

Great Vic ten week training plan

WEEK	THE MINIMAL PLAN Do this column as part of the minimal plan		THE SUPER KEEN PLAN Do this column as well as anything in the Minimal Plan columns		EXTRAS Add towards the end for both plans	THE MINIMAL PLAN Do this column as part of the minimal plan		THE SUPER KEEN PLAN Do this column as well as anything in the Minimal Plan columns	
	MON	TUE	WED	THU	FRI	SAT	SUN		
1		HILLS-SHORT REPEATS (1-2 min climb) x as many as you can do (suggest 3-4 repeats)		FLAT RIDE With little power bursts of 1-2 minutes. At least 1hr riding with 30 mins dedicated to bursts		GENTLE RIDE For 1 hour		GENTLE RIDE Aim for 1hr minimum	
2		HILLS-SHORT REPEATS (1-2 min climb) x as many as you can do (suggest 3-4 repeats)		FLAT RIDE With little power bursts of 1-2 minutes. At least 1hr riding with 30 mins dedicated to bursts		LONGER RIDE 3hrs, with hills, min 40km, (try Kew Boulevard or a similar route)		GENTLE RIDE Aim for 1hr minimum	
3		HILLS-SHORT REPEATS (1-2 min climb) x as many as you can do (suggest 3-4 repeats)		FLAT RIDE With little power bursts of 1-2 minutes. At least 1hr riding with 30 mins dedicated to bursts		GENTLE RIDE 1.5hrs		LONGER RIDE 3hrs, with hills, min 40km, include Kew Boulevard or similar	
4		FAST SPIN 1hr, riding faster than your usual pace. Try to sustain the speed over the 1hour, but not so fast you can't ride the rest of the week.		HILLS-SHORT REPEATS (1-2 min climb) for 20 minutes then flat roll at faster pace for 20 mins		LONGER RIDE 2hrs approx. 30km+, but more if you can		LONGER RIDE 2-3hrs and try to find a few small hills in the neighbourhood. Min of 40km	
5		HILLS-SHORT REPEATS (2-3 min climbs) x around 4-5 times if you can.		FLAT RIDE With little power bursts of 1-2 minutes. At least 1hr riding with 30 mins dedicated to bursts		GENTLE RIDE Try for 50km minimum		GENTLE RIDE Try for a 45km ride today at relaxed pace	
6		HILLS-SHORT REPEATS (2-3 min climb) x as many as you can do (5-6 min)		HILLS-SHORT REPEATS (1-2 min climb) for 20 mins then flat roll at faster pace for 20 mins	SHORT RIDE Aim for around 30km minimum	LONG RIDE Approx. 3 hours. Aim for 60-65km		LONGER RIDE Less than yesterday (40-50km). Gentle hills but keep it very relaxed	
7		HILLS-SHORT REPEATS (2-3 min climb) x as many as you can do		HILLS-SHORT REPEATS (1-2 min climb) for 20 mins then flat roll at faster pace for 20 mins		LONGER RIDE Include hills, min 60-70km		LONGER RIDE With gentle hills, but less than yesterday. 40-50km	
8		FLAT RIDE With little power bursts of 1-2 mins. At least 1hr riding with 15 mins dedicated to bursts		FLAT CRUISE RIDE 1hr if you have time. If not go for some repeats of the flat short bursts for 20mins.	SHORT RIDE Aim for around 30km minimum	HILLS-SHORT REPEATS (2-3 min climb) repeat 3 times then a ride of min 40km		LONGER RIDE 70-75km	
9		FLAT RIDE With little power bursts of 1-2 mins. At least 1hr riding with 15 mins dedicated to bursts		FLAT RIDE With little power bursts of 1-2 mins. At least 1hr riding with 15 mins dedicated to bursts	SHORT RIDE Aim for around 20km minimum	LONGER RIDE At your pace of 75km+, more if you can		GENTLE RIDE Ride easy for 30km	
10		GENTLE RIDE For 1 hour		GENTLE RIDE 1-2hrs, no bursts, relax!					

Training notes

- Intervals are great for fat burning, and they increase cardio capacity too.
- Hill repeats can be completed on a local street with gradient of approx. 5-6% or more (please check with your doctor it is safe for you to do this first.)
- The hills don't need to be too long; the point is you do repeats so it treats the climb as an interval. Start with just a few, then take it up to as many as you can do (without injury!!!). I'd suggest a minimum of 3-4 repeats to start then work up to 6-8 repeats...it depends on your hill and how mean it is.
- Never do more than you think you can handle and never do so many that it stops you riding for the rest of the week
- If you have the luxury of long hills near you, throw a few in on your rides.
- If you do have a steep hill near you, try to do it once a week if you have time, no need to repeat if it's over 8% gradient...just include it in the schedule as often as you can.
- The gentle rides can be flat, easy and relaxing, but if you get the chance to practice riding in the wind, take it!!
- The key is to try to get in consecutive days of riding... Consecutive days are important!
- Make sure you have plenty of hydration BEFORE, DURING AND AFTER your rides! A thirsty rider is a miserable rider. Don't rely on sugary drinks unless your body is screaming out for it...it acts as a diuretic and flushes out all the good stuff you need and gives you a sugar high followed by a BIG low. On a 40km ride you should easily get through one bottle, more if it is hot.
- Make sure you take some snacks on your rides, and eat prior to a ride with some protein and avoid the sugary stuff unless you need it. Ideally you should eat a small snack or a few mouthfuls every 30 minutes or so.
- Make sure you eat in the first 15 minutes after a ride...your body will go into recovery mode, so replenish with yummy things like a shake, smoothie, eggs or meat/fish/tofu so you get the protein needed for muscle recovery. Avoid replenishing with starchy foods like chips or cakes.