

8 WEEK TRAINING PROGRAM FOR SPRING CYCLE 2017

Following this program will give you enough fitness to complete either the 50km (novice program) or 105km (recreational program) Spring Cycle rides.

DETAILS

The program is based on 3-4 days of cycle training each week with the volume of each session determined by time. The following is a guide in terms of intensity and how hard to push yourself when training:

- 1 Easy** (recovery) – your breathing is very easy at this intensity. It is used for warm up and cool down, recovery before and after harder efforts and for recovery rides.
- 2 Comfortable** (endurance) – you will sense the slight increase in your breathing rate but should be able to carry on a conversation at this effort level.
- 3 Moderately Hard** (tempo) – you can talk at this effort level but your breathing rate is moderately elevated and your breath will interrupt you when talking at this intensity level.
- 4 Hard** (threshold) – you will not be able to talk at this pace. It will require concentration to maintain this effort level but you should be able to sustain this intensity for 10-20 minutes.

TRAINING

Cadence is the number of pedal strokes per minute. Pedalling at an optimal constant rate takes less effort and reduces the chance of injury. Aim for a cadence of 80-100rpm with the majority of your riding and use your gears effectively to keep your cadence constant.

Stretching AFTER every ride will improve your flexibility, assist recovery and reduce the likelihood of injury. Focus on the quadriceps, hamstrings, calves, hip flexors, iliotibial band (ITB) and gluteals.

Warm up and cool down appropriately at the beginning and end of each ride. A warm up prepares your body gradually for the exercise session preventing injury and unnecessary fatigue. A cool down slows down the level of activity gradually allowing the body to re-adjust to resting levels and assists recovery. It is recommended that you warm up and cool down in the small chain ring to encourage working at a lighter load. Think of the Tour de France riders on the hometrainer before & after every stage!

Adequate nutrition before and after you ride is an important component of endurance training. If you are riding before breakfast, have a light snack that is high in carbohydrates and low in fat 30-60 minutes before leaving for your ride. Try and consume some food high in carbohydrates with some protein within 60 minutes of finishing your ride to assist with recovery.

Drink water before, during and after you ride. If your ride is less than an hour, carry at least one water bottle on the bike. If you are riding for longer than an hour, carry one water bottle and an additional bottle with sports drink.

Riding with a group can be motivating and supportive. Some riders feel less vulnerable in a group on open roads and they can also present the opportunity to learn from more experienced riders and develop the skills required to ride with others. Although the program is geared towards training on your own or with like-minded compatriots, it is possible to substitute a group ride for one of the weekly sessions.

It is best to find a group ride that will enable you to work within the intensity parameters in the program.

The option of a Cross Train session is available throughout the program. This session could include a walk, run, swim or paddle and should be aerobic in nature. Aim for a minimum of 30 minutes and select the option that best suits your fitness level and interest.

Threshold intervals can be done on the seat or on a climb. Select a course that has no interruptions (traffic lights, stop signs etc.) for the duration of the interval. If using a climb for the intervals, your cadence will generally be lower (70-80rpm).

WEEK 1 (21 – 27 AUGUST)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVICE	Rest	30 minute easy ride	Rest	30 minute easy ride	Rest	1 hour easy ride	Rest or Cross Train
RECREATIONAL	Rest	1 hour easy ride	Rest or Cross Train	1 hour ride including: 20 minutes endurance, 20 min. easy	Rest	1 hr 30 min easy ride	Rest or Cross Train

WEEK 2 (28 AUGUST – 3 SEPTEMBER)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVICE	Rest	45 minute easy ride	Rest or Cross Train	45 minute easy ride	Rest	1 hour easy ride	Rest or Cross Train
RECREATIONAL	Rest	1 hour easy ride	Rest or Cross Train	1 hour ride including: 15 minutes easy, 30 min. endurance, 15 min. easy	Rest	1 hr 30 min ride includes: 15 minutes easy, 1 hour endurance, 15 min. easy	45 minutes easy ride or Cross Train

WEEK 3 (4 – 10 SEPTEMBER)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVICE	Rest	1 hour easy ride	Rest or Cross Train	45 minute easy ride including: 15 minutes easy, 15 min. endurance, 15 min. easy	Rest	1 hr. 30 min. ride includes: 30 min. easy, 30 minutes endurance, 30 min. easy. Introduce some small climbs within the ride	45 minute easy ride or Cross Train
RECREATIONAL	Rest	1 hr. 15 min. ride includes: 30 min. easy, 2 x 10 min. tempo with 10 minutes recovery, 15 min. easy	Rest or Cross Train	1 hr. 15 min. ride includes: 45 minutes endurance, 15 minutes easy	Rest	2 hour ride mostly at endurance intensity. Introduce some small climbs within the ride	1 hour easy ride or Cross Train

