



12-WEEK TRAINING GUIDE

3 DAMS CHALLENGE

NOVICE (3 - 6 hours per week)

	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	14/01	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	2x5min 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.	Day off bike Stretching/ foam roller exercises or Pilates class	1.5 hrs tempo riding @ 60% hr (river loop)	RE ride 1-1.5 hrs, <60% hr or day off.
WEEK 2	21/01	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	2x5min 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.	Day off bike Stretching/ foam roller exercises or Pilates class	2 hrs tempo riding @ 60% hr (river loop)	RE ride .5-1 hrs, <60% hr or day off.
WEEK 3	28/01	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.	Day off bike Stretching/ foam roller exercises or Pilates class	2 hrs tempo riding @ 60% hr (river loop)	1 hrs tempo riding @ 65% hr (river loop)
REST WEEK	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	Day off	Day off bike Stretching/ foam roller exercises or Pilates class	2 hrs tempo riding @ 60% hr (river loop)	As you wish
WEEK 5	11/02	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.	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)
WEEK 6	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	RE ride .5-1.5 hrs, <60% hr.	Day off bike Stretching/ foam roller exercises or Pilates class	2.5 hrs tempo riding @ 60% hr (river loop)	Hill repeats 5x 2min efforts @ 120% thresh- old. 1-1.5 hours on the bike



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	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	25/02	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.	Day off bike Stretching/ foam roller exercises or Pilates class	Group riding session Find a <u>SOCIAL RIDE</u> near you	KALAMUNDA 100
REST WEEK	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.	Day off bike Stretching/ foam roller exercises or Pilates class	3 hrs Hills ride @ 60% hr Pick- ering Brook loop	As you wish
WEEK 9	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	RE ride .5-1.5 hrs, <60% hr.	Day off bike Stretching/ foam roller exercises or Pilates class	3 hrs Hills ride @ 60% hr Pick- ering Brook loop	Hill repeats 6x 2min efforts @ 120% thresh- old. 1-1.5 hours on the bike
WEEK 10	18/03	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	RE ride .5-1.5 hrs, <60% hr.	Day off bike Stretching/ foam roller exercises or Pilates class	3.5 hrs Hills ride @ 60% hr John Forrest loop	Hill repeats 6x 2min efforts @ 120% thresh- old. 1-1.5 hours on the bike
WEEK 11	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	RE ride .5-1.5 hrs, <60% hr.	Day off bike Stretching/ foam roller exercises or Pilates class	3.5 hrs Hills ride @ 60% hr John Forrest loop	As you wish
TAPER	01/04	Day off bike Stretching/ foam roller ex- ercises or Pila- tes class	RE ride .5-1.5 hrs, <60% hr.	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	EVENT DAY GOOD LUCK!