

Name:		Event:			Date:		
Advanced		100 Mile Ride					
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p>50 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2</p> <p>10 minutes warm up 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch NOTE: Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch</p>	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	<p>50 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 10 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch</p> <p>NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.</p>	REST	<p>120 - 150 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2</p> <p>Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch</p>	<p>90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2</p> <p>Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch</p>
	Week 2	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p>50 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2</p> <p>10 minutes warm up 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch NOTE: Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch</p>	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	<p>50 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 10 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch</p> <p>NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.</p>	REST	<p>150 MINS EASY EFFORT LONG GROUP RIDE @ ZONES 1 - 2</p> <p>Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. If you ride with a group, inner discipline is necessary to let the group go if they want to push the pace on + stretch</p>

Week 3	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p>55 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2</p> <p>10 minutes warm up 2 x 10 mins at 95 and 100 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch NOTE: Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch</p>	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	<p>60 MINS SINGLE LEG TECHNIQUE SESSION</p> <p>15 minutes easy spinning warm up, 15 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.</p>	REST	150 MINS EASY EFFORT LONG GROUP RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. If you ride with a group, inner discipline is necessary to let the group go if they want to push the pace on + stretch	120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 4	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p>55 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2</p> <p>10 minutes warm up 2 x 10 mins at 95 and 100 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch NOTE: Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch</p>	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	<p>60 MINS SINGLE LEG TECHNIQUE SESSION</p> <p>15 minutes easy spinning warm up, 15 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.</p>	REST	180 MINS EASY EFFORT LONG GROUP RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. If you ride with a group, inner discipline is necessary to let the group go if they want to push the pace on + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	

Week 5	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch. Easier week to allow some recovery from the previous weeks of training and some training adaptation	60 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 20 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 - 20 mins cool down + stretch. Best done on an indoor trainer	REST	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	120 MINS EASY EFFORT LONG GROUP RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. If you ride with a group, inner discipline is necessary to let the group go if they want to push the pace on + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	
Week 6	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS 4 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 4 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	210 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1 - 3 Aim to keep your average cadence at 85 rpm / HR zone 2 and as little free wheeling as you can, 20 mins easy warm up 3 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 9 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 3 mins zone 3 at 100rpm all off 2 mins easy effort recovery. Ride the rest of your ride at zones 2 - 3, cool down + stretch	120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	

Week 7	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	240 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1 - 3 Aim to keep your average cadence at 85 rpm / HR zone 2 and as little free wheeling as you can, 20 mins easy warm up 3 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 9 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 3 mins zone 3 at 100rpm all off 2 mins easy effort recovery. Ride the rest of your ride at zones 2 - 3, cool down + stretch	120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 8	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	240 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1 - 3 Aim to keep your average cadence at 85 rpm / HR zone 2 and as little free wheeling as you can, 20 mins easy warm up 3 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 9 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 3 mins zone 3 at 100rpm all off 2 mins easy effort recovery. Ride the rest of your ride at zones 2 - 3, cool down + stretch	120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 9	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	60 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 20 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 - 20 mins cool down + stretch. Best done on an indoor trainer	REST	120 MINS EASY RIDE No focus just easy ride time and enjoy + stretch	REST	

Week 10	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS 3 x 8 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 8 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST	270 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 11	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS 3 x 8 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 8 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST	270 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 12	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST	300 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch	90 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	
Week 13	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	REST	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	120 MINS EASY RIDE No focus just easy ride time and enjoy + stretch	REST	

Week 14	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	300 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch	90 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	
Week 15	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	70 MINS 3 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 10 min at hr zones 4 - 5 with 3 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	REST	40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	330 MINS EASY TO HARD EFFORT @ ZONES 1 - 5A COURSE RECCE Ride a course with sections similar to your challenge event. Ride hills in your route or simulate hills by utilizing bigger gears and a lower cadence. Some standing is okay, Ride in Zones 1 - 5a. The goal of this session is not to maximise your time in the higher zones + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 16	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	70 MINS 3 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 10 min at hr zones 4 - 5 with 3 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	REST	40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	330 MINS EASY TO HARD EFFORT @ ZONES 1 - 5A COURSE RECCE Ride a course with sections similar to your challenge event. Ride hills in your route or simulate hills by utilizing bigger gears and a lower cadence. Some standing is okay, Ride in Zones 1 - 5a. The goal of this session is not to maximise your time in the higher zones + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 17	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	90 MINS 2 x 15 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 10 min at hr zones 4 - 5 with 5 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST	240 MINS CUSTOM RIDE Ride to how you feel within all zones. Don't spend too much time in zones 4 - 5 please + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	

Week 18	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	90 MINS 3 x 15 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 10 min at hr zones 4 - 5 with 5 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	REST	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	REST	240 MIN CUSTOM RIDE Ride to how you feel within all zones. Don't spend too much time in zones 4 - 5 please + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 19	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	120 MIN RIDE @ EASY EFFORT ZONE 1-2 WITH 20 MINS @ THRESHOLD EFFORT ZONE 4 80 mins zones 1 - 2, 20 mins zone 4, 20 mins zones 1 - 2 + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	
Week 20	REST	30 MINS EASY TO STEADY EFFORT @ ZONES 1 - 3 10 mins easy spin then 3 x 90 seconds at high rpm of over 105 rpm (zone 3), with 90 secs recovery between intervals, up to 10 mins cool down + stretch	REST	30 MINS EASY TO STEADY EFFORT @ ZONES 1 - 3 10 mins easy spin then 4 x 30 seconds at high rpm of over 105 rpm (zone 3), with 120 seconds recovery between intervals, up to 10 mins cool down + stretch	REST	30 MINS EASY RIDE AND PRE RACE CHECK @ ZONES 1 - 2 Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to tomorrow + stretch	100 Mile Ride	