



## 12-WEEK TRAINING GUIDE

### NOVICE (5 - 8 hours per week)

## 5 DAMS CHALLENGE

	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	15/01	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	3x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1-1.5 hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	Tempo ride 1 hour @ 65% of threshold	Day off bike Stretching/ foam roller exercises or Pilates class	2.5 hrs tempo riding @ 60% hr (river loop)	RE ride .5-1 hrs, <60% hr or day off.
WEEK 2	22/01	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	3x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1-1.5 hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	Tempo ride 1 hour @ 65% of threshold	Day off bike Stretching/ foam roller exercises or Pilates class	2.5 hrs tempo riding @ 60% hr (river loop)	RE ride .5-1.5 hrs, <60% hr or day off.
WEEK 3	29/01	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	4x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1-1.5hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	6x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1-1.5hours on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	3 hrs Hills ride @ 60% hr. Pickering Brook loop	1.5 hrs tempo riding @ 65% hr (river loop)
REST WEEK	05/02	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	RE ride .5-1.5 hrs, <60% hr or day off.	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	Tempo ride 1- 1.5hours @ 65% of thresh- old	Day off bike Stretching/ foam roller exercises or Pilates class	3 hrs tempo riding @ 60% hr (river loop)	Day off
WEEK 5	12/02	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	4x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1-1.5 hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	7x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1-1.5 hours on the bike Or Cyclops session at Exer- ceo	Day off bike Stretching/ foam roller exercises or Pilates class	3 hrs Hills ride @ 60% hr. Climb hills 2 85% hr Picker- ing Brook loop	1.5 hrs tempo riding @ 65% hr (river loop)
WEEK 6	19/02	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	4x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1-1.5hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	8x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1-1.5 hours on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	3.5 hrs Hills ride @ 60% hr. Climb hills 2 85% hr Picker- ing Brook loop. x2 repeats of Mundaring Weir Road	10x 30 sec all out efforts, 2 min RE be- tween efforts. 1 hour on the bike



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	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 7</b>	26/02	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	4x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1-1.5hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	9x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1-1.5 hours on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	4 hrs Hills ride @ 60% hr Mundaring Weir Loop	<b>KALAMUNDA 100</b>
<b>REST WEEK</b>	05/03	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	RE ride .5-1.5 hrs, <60% hr or day off.	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	10x 30 sec all out efforts, 2 min RE be- tween efforts. 1 hour on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	4 hrs Hills ride @ 60% hr Mundaring Weir Loop	Day off
<b>WEEK 9</b>	12/03	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	2x 10min in- tervals @ 105% of threshold, 5 min RE be- tween efforts. . 1.5-2 hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	10x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1-1.5 hours on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	4 hrs Hills ride @ 60% hr Mundaring Weir Loop	10x 30 sec all out efforts, 2 min RE be- tween efforts. 1 hour on the bike
<b>WEEK 10</b>	19/03	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	2x 10min in- tervals @ 105% of threshold, 5 min RE be- tween efforts. . 1.5-2 hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	10x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1-1.5 hours on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	4.5 hrs Hills, tempo @ 65% hr. Include 5 hills. Climb at 85% hr	10x 30 sec all out efforts, 2 min RE be- tween efforts. 1 hour on the bike
<b>WEEK 11</b>	26/03	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	3x 10min in- tervals @ 105% of threshold, 5 min RE be- tween efforts. . 1.5-2 hours on the bike	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	10x 30 sec all out efforts, 2 min RE be- tween efforts. 1 hour on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	4 hrs Hills, tempo @ 65% hr. Include 5 hills	As you wish
<b>TAPER</b>	02/04	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	Tempo ride 1- 1.5 hours @ 65% of thresh- old	Group riding session Find a <a href="#">SOCIAL RIDE</a> near you	RE ride .5-1 hr, <60% hr or day off.	Day off bike Stretching/ foam roller exercises or Pilates class	RE ride .5-1 hr, <60% hr. In- clude 6x 15sec under-gearred efforts with 2min re be- tween efforts	<b>EVENT DAY GOOD LUCK!</b>