

Your Training Plan

The sessions in this programme are geared to build weekly, increasing mileage steadily, while building your strength and endurance. Your body will need to get used to backing up rides on consecutive days. Recovery is EVERYTHING. Weekday sessions are best completed on a trainer or indoor bike for consistency and maximum gains but they are also easily achievable outside if you have the right terrain. Weekend sessions should be completed on the road. Riding in a bunch will be a part of the event so ensure you are aware of bunch ride etiquette and safety, and practice this in training. If you are taking on this challenge with friends, then make sure you plan training rides together so you get to know each others strengths.

To easily help you, here is a quick guide to some of the terminology you will see in your plan:

CADENCE/RPM:

Hill work should form an essential part of any training plan so you need to learn to love the hills. Hill work translates well to power on the flats, increasing your strength and endurance. To enable you to maximise the strength gains from your hill sessions, all your specific hill work should be completed at 60rpm, seated. Focus on relaxed hands and upper body, working from a strong core and driving forwards into the hill with your glutes rather than your quads. If you don't have a cadence sensor then just count the revolutions of one leg for 15secs, it should be 15. Longer rides should be focused on a higher cadence 80-90rpm so you don't load up your legs over the duration of your ride, this will also help with your recovery.

STRENGTH/FLEXIBILITY:

These should form an important part of your training. Stretch after each session, focus on your tightest muscles, and dedicate 20mins in your rest and cross train days to key muscles stretches. Working on strength enables you to increase power, reduce the risk of injury and become an all-round more balanced rider. If you are working with a trainer, attending classes or

taking yourself to the gym the main thing to focus on is single leg work that simulates muscle recruitment during cycling. Look to strength your glutes, quads, calves but don't leave out your upper body as this also plays an important part in riding. Neck, and upper back are important. Your lower back may need strength but you will gain more benefits from focussing on key core stability work and increasing your flexibility in your lower back muscles.

NUTRITION GUIDE:

As a very simple guide, you want to be consuming your body weight in kgs, in grams of carbs PER HOUR on the bike. So if you weight 70kg, you need to be eating 70gms per hour. This can come in the form of bars, sports drink, bananas, gels, dates, baby food! Try it all out BEFORE the event and make sure your tummy is happy with what you are feeding it. Try to either eat or drink something every 10mins, it often works well to alternate. Water should be in one of your bottles on the bike. Drink WATER ONLY with food, sports drinks should be taken alone. If you feel sick, don't sweat it, skip a feed and switch to water until it all settles down.

OTHER HINTS AND TIPS FOR MULTIDAY RIDES & TRAINING :

1. Train in the kit you will ride in.
2. Practice loading up your jersey pockets with everything you plan to eat during your ride, so you know it fits!
3. Practice changing a flat tyre if you aren't confident.
4. Ensure you are running the right tyre pressure for the event.
5. Stretch each day post ride. This is important for your recovery
6. Ensure you eat as soon as possible after your rides. This will speed up your recovery and allow you to replenish much needed energy.
7. Study the route and the course, simulating this in training where possible with the same elevation and distance
8. Massage ☺ Book them often to help your muscles stay supple, injury free and ready to ride.

Training to Heart Rate and Effort Levels

Training to effort level allows you to get maximum gains from your training. We find many riders work to low in key sessions, and train to high on their longer distance rides, desperate to get the miles in! Programmed recovery or easy spin sessions should be completed at an steady state heart rate.

HEART RATE TEST

This is best completed indoors on a stationary bike or turbo trainer. It can also be useful to have someone run the test for you so that you can focus on your effort rather than reading numbers. Ensure that this is completed at the start of your programme when you are fully rested.

You can keep it simple with easy, medium and hard as your guides.

EASY A pace you can easily talk at (recovery, warm up, steady state, and cool down).

MEDIUM Pace talking becomes a little breathless, you are applying yourself in these sessions (hill and endurance work).

HARD Efforts are more of a yes/no answer level (intervals, hills).



**BICYCLE
NETWORK®**

KarMEA is a proud partner of Bicycle Network Women's Community programme, working to address the gender imbalance in cycling, and aiming for 50:50 female to male riders by 2020. We extend a huge welcome to all those female riders taking to road for this event, thank you for becoming the inspiration to others.

