



# Brain Cancer Collective

For Brain Cancer  
Biobanking Australia

**Welcome to your training plan for 2024's event.**  
2 days, 235 kms, 3,398 m of climbing  
It's time to get you ready to take on the challenge  
Note: this is a 20 week training plan **START DATE JAN 1**

# WELCOME

Hello and welcome to your training plan for the 2024 Bike Ride for Brain Cancer. Whilst this plan doesn't officially kick off until Jan 1, 2024, dusting the bike off now and hitting the road on a social level is going to put you in a great position come January.

Entoure has been engaged to run the on-road logistics for this year's tour and part of our role is to ensure all participants in the event understand what's required when it comes to rider preparedness. These events are fully supported and it's important all participants reach an agreed base level of fitness and experience to be able to ride safely in a peloton handlebar to handlebar. As the event gets closer you will hear me talk a lot about our footprint, and a key factor in what our footprint looks like depends largely on people's ability to ride as a team, look after each other and be able to ride a consistent pace. For this event, the base level when it comes to average speeds has been set at around 24 k an hour; this is the target average speed riders should be aiming at as a minimum to be able to hold over the duration of the course. A comment we often say to riders is "make the time or pay the crime" and we say this simply because fitness on the bike it's something anyone can fake for long.

We have been engaging Karnea and Sarah Anne Evans to assist our clients meet their objectives now for several years and we strongly recommend and support the need for training plans; especially if you're new to the sport and looking to ride in this event. A structured training plan with clear and measurable goals will get you to the level you need to be and throughout the process hold you to account and help us identify where we can best help you along the way. The ride has commitments that are important for us to make hence the need for consistency in riding and a base level target speed. So, please take a peek at what Sarah has developed below and come prepared for the best 2 days of your life knowing you have done the work that will keep yourself and those around you safe and get the most out of the ride.

Kent Williams - Entoure Cycle Event Management.

Mob 0414 981 028 (call me anytime)

Email: [kentwilliams.entoure@gmail.com](mailto:kentwilliams.entoure@gmail.com)



# YOUR TRAINING PLAN

Your body will need to get used to backing up day after day AND dealing with back-to-back vertical meter gains. Recovery is EVERYTHING. Weekday sessions are best completed on a trainer or indoor bike for consistency and maximum gains, but they are also easily achievable outside if you have the right environment. Long rides should be completed on the road, trying to match the longest distance and elevation you will face on the event.

Riding in a bunch will be a part of the event so ensure you are aware of bunch ride etiquette and safety and practice this in training. If you are taking on this challenge with friends, then make sure you plan training rides as a group, so you get to know each other's strengths.

To easily help you, here is a quick guide to some of the terminology you will see in your plan:

## CADENCE/RPM

Start paying attention to your cadence on long rides. You need to ensure you are riding at 80-90rpm so that you don't load your legs when riding. This also helps with your recovery, and your ability to back up day after day. All your long rides should be focused on this higher cadence. Hill work forms an essential part of your training plan, so learn to love the hills.

Hill work translates well to power on the flats, increasing your strength and endurance. To enable you to maximise the strength gains from your hill sessions, all your specific hill work should be completed at 60-65rpm, seated. Focus on relaxed hands and upper body, working from a strong core and driving forwards into the hill with your glutes rather than your quads. If you don't have a cadence sensor either get yourself one or just count the revolutions of one leg for 15secs, it should be 15.

## STRENGTH/FLEXIBILITY

These sessions should form an important part of your training. Stretch after each session, focus on your tightest muscles, and dedicate 20mins every day to stretching.

Building strength enables you to increase power, reduce the risk of injury, and become an all-round more balanced rider. If you are working with a trainer, attending classes, or taking yourself to the gym, the main thing to focus on is single leg work that simulates muscle recruitment during cycling. Look to strengthen your glutes, quads, calves but don't leave out your upper body as this also plays an important part in riding. Neck, and upper back are also important. Your lower back may need strength, but you will gain more benefits from focussing on key core stability work and increasing your flexibility in your lower back muscles.

