

# BICYCLE NETWORK 12 WEEK TRAINING PLAN: 150KM+ RIDE



This is the perfect training guide to prepare for a 150km+ ride, with you feeling fit, fresh, and ready to go!

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	<b>Aerobic Ride</b> 60 mins	<b>Cross Training</b> 60 mins	<b>Aerobic Ride</b> 60 mins	Rest	<b>Cross Training</b> 60 mins	<b>Endurance Ride</b> 1h 30 mins
2	Rest	<b>Aerobic Ride</b> 60 mins	<b>Cross Training</b> 60 mins	<b>Tempo Ride</b> 60 mins	Rest	<b>Cross Training</b> 60 mins	<b>Endurance Ride</b> 1h 45 mins
3	Rest	<b>Tempo Ride</b> 60 mins	<b>Cross Training</b> 60 mins	<b>Aerobic Ride</b> 1h 30 mins	Rest	<b>Cross Training</b> 60 mins	<b>Endurance Ride</b> 2h 30 mins
4	Rest	Rest	<b>Aerobic Ride</b> 1h 30 mins	<b>Cross Training</b> 60 mins	<b>Tempo Ride</b> 60 mins	Rest	<b>Endurance Ride</b> 3 hours
5	Rest	<b>Aerobic Ride</b> 2 hours	<b>Cross Training</b> 60 mins	<b>Tempo Ride</b> 1h 15 mins	Rest	<b>Endurance Ride</b> 1h 30 mins	<b>Endurance Ride</b> 3h 30 mins
6	Rest	<b>Aerobic Ride</b> 2 hours	<b>Sweet spot blocks</b> 1h 37 mins <i>6 x 5 min work 7 min recovery between sets</i>	<b>Cross Training</b> 60 mins	Rest	<b>Aerobic Ride</b> 1h 45 mins	<b>Endurance Ride</b> 3h 45 mins
7	Rest	<b>High Cadence Drills</b> 1h 5 mins <i>8 x 1 min work 4 min recovery between sets</i>	<b>Cross Training</b> 60 mins	<b>Sweet spot blocks</b> 1h 37 mins <i>6 x 5 min work 7 min recovery between sets</i>	Rest	<b>Endurance Ride</b> 2h 30 mins	<b>Endurance Ride</b> 4h 30 mins
8	Rest	Rest	<b>Sweet spot blocks</b> 1h 25 mins <i>5 x 5 min work 7 min recovery between sets</i>	<b>Cross Training</b> 60 mins	<b>High Cadence Drills</b> 1h 5mins <i>8 x 1 min work 4 min recovery between sets</i>	Rest	<b>Endurance Ride</b> 4 hours
9	Rest	<b>Sweet spot blocks</b> 1h 43 mins <i>6 x 8 min work 5 min recovery between sets</i>	<b>Cross Training</b> 60 mins	<b>Aerobic Ride</b> 2 hours	Rest	<b>Endurance Ride</b> 2h 15 mins	<b>Endurance Ride</b> 5 hours
10	Rest	<b>Sweet spot blocks</b> 1h 43mins <i>6 x 8 min work 5 min recovery between sets</i>	<b>Cross Training</b> 60 mins	<b>High Cadence Drills</b> 1h 15mins <i>10 x 1 min work 4 min recovery between sets</i>	<b>Aerobic Ride</b> 1h 30mins	Rest	<b>Endurance Ride</b> 6 hours
11	Rest	<b>Sweet spot blocks</b> 1h 17 mins <i>4 x 8 min work 5 min recovery between sets</i>	<b>Cross Training</b> 60 mins	<b>High Cadence Drills</b> 1h 15mins <i>10 x 1 min work 4 min recovery between sets</i>	Rest	<b>Endurance Ride</b> 2h 30 mins	<b>Endurance Ride</b> 4h 30 mins
12	Rest	Rest	<b>Cross Training</b> 60 mins	Rest	<b>Aerobic Ride</b> 45 mins	<i>Rest - go for a 20 min roll if you would like too. Get excited! It's tomorrow :)</i>	<b>Event Day!</b> <b>Have fun!</b>

# TRAINING PLAN GUIDE

This training plan is just a guide. If you can't fit all sessions in each week, that's okay! Focus on going for a regular long ride and try to fit in at least one of the mid-week sessions. Fit in what you can do.

## Aerobic Rides

Include a 5 min warm up and a 5 min cool down. For the remainder ride at a pace you could feel you could 'ride all day' at, this should be about a 3 or 4/10 effort.

## Cross Training

Move your body! Take your pick from jog/walk, swimming, gym, circuits, pilates or yoga.

## Endurance Ride

This is similar to the aerobic ride, just a bit longer! Include a 10 min warm up and a 10 min cool down. For the remainder ride at a pace you could feel you could 'ride all day' at, this should be about a 3 or 4/10 effort.

## Tempo Ride

Include a 10 min warm up and a 5 min cool down. For the remainder ride at a higher pace than your aerobic or endurance ride. Work at a 5 or 6/10 effort, you should feel like you are breathing at a level that makes it too hard to chat.

## Sweet Spot Blocks

Include a 15 min warm up and 10 min cool down. For the workload, find your sweet spot! About a 6 or 7/10 effort, working harder than a tempo ride and breathing too hard to say more than 1 or 2 words at a time. You will be holding out for the recovery and should finish your last block feeling like you could do another but would prefer not too!

## High Cadence Drills

Include a 15 min warm up and a 10 min cool down. For the remainder it is 1 min work at high cadence and 4 min recovery. The work should be as hard as you can go for 1 minute spinning the legs quickly. The 1 minute will feel like a lifetime and you should be an 8 or 9/10 on the effort scale. Use the recovery to prepare for the next effort.

## TOP TIPS

- Ride with friends, this makes the longer rides more enjoyable and keeps you accountable for your training.
- Listen to your body, training is both mental and physical. If you don't feel up to training one day or life gets in the way, write the session off and move on to the next. Don't try to double up your sessions but remember how good moving your body makes you feel!
- By week 8 decide what you are going to wear for the event and wear this as much as you can during the next 4 weeks of training.
- Get your bike serviced a week or 2 before the event so you are ready to go!
- Enjoy it and remember how far you have come!

*This training plan assumes a base level of fitness, you should always consult your physician or other healthcare provider before starting an exercise program or changing your diet.*