> <p>Sustained efforts, you should start to feel the pinch in the third and fourth effort, but still confident you can get through.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>	<p>Another long one Aiming for ~ 6.5h on the bike today. Best to wrangle a crew for this one, company makes the time pass faster.</p> <p>Can stop for coffee at some point in the ride, but try to not park up for too long. You will get more gains if you try and limit stops to &lt; 15 minutes. (Keep those café legs at bay). This ride can be on the flat or the hills, whatever you feel up to tackling</p>

WEEK 09	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	VO2 WITH COMPLETE RECOVERY	EASY ENDURANCE	ENDURANCE WITH 1 X 5 MINUTE HARD EFFORT	RECOVERY	ENDURANCE RIDE (EASY)	GO LONG	
11:00		60 MINUTES	60 MINUTES	90 MINUTES	45 MINUTES	2 HOURS	> 4 HOURS	
09 AUGUST - 15 AUGUST	RECOVERY WEEK	<p>Recovery week.</p> <p>Reduction in volume, still some intensity, but overall a lighter week. Sunday will see you hop back into it with some kms, but the majority of the week is short and sharp or light and easy.</p> <p>The next block will be increasing in intensity again, so it is important that you use this recovery week for its intended purpose, to recover! 😊</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1-2) before settling into the following efforts:</p> <p><b>6 x 3 minute Zone 5 efforts with 6 minutes recovery (&lt;Zone 2) in between</b></p> <p>You should feel on top of these efforts, focusing on holding yourself in Zone 5, and not going too deep.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Optional day off, otherwise you can accumulate this in your daily commute, or a nice easy spin before work (wear your layers as it is no doubt going to be chilly!)</p>	<p>Keep your power within Zone 2 for this ride. After you are warmed up, complete <b>1 x 5 minute Zone 5 effort in the middle of your ride.</b> Push hard in this one, maintaining a consistent cadence and focusing on breathing through the effort.</p> <p>Once you have ticked this effort off, the rest of the ride can be completed in Zone 2.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5h moving time, but can stop for coffee along the way!</p>

WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	THRESHOLD LIFTS	ENDURANCE	THRESHOLD 5'S	RECOVERY	GO LONG	GO LONG V 2.0	
18:00		~ 1.25 HOURS	3 HOURS	~ 1.25 HOURS	60 - 90 MINUTES	5 HOURS	6 HOURS	
16 AUGUST - 22 AUGUST	BUILD # 2, WK 1: TIME FOR SOME THRESHOLD!	<p>This block sees the introduction of some threshold efforts. These efforts feel tough but manageable. Be careful to pace them properly to avoid running out legs as you get deeper into the session. Make sure you are well fuelled before these sessions so you don't run the tank dry!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>6 x 8 minute efforts in mid Zone 4, with the last 3 minutes of the effort aiming for Zone 5. Rest between efforts is 5 minutes.</b> These efforts are hard! Make sure you pace them properly and if you start to drop off as you get further into the set, just aim to hold Zone 4 for the 8 minutes.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>3 h rolling terrain, group ride or solo.</p> <p>Normalised power <u>mid Zone 3</u> which can mean a few shorter bursts (&lt; 5 minutes) in Zone 4 or 5, or just a solid ride in Zone 3.</p> <p>You should have heavy legs after this ride, but not be exhausted!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>6 x 5 minute efforts in mid Zone 4, with 1 minute rest in between.</b> These efforts are hard! Make sure you pace them properly and if you start to drop off as you get further into the set, just aim to hold on for as long as you can..</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>	<p>Try to recruit friends for this one. Up to 6h in the saddle today, aiming for a loop/route that gives you ~ 2500 m of climbing.</p> <p>Even if your ride option for ATB doesn't have that much climbing in it, these hills will help with the gains!</p>

WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	REST DAY	THRESHOLD LIFTS	ENDURANCE	THRESHOLD 5'S	RECOVERY	GO LONG	GO LONG V 2.0	
18:00		~ 1.25 HOURS	3 HOURS	~ 1.25 HOURS	60 - 90 MINUTES	5 HOURS	6 HOURS	
23 AUGUST - 29 AUGUST	BUILD # 2, WK 2	<p>Five weeks to go! Keep up the hard work! The legs will be feeling tired, motivation might be lacking, but it is now more important than ever to keep pressing on!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>7 x 8 minute efforts in mid Zone 4, with the last 3 minutes of the effort aiming for Zone 5. Rest between efforts is 5 minutes.</b> These efforts are hard! Make sure you pace them properly and if you start to drop off as you get further into the set, just aim to hold Zone 4 for the 8 minutes.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>3h rolling terrain, group ride or solo.</p> <p>Normalised power <u>mid Zone 3</u> which can mean a few shorter bursts (&lt; 5 minutes) in Zone 4 or 5, or just a solid ride in Zone 3.</p> <p>You should have heavy legs after this ride, but not be exhausted!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>7 x 5 minute efforts in mid Zone 4, with 1 minute rest in between.</b> These efforts are hard! Make sure you pace them properly and if you start to drop off as you get further into the set, just aim to hold on for as long as you can..</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>	<p>Try to recruit friends for this one. Up to 6h in the saddle today, aiming for a loop/route that gives you ~ 2500m of climbing.</p> <p>Even if your ride option for ATB doesn't have that much climbing in it, these hills will help with the gains!</p>

