



# 12-WEEK TRAINING GUIDE

# 3 DAMS CHALLENGE

**EXPERIENCED** (6+ hours per week)

	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	14/01	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	Tempo ride 1.5 - 2hours @ 65% of thresh- old	Group riding session	RE ride .5-1.5 hrs, <60% hr or day off.	Day off bike Stretching/ foam roller exercises or Pilates class	2 hrs tempo riding @ 60% hr (river loop)	RE ride .5-1.5 hrs, <60% hr or day off.
<b>WEEK 2</b>	21/01	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	3x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1.5-2 hours on the bike	Group riding session	RE ride .5-1.5 hrs, <60% hr or day off.	Day off bike Stretching/ foam roller exercises or Pilates class	2 hrs tempo riding @ 60% hr (river loop)	RE ride .5-1.5 hrs, <60% hr or day off.
<b>WEEK 3</b>	28/01	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	4x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1.5-2 hours on the bike	Group riding session	RE ride .5-1.5 hrs, <60% hr or day off.	Day off bike Stretching/ foam roller exercises or Pilates class	2.5 hrs tempo riding @ 60% hr (river loop)	1.5 hrs tempo riding @ 65% hr (river loop)
<b>REST WEEK</b>	04/02	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	RE ride .5-1.5 hrs, <60% hr or day off.	Day off bike Stretching/ foam roller exercises or Pilates class	2.5 hrs tempo riding @ 60% hr (river loop)	As you wish
<b>WEEK 5</b>	11/02	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	4x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1.5-2 hours on the bike	Group riding session	RE ride .5-1.5 hrs, <60% hr or day off.	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)
<b>WEEK 6</b>	18/02	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	4x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1.5-2 hours on the bike	Group riding session	1.5 hrs tempo riding @ 65% hr (river loop)	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)



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	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 7</b>	25/02	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	5x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1.5-2 hours on the bike	Group riding session	5x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1.5-2 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	<b>KALAMUNDA 100</b>
<b>REST WEEK</b>	04/03	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	RE ride .5-1.5 hrs, <60% hr or day off.	Day off bike Stretching/ foam roller exercises or Pilates class	3 hrs Hills ride @ 60% hr. Pickering Brook loop	As you wish
<b>WEEK 9</b>	11/03	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	6x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1.5-2 hours on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	4 hrs Hills ride @ 60% hr. Climb 2 hills 85% hr Mund- aring Weir Loop	1.5 hrs tempo riding @ 65% hr (river loop)
<b>WEEK 10</b>	18/03	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	7x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1.5-2 hours on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	4 hrs Hills ride @ 60% hr. Climb hills 3 hills 85% hr Mundaring Weir Loop	1.5 hrs tempo riding @ 65% hr (river loop)
<b>WEEK 11</b>	25/03	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	8x 2 min hill efforts @ 120% of threshold, 2- 3 min RE be- tween efforts. 1.5-2 hours on the bike	Day off bike Stretching/ foam roller exercises or Pilates class	4 hrs Hills, tempo @ 65% hr.	As you wish
<b>TAPER</b>	01/04	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	Tempo ride 1.5 - 2hours @ 65% of thresh- old	Group riding session	RE ride .5-1.5 hrs, <60% hr or day off.	Day off bike Stretching/ foam roller exercises or Pilates class	RE ride .5-1.5 hrs, <60% hr. Include 6x 15sec under- geared efforts with 2min re between efforts	<b>EVENT DAY GOOD LUCK!</b>