SESSION TYPES & TERMINOLOGY

STRENGTH

These sessions are geared towards getting your legs stronger for the hills but also translate to more power on flat roads

ENDURANCE

Interval sessions set at a higher effort level to increase your overall aerobic fitness

TEMPO

Designed to make you work at a harder consistent effort for a long time these will increase your aerobic fitness

POWER

These sessions get your legs stronger by working at a lower cadence on flatter sections of road

BUILD RIDE

Put the day before or after your long ride, these sessions get you used to riding on tired legs as you will in the event

LONG RIDE

Your meat and veg! aimed at getting you used to riding longer days and building endurance

SPIN OUT

An easy recovery ride day, these are done for the love of riding!

CROSS TRAIN

Anything but a bike day. Enjoy a swim, run (if you have the legs!), gym or core strength session. Pilates is perfect!

REST

Complete rest if you need it or enjoy an unloaded session like a swim or yoga class

STRETCH & ROLL

Dedicated to what your body needs to release and lengthen, this can be replaced with a yin yoga class

LITTLE VIC - 18 WEEK TRAINING PLAN

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BASE	AM	REST DAY	STRENGTH 1:00:00	CROSS TRAIN 1:00:00	SPIN OUT 1:00:00	REST DAY	BUILD RIDE 30KMS	LONG RIDE 30KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm STRENGTH SET 5 x 6min hill repeats @60rpm MED 3mins rest (or back down hill) COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Easy cruise to ease out the legs.	Swim, yoga, stretch only today.	Include in the ride: 10mins MED 90rpm 5min HARD +90rpm	Ride a hilly route. Ride all hills at 60rpm MED. Rest of ride 90rpm. EASY
	PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.		Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BASE	AM	REST DAY	TEMPO 1:00:00	CROSS TRAIN 1:00:00	SPIN OUT 1:00:00	REST DAY	BUILD RIDE 30KMS	LONG RIDE 30KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm MAIN SET: 40mins Cadence 90rpm MEDIUM COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Easy cruise to ease out the legs.	Swim, yoga, stretch only today.	Include in ride: 30mins MED Cadence 90rpm	Ride a hilly route. Ride all hills at 60rpm MED. Rest of ride 90rpm. EASY
	PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.		Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BASE	AM	REST DAY	STRENGTH 1:00:00	CROSS TRAIN 1:00:00	SPIN OUT 1:00:00	REST DAY	BUILD RIDE 30KMS	LONG RIDE 40KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm STRENGTH SET: 6 x 4min hill climb alternating @60rpm MED, @60rpm HARD COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Easy cruise to ease out the legs.	Swim, yoga, stretch only today.	Ride at good tempo EASY/MED for the duration. Cadence 80-90rpm	Ride a hilly route. Ride all hills at 60rpm MED. Rest of ride 90rpm. EASY
	PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.		Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BASE	AM	REST DAY	GEARING 1:00:00	CROSS TRAIN 1:00:00	SPIN OUT 1:00:00	REST DAY	BUILD RIDE 40KMS	LONG RIDE 40KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm MAIN SET: Cadence 90rpm. 5mins EASY 20mins MED 15min HARD COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Easy cruise to ease out the legs.	Swim, yoga, stretch only today.	Include in ride: 4 x 5min hill climb @ 60rpm MED push last 30secs in same gear to +70rpm HARD	Ride a hilly route. Ride all hills at optimum cadence. Rest of ride 90rpm. EASY
	PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.		Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST WEEK	AM	REST DAY	SPIN OUT 1:00:00	CROSS TRAIN	SPIN OUT 1:00:00	REST DAY	CROSS TRAIN 1:00:00	LONG RIDE 40KMS
	SESSION	Swim, yoga, stretch only today. BOOK A MASSAGE THIS WEEK	Easy cruise to ease out the legs. Cadence 90rpm	Run, swim, gym, strength, core.	Easy cruise to ease out the legs. Cadence 90rpm	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Rest week ride, easy spin. Enjoy a coffee stop if you like ☺
	PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.		Focus on tight muscles.			Focus on tight muscles.