WEEK 12		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	THRESHOLD LIFTS	ENDURANCE	THRESHOLD 5'S	RECOVERY	GO LONG	GO LONG V 2.0
20:00			~ 1.25 HOURS	3.5 HOURS	~ 1.25 HOURS	2 HOURS	5 HOURS	6 HOURS
30 AUGUST - 05 SEPTEMBER	BUILD # 2, WK 3	<p>The final push in this block before another recovery week! Keep it up!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>8 x 8 minute efforts in mid Zone 4, with the last 3 minutes of the effort aiming for Zone 5. Rest between efforts is 5 minutes.</b> These efforts are hard! Make sure you pace them properly and if you start to drop off as you get further into the set, just aim to hold Zone 4 for the 8 minutes.</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>3.5h rolling terrain, group ride or solo.</p> <p>Normalised power <u>mid Zone 3</u> which can mean a few shorter bursts (&lt; 5 minutes) in Zone 4 or 5, or just a solid ride in Zone 3.</p> <p>You should have heavy legs after this ride, but not be exhausted!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>8 x 5 minute efforts in mid Zone 4, with 1 minute rest in between.</b> These efforts are hard! Make sure you pace them properly and if you start to drop off as you get further into the set, just aim to hold on for as long as you can..</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Normalised power for entire ride should be <u>mid Zone 2</u>. This is not a hard ride, it is a long one, so make sure you keep yourself in check!</p> <p>Aim for 5 h moving time, but can stop for coffee along the way!</p>	<p>Try to recruit friends for this one. Up to 6 h in the saddle today, aiming for a loop/route that gives you ~ 2500 m of climbing.</p> <p>Even if your ride option for ATB doesn't have that much climbing in it, these hills will help with the gains!</p>



WEEK 14		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	VO2 TEMPO MIX UP	ENDURANCE RIDE	THRESHOLD MIX UP	RECOVERY	GROUP RIDE MIX UP	LAST LONG ONE
16:00			~ 50 MINUTES	2 HOURS	~ 50 MINUTES	40 MINUTES	~ 3.5 - 4 HOURS	~ 8 HOURS
13 SEPTEMBER - 19 SEPTEMBER	FOCUS 1: INTRODUCING VO2, LUNG AND LEG BURNERS	<p>The sessions on Tuesday and Thursday are HARD. But also KEY sessions, You have done the base, you have done the tempo, now it is time to put the icing on the training cake with some VO2 and threshold efforts. Short but sharp, give them a red hot crack!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>1 x 20 minute effort where you spend 4 minutes in mid zone 3, and then lift into mid Zone 4 for one minute before returning to mid zone 3 (4 minutes in mid zone 3; surge into Zone 4; repeat x 4).</b></p> <p><b>5 minutes in Zone 2 before finishing with 1 x 3 minute Zone 5 effort.</b></p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>4 x 10 minute efforts</b></p> <p><b>&gt; 1st effort at 90% FTP</b></p> <p><b>&gt; 2nd effort 30 on 30 off repeated at 115%/90% FTP</b></p> <p><b>&gt; 3rd effort at 95% FTP</b></p> <p><b>&gt; 4th effort 40 on 20 off repeated at 125% FTP/recovery. Recovery between 10 minute blocks is 5 minutes.</b></p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>This is a "free" ride. Try to include some shorter efforts, bursts of intensity, chasing down wheels, sprinting each other, but generally just by having fun! We call this accidental intensity.</p> <p>Aim for 4h today with normalised power in high zone 2, low zone 3</p>	<p>A long day in the saddle, aiming for 200km.</p> <p>East well, stay warm and drink plenty, you need to make sure you aren't doing any unnecessary damage by not fuelling properly for this one!</p> <p>Normalised power for this ride should be Zone 2.</p>

WEEK 15		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		REST DAY	THRESHOLD MIX UP	ENDURANCE RIDE	GIVE IT SOME, AND THEN SOME MORE	RECOVERY	DRIVE FOR THE LINE	EASY KMS
13:00			~ 50 MINUTES	2 HOURS	~ 50 MINUTES	40 MINUTES	~ 3.5 - 4 HOURS	~ 3 HOURS
20 SEPTEMBER - 26 SEPTEMBER	FOCUS 2: THE FINAL PUSH	<p>The last week before a taper! You are almost there. Really focus on nailing the Tuesday and Thursday sessions, and come out on top after Saturday!</p> <p>You've got this!</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>4 x 10 minute efforts</b></p> <p>&gt; <b>1st effort at 90% FTP</b></p> <p>&gt; <b>2nd effort 30 on 30 off repeated at 115%/90% FTP</b></p> <p>&gt; <b>3rd effort at 95% FTP</b></p> <p>&gt; <b>4th effort 40 on 20 off repeated at 125% FTP/recovery. Recovery between 10 minute blocks is 5 minutes.</b></p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 2h on the bike, or alternatively jump onto a Zwift ride that works out to be roughly the same time.</p>	<p>Begin with a 20 minute warm up (gradually building from Zone 1 -2) before settling into the following efforts:</p> <p><b>5 x "attack and holds": 30 second max effort into a 4 minute threshold effort; with 5 minutes rest in between.</b> These efforts are HARD so make sure you are fresh and ready to complete them!</p> <p>Cool down is ~ 15 minutes before hopping off.</p>	<p>Easy day today.</p> <p>Coffee shop roll, reco roll/light spin.</p> <p>You should finish this session feeling like you haven't done anything at all!</p> <p>Average power for this session is <u>Zone 1</u></p>	<p>Aim to complete 1 x effort early on in the ride and then one right at the end, when you are fatigued:</p> <p><b>4 minute effort in Zone 4, and then a 30 second lift into Zone 6 (whatever you have left in the tank).</b> By doing one effort late in the piece, this will help you next week when you have to push home in the final kms after a LONGGGG day in the saddle.</p>	<p>Keep this ride in Zone 2, find a loop that will give you roughly ~ 3h on the bike, should be able to hold a conversation comfortably with this one!</p>