WEEK 4 (11 – 17 SEPTEMBER) RECOVERY WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVICE	Rest	45 min. ride including: 10 minutes easy, 25 min. endurance, 10 min. easy	Rest	1 hour easy ride	Rest	1 hr 30 min ride mostly at endurance intensity on the flat	Rest or Cross Train
RECREATIONAL	Rest	1 hr. ride including: 15 minutes easy, 15 min. endurance, 15 minutes tempo, 15 min. easy	Rest	1 hr. 15 min. easy ride	Rest	2 hour ride mostly at endurance intensity on the flat	Rest or Cross Train

WEEK 5 (18 – 24 SEPTEMBER)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVICE	Rest	1 hour ride including: 30 min. easy, 1 x 10 minute tempo with 20 min. easy	Rest or Cross Train	1 hour ride including: 15 minutes easy, 15 min. endurance, 15 min. easy, 1 x 5 minutes threshold, 20 min. easy	Rest	2 hour ride mostly at endurance intensity. Include some longer hills at tempo pace if possible	1 hour easy ride or Cross Train
RECREATIONAL	Rest	1 hour ride including: 30 min. easy, 1 x 10 min. tempo with 20 minutes easy.	Rest or Cross Train	1 hr. 15 min. ride includes: 15 minutes endurance, 15 min. easy, 1 x 5 minutes threshold, 20 min. easy	Rest	2 hour ride mostly at endurance intensity. Introduce some longer hills at tempo pace if possible	1 hour easy ride or Cross Train

WEEK 6 (25 SEPTEMBER – 1 OCTOBER)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVICE	Rest	1 hr. 15 min. ride includes: 30 min. easy, 2 x 10 minute tempo with 10 min. recovery, 15 min. easy	Rest or Cross Train	1 hr. 15 min. ride includes: 20 min. easy, 15 minute endurance, 5 min. easy, 2 x 5 minute threshold with 5 min. recovery 20 min. easy	Rest	2 hr. 30 min. ride mostly at endurance intensity. Include some longer hills at tempo pace if possible	1 hr. 15 min. ride mostly at endurance intensity
RECREATIONAL	Rest	1 hr. 15 min. ride includes: 15 min. easy, 2 x 20 min. tempo with 10 minutes recovery, 10 minutes easy	Rest or Cross Train	1 hr. 15 min. ride includes: 10 min. easy, 20 minutes endurance, 5 min. easy, 3 x 5 minutes threshold with 5 min. recovery, 15 min. easy	Rest	3 hour ride mostly at endurance intensity. Introduce some longer hills at tempo pace if possible	1 hr. 30 min. ride mostly at endurance intensity

WEEK 7 (2 – 8 OCTOBER)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVICE	Rest	1 hr. 15 min. ride includes: 15 min. easy, 20 minute tempo, 5 min. easy, 20 min. endurance, 15 min. easy	Rest or Cross Train	1 hr. 15 min. ride includes: 20 minutes easy, 15 min. endurance, 5 min. easy, 3 x 4 minutes threshold with 4 min. recovery, 15 min. easy	Rest	2 hr. 30 min. ride mostly at endurance intensity on a at or rolling course	1 hr. 15 min. ride on a hilly circuit. Climb at tempo to threshold intensity
RECREATIONAL	Rest	1 hr. 20 min. ride includes: 30 minutes tempo, 5 min. easy, 20 minutes endurance, 10 min. easy	Rest or Cross Train	1 hr. 15 min. ride includes: 10 min. easy, 20 minutes endurance, 5 min. easy, 4 x 4 minutes threshold with 4 min. recovery, 10 min easy	Rest	3 hr. 30 min. ride mostly at endurance intensity on at to rolling course	1 hr. 30 min. ride on a hilly circuit. Climb at tempo to threshold intensity

WEEK 8 (9 – 15 OCTOBER) EASY WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVICE	Rest	45 min. ride including: 15 min. easy, 10 minutes endurance, 5 min. easy, 1 x 5 min threshold, 10 min. easy	Rest or Cross Train	1 hour ride including: 20 minutes easy, 30 min. endurance, 10 minutes tempo, 30 min. easy	Rest	Rest	Spring Cycle
RECREATIONAL	Rest	1 hour ride including: 15 minutes endurance, 2 x 5 min. threshold with 5 min. recovery, 15 min. easy	Rest	1 hour ride including: 15 min. easy, 20 minutes endurance, 10 minutes tempo, 15 min. easy	Rest	1 hour easy ride	Spring Cycle