## NUTRITION GUIDE

As a very simple guide, you want to be consuming your body weight in kgs, in grams of carbs PER HOUR on the bike. So, if you weigh 70kg, you need to be eating 70gms per hour. For multi day riding we suggest eating real food rather than loading up with too many sugary gels! Sports hydration is essential as it contains carbs alongside key electrolytes. You will be stopping for morning tea and lunch during the event so practice this in training. When you are on the bike, try to eat

or drink something every 10mins, it often works well to alternate. One of the bottles on your bike should contain ONLY WATER whilst the other should contain electrolytes. Drink WATER ONLY with food. If you feel sick, don't sweat it, skip a feed and switch to water until it settles down.

## OTHER HINTS AND TIPS FOR MULTI DAY RIDES & TRAINING

1. Practice loading your jersey pockets with on road food. Get used to consuming it whilst riding. A handy tip is to open your bars etc before you start your ride so it's easier to get into them. Don't try this with gels!
2. Practice stopping for morning tea or lunch during your longer rides, so you can get used to the feeling of kicking your legs over after a break. This will be a norm throughout the event.
3. Practice changing a flat if you aren't confident and ensure you carry tubes and bits when you head out. During the event your mechanical team will manage this for you, but during your training it's all on you.
4. Ensure you are running the right tyre pressure. Pre-event, it's always a good idea to replace any worn tubes or tyres to minimise chances of flats. PSI advice varies, we recommend min 90 to around 100.
5. Stretch each day post ride. This is important for your recovery and will prevent future injuries and stiffness.
6. Ensure you eat and hydrate after your rides. This will speed up your recovery and allow you to replenish your energy. Aim for your bodyweight in grams of carbs (i.e 70kg=70gms) within 45mins of stopping.
7. Study the route when it is made public, simulating this in training where possible with the same elevation and distance.
8. Massage!! Book them often to help your muscles stay supple, injury free and ready to ride.

## TRAINING TO HEART RATE AND EFFORT

Training in targeted heart rate or power zones allows you to get maximum gains from your sessions. We find many riders work to low in key sessions, and train to high on long distance rides, desperate to get the miles in! Planned recovery or easy spin sessions should be completed at a very comfortable pace. You can keep it simple with easy, medium and hard as your guides, or dial into HR Zones or power.

**EASY** (50-70% MAX HR. Zone1/2 PWR)

A pace you can easily talk at (recovery, warm up, steady state, and cool down).

**MEDIUM** (70-80% MAX HR. Zone 3 PWR) = pace talking becomes a little breathless, you are applying yourself in these sessions (hill and endurance work).

**HARD** (80-90% MAX HR. Zone 4/5 PWR) = efforts are more of a yes/no answer level because talking is a challenge (intervals, hills).

## SESSION TYPES & TERMINOLOGY

All of the sessions contained in this program have one purpose, to get you fit and strong enough to complete this event.

None are more important than the other, each needs to be given time and dedication. The sessions are explained below, so lap them up and work hard. A positive mind set is important for this event. Remember your motivation to sign up, why you are raising money, and why you are testing yourself with such an amazing goal.

**STRENGTH** = these sessions are geared towards getting your legs stronger for the hills but also translate to more power on flat roads. Hill are climbed seated at a low cadence of 60-65rpm.

**ENDURANCE** = interval sessions set at a harder effort level to increase your overall aerobic fitness

**TEMPO** = designed to make you work at a harder consistent effort for a long time these will increase your aerobic fitness

**POWER** = these sessions get your legs stronger by working at a lower 70-75rpm cadence

**BUILD RIDE** = staged the day before and/or after your long ride, these sessions get you used to riding on tired legs and prepare you to ride consecutive days in the saddle

**LONG RIDE** = your meat and veg! Aimed at getting you used to riding longer days and building endurance

**SPIN OUT** = an easy recovery ride day, these are done for the love of riding!

**CROSS TRAIN** = anything but a bike day. Enjoy a swim, gentle run, gym or core strength session.

**REST** = complete rest if you need it or enjoy an unloaded session like a swim or yoga class

**STRETCH & ROLL** = while these sessions aren't in the plan, you should aim to focus on this for 20min daily

# ROUTE OVERVIEW

Here is a brief overview of the daily distances, elevation and terrain you can expect over the 2 days.

