



12-WEEK TRAINING GUIDE

NOVICE (5 - 8 hours per week)

5 DAMS CHALLENGE

	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	3x5min inter- vals @ 110% threshold, 2 min RE be- tween efforts. 1-1.5 hours on the bike	Group riding session	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	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. 1-1.5 hours on the bike	Group riding session	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	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. 1-1.5hours on the bike	Group riding session	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	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	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	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. 1-1.5 hours on the bike	Group riding session	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	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. 1-1.5hours on the bike	Group riding session	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
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. 1-1.5hours on the bike	Group riding session	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	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	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
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	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
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	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
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	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
TAPER	01/04	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	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	EVENT DAY GOOD LUCK!