WEEK 6		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUILD 1	AM	REST DAY	ENDURANCE 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 1:10:00	BUILD RIDE 50KMS	LONG RIDE 60KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm ENDURANCE SET: 3 x 10mins 10min MED/ HARD 90rpm, Rest 3mins EASY. COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	Easy spin but getting you used to three days riding	Include in the ride: 10mins EASY 90rpm 30mins MEDIUM 90rpm 5min HARD +90rpm	Ride a hilly route. Cadence 90rpm. EASY / MED pace
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 7		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUILD 1	AM	REST DAY	TEMPO 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 1:10:00	BUILD RIDE 60KMS	LONG RIDE 60KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm TEMPO SET: 60mins at MED pace 80-90rpm COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core	Swim, yoga, stretch only today.	Easy spin but getting you used to three days riding	Include in ride: 30mins tempo high E2B cadence focused at 90rpm	Ride a hilly route. Ride all hills at 60rpm MED. Rest of ride 90rpm. EASY
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 8		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUILD 1	AM	REST DAY	INTERVAL 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 1:10:00	BUILD RIDE 60KMS	LONG RIDE 70KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm INTERVAL SET: 4 x 5mins @ 90rpm HARD, 2mins EASY COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core	Swim, yoga, stretch only today.	Easy spin but getting you used to three days riding	Ride at good tempo and pace for the duration.	Ride a hilly route. Ride all hills at 60rpm MED. Rest of ride 90rpm. EASY
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 9		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUILD 1	AM	REST DAY	TEMPO 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 1:10:00	BUILD RIDE 60KMS	LONG RIDE 80KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm TEMPO SET: 40mins at MED pace 80-90rpm COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	Easy spin but getting you used to three days riding	Include in ride: 4 x 5min hill climb @ 60rpm MED push last 30secs in same gear to +70rpm HARD	Ride a hilly route. Cadence 90rpm. EASY/MED Pace
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 10		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST WEEK	AM	REST DAY	SPIN OUT 1:00:00	CROSS TRAIN	REST DAY	GEARING 1:00:00	REST DAY	LONG RIDE 50KMS
	SESSION	Swim, yoga, stretch only today.	Easy cruise to ease out the legs. Cadence 90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm MAIN SET: Cadence 90rpm. 10mins EASY 20mins MED 10min MED/HARD COOL DOWN 10mins EASY 90rpm	Swim, yoga, stretch only today.	Rest week ride. Enjoy a coffee stop if you like ☺
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.			Focus on tight muscles.		Focus on tight muscles.

