

## 5 Dams Ride Proposed Training Program

WEEK NO	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Kms
1	11 Jan 2010	Pilates, yoga or stretching	Undulating Ride (Ewen Street) – 40kms	Cross Training, go for a walk or a swim (non weight bearing exercise)	Tempo Ride incorporating 2 x 10 min efforts with 5 min recovery – 60kms	DAY OFF	Hills Ride – 120kms	Flat Ride – 80kms	300kms
2	18 Jan 2010	Pilates, yoga or stretching	Undulating Ride (Reabold circuit) – 50kms	Cross Training, go for a walk or a swim (non weight bearing exercise)	Tempo Ride incorporating 3 x 15 min efforts with 5 min recovery – 60kms	DAY OFF	Hills Ride – 150kms	Flat Ride – 100kms	360kms
3	25 Jan 2010	Pilates, yoga or stretching	Undulating Ride (Cottesloe circuit) – 50kms	Flat ride – 40kms	Tempo Ride incorporating 3 x 15 min efforts with 5 min recovery – 60kms	DAY OFF	Hills Ride – 150kms	Flat Ride – 120kms	420kms
4	1 Feb 2010	Pilates, yoga or stretching	Undulating Ride (Kings Park circuit) – 60kms	Flat Ride – 40kms	Tempo Ride incorporating 4 x 10 min efforts with 5 min recovery – 50kms	DAY OFF	Hills Ride – 180kms	Flat Ride – 120kms	450kms
5	8 Feb 2010	Pilates, yoga or stretching	Undulating Ride (Ewen Street) – 40kms	Cross Training, go for a walk or a swim (non weight bearing exercise)	Tempo Ride incorporating 2 x 10 min efforts with 5 min recovery – 65kms	DAY OFF	Hills Ride – 120kms	Flat Ride – 75kms	300kms

## 5 Dams Ride Proposed Training Program

WEEK NO	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Kms
6	15 Feb 2010	Pilates, yoga or stretching	Undulating Ride (Reabold circuit) - 50kms	Flat Ride - 40kms	Tempo Ride incorporating 3 x 15 min efforts with 5 min recovery - 60kms	DAY OFF	Hills Ride - 150kms	Flat Ride - 120kms	420kms
7	22 Feb 2010	Pilates, yoga or stretching	Undulating Ride (Cottesloe circuit) - 50kms	Flat Ride - 40kms	Tempo ride incorporating 3 x 15 min efforts with 5 min recovery - 60kms	DAY OFF	Hills Ride - 180kms	Flat Ride - 120kms	450kms
8	1 Mar 2010	Pilates, yoga or stretching	Undulating Ride (Kings Park circuit) - 70kms	Rest	Tempo ride incorporating 2 x 5 min efforts with 3 min recovery - 30kms	DAY OFF	Hills Ride - 120kms	Flat Ride - 80kms	300kms
9	8 Mar 2010	DAY OFF	DAY OFF	Tempo ride incorporating 2 x 10 min efforts with 5 min recovery - 50kms	DAY OFF - HYDRATE AND CARBO LOAD	Easy ride - 30kms	Easy Ride - 40kms	<b>5 DAMS CHALLENGE - 230kms</b>	350kms

## 5 Dams Ride Proposed Training Program

### 5 DAMS RIDE TRAINING PROGRAM RECOMMENDATIONS:

*"This training programme has been prepared as a general guide for the preparation for an event of this nature. It may not be suitable for all riders, as there will be many differences arising from factors such as age, riding experience and level of fitness. All riders are encouraged to obtain individual advice from an appropriately qualified professional to ensure that training is tailored to meet their needs."*

Weeks 1, 5 and 9 are easy weeks, so try and do the training but with less intensity

Ride day volumes can be effectively achieved across 2 sessions, ie AM + PM

Flat Rides – suggest either go around the River or maybe down the Freeway south

Hills Rides – suggest Welshpool Road, Kalamunda Road, Mundaring Weir, Pickering Brook Toodyay Rd, Greenmount, Darlington, Brookton Hwy, Albany Hwy or Jarrahdale Road to name a few.

Undulating Rides – suggest laps of Kings Park, Reabold [Oceanic Drv, West Coast Hwy, Rochdale Rd, Stephenson Ave], Ewen St [Hale Rd, Weaponess Rd, Ewen St] or Cottesloe [Marine Pde and do hill repeats up and down the side street from Curtin Ave to Pearse St].

Stretching after each ride is important and so is re-hydrating and nutrition.

Hydrate and nutrition during the long rides is vital.

If you are unwell or feel dizzy, please consult your doctor.