WEEK 11		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUILD 2	AM	REST DAY	POWER 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 1:20:00	BUILD RIDE 60KMS	LONG RIDE 80KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm POWER SET: 6 x 6min @70rpm big gear effort MED. 3mins rest, COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.m	Swim, yoga, stretch only today.	Easy cruise to ease out the legs. Building distance again this week. Cadence 90rpm	Include in the ride: 10mins EASY 90rpm 25mins MED 90rpm 5min HARD +90rpm	Ride a hilly route. Ride all hills at 60rpm MED pace. Rest of ride 90rpm. EASY.
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 12		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUILD 2	AM	REST DAY	GEARING 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 1:20:00	BUILD RIDE 60KMS	LONG RIDE 80KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm MAIN SET 3 x 12min with 3min spin recovery as: 4mins EASY 70rpm 4mins MED 80rpm 4mins HARD 90rpm COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	Easy cruise to ease out the legs. Cadence 90rpm	Include in ride: 40mins MED/HARD cadence 80-90rpm	Ride a hilly route. Ride all hills at 60rpm MED. Rest of ride 90rpm. EASY
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 13		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUILD 2	AM	REST DAY	ENDURANCE 1:00:00	SPIN OUT 1:20:00	REST DAY	SPIN OUT 1:20:00	BUILD RIDE 70KMS	LONG RIDE 90KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm MAIN SET 3 x 10mins as 8min MED, 2min HARD. Rest 3mins EASY COOL DOWN 10mins EASY 90rpm	Easy cruise to ease out the legs. Cadence 80-90rpm	Swim, yoga, stretch only today.	Easy cruise to ease out the legs. Cadence 80-90rpm	Ride at good tempo and pace for the duration. Practice ride nutrition. Wear kit you plan to ride in.	Ride a hilly route. Ride all hills at optimum cadence Focus on 90rpm avg. Practice ride nutrition. Wear kit you plan to ride in.
	PM		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
			Focus on tight muscles.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 14		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST WEEK	AM	REST DAY	SPIN OUT 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 0:40:00	BUILD RIDE 30KMS	LONG RIDE 50KMS
	SESSION	Swim, yoga, stretch only today. BOOK A MASSAGE THIS WEEK	Easy cruise to ease out the legs. Cadence 80-90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	Easy cruise to ease out the legs. Cadence 80-90rpm	Easy spin out over hills & undulations. Cadence 80- 90rpm	Rest week ride. Cadence 80-90rpm. Enjoy a coffee stop if you like ☺
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
			Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 15		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PREP	AM	REST DAY	INTERVALS 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 1:30:00	BUILD RIDE 80KMS	LONG RIDE 90KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm MAIN SET 4 x 6mins HARD 3min EASY recovery COOL DOWN 10mins EASY 80rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	Easy cruise to ease out the legs. Holding distance if you can get out for 2hours then great!! Cadence 80-90rpm	Include in ride: 4 x 5min hill climb @ 60rpm MED push last 30secs in same gear to +70rpm HARD	Ride a hilly route. Ride all hills at optimum cadence Focus on 80-90rpm Practice ride nutrition. Wear kit you plan to ride in.
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
			Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 16		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PREP	AM	REST DAY	POWER 1:00:00	CROSS TRAIN	REST DAY	SPIN OUT 1:30:00	BUILD RIDE 90KMS	LONG RIDE 90KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm POWER SET: 4 x 7min @70rpm big gear effort MED. 3mins rest, COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	Easy cruise to ease out the legs. Holding distance if you can get out for 2hours then great!! Cadence 80-90rpm	Include in the ride: 10mins EASY 90rpm 40mins MED 90rpm 5min HARD +90rpm	Ride a hilly route. Ride all hills at optimum cadence 80- 90rpm. Practice ride nutrition. Wear kit you plan to ride in.
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
			Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 17		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TAPER 1	AM	REST DAY	ENDURANCE 1:30:00	CROSS TRAIN	REST DAY	SPIN OUT 1:30:00	BUILD RIDE 60KMS	LONG RIDE 90KMS
	SESSION	Swim, yoga, stretch only today.	WARM UP 10mins EASY 90rpm ENDURANCE SET: 4 x 15mins 90rpm as 10min MED, 5min HARD, rest 3mins. COOL DOWN 10mins EASY 90rpm	Run, swim, gym, strength, core.	Swim, yoga, stretch only today.	Easy cruise to ease out the legs. Cadence 80-90rpm	Include in ride: 4 x 5min hill climb @ 60rpm, MED push last 30secs in same gear to +70rpm HARD	Ride a hilly route. Ride all hills at optimum cadence 80-90rpm. Practice ride nutrition. Wear kit you plan to ride in.
	PM		STRETCH & ROLL 0:20:00			STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
	SESSION		Focus on tight muscles.			Focus on tight muscles.	Focus on tight muscles.	Focus on tight muscles.

WEEK 18		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TAPER 2/RIDE	AM	TAPER WEEK REST DAY	MOBILISATION 1:00:00	CROSS TRAIN	TRAVEL DAY	PRE EVENT CHECK 0:40:00		
	SESSION	Swim, yoga, stretch only today. BOOK A PRE RIDE MASSAGE THIS WEEK	WARM UP 10mins EASY 90rpm MAIN SET 3 x 2mins EASY 2mins MED 2mins HARD 2mins recovery COOL DOWN 10mins Easy 80rpm	Swim, gym, strength, core. Avoid any heavy leg weights.	GET YOUR BAGS PACKED AND READY TO RIDE!	Spin out on the bike, check the gears and brakes after travelling.		
	PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00			
	SESSION		Focus on tight muscles.		Focus on tight muscles.			

KARMEA



ATHLETE COACHING & TRAINING RETREATS



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