Each day of the ride you will be faced with a mix of undulating terrain, climbs, descents and flat riding. It's incredibly important your training mirrors the terrain you will face or you will struggle.

DAY	DISTANCE	ELEVATION
Day 1	126.9	+1,835 vm
Day 2	108.6	+1,563 vm

The routes links are below

## Day 1

<https://ridewithgps.com/routes/44226270>

## Day 2

<https://ridewithgps.com/routes/44226272>








# TRAINING PLAN



Your average pace target for the event is 24 kph.



Chances are you are already riding longer distances so your main focus in training is:



- Practice riding in a group if this isn't something you do routinely
- Get your legs used to riding again after longer stops as your days will include lunch stops
- Try to simulate the distance and elevation that you will face on the event
- Focus on nailing your average cadence on rides (80-90rpm) so your legs last the days and recover

PACE & EFFORT GUIDE		
EASY	50-70% MAX HR	Zone1/2 PWR
MEDIUM	70-80% MAX HR	Zone 3 PWR
HARD	80-90% MAX HR	Zone 4/5 PWR



MON	TUE	WED	THU	FRI	SAT	SUN
 <b>WEEK 1</b>	 <b>STRENGTH</b> 0:55:00 34 TSS W/U: 10mins EASY HILL REPS: 5 x 5mins MED 60-65rpm seated 3mins EASY C/D: 10mins EASY	 <b>SPIN OUT</b> 1:00:00 60mins Easy cruise to ease out the legs.	 <b>CROSS TRAIN OR REST</b> Run, strength swim, yoga  THIS CAN BE A COMPLETE REST DAY IF NEEDED	 <b>TEMPO</b> 1:00:00 50 TSS W/U: 10mins EASY MAIN SET: 40mins MEDIUM 80- 90rpm C/D: 10mins EASY	 <b>BUILD RIDE</b> 40.0 km Include in the ride: 10mins EASY 10mins MED 5min HARD All 80-90rpm	 <b>LONG RIDE</b> 60.0 km Ride a hilly route. Ride all hills at 60- 65rpm MED. Rest of ride 80-90rpm. EASY



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 2</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>STRENGTH</b></div> <div>1:00:00 40 TSS</div> <div>W/U: 10mins HILL REPS: 6 x 3mins MED 60-65rpm 30secs HARD 70-75rpm 3mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00 60mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>1:00:00 61 TSS</div> <div>W/U: 10mins INTERVALS 3 x 6mins HARD 60-65rpm 4mins V HARD 70-75rpm 5mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>50.0 km</div> <div>Include in ride: 30mins MED Cadence 80-90rpm</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>70.0 km</div> <div>Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY</div>



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 3</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>INTERVALS</b></div> <div>1:00:00 48 TSS</div> <div>W/U: 10mins INTERVALS: 2mins rest 7mins HARD 8mins HARD 9mins HARD 10mins HARD C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00 60mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>INTERVALS</b></div> <div>1:10:00 68 TSS</div> <div>W/U: 10mins INTERVALS 3 x 4 x 3:30mins MED 30secs ALL OUT 3mins EASY C/D: 6mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>60.0 km</div> <div>Ride at good tempo EASY/MED for the duration. Cadence 80-90rpm</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>80.0 km</div> <div>Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY</div>



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 4 REST WEEK</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>GEARING</b></div> <div>0:55:00 37 TSS</div> <div>W/U: 10mins INTERVAL SET: 3 x 6mins EASY 4mins MED 2mins HARD C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00 60mins</div> <div>Easy cruise to ease out the legs.</div>	<div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>1:00:00 35 TSS</div> <div>W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>40.0 km</div> <div>Easy paced social ride. Stop for a coffee along the way</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>50.0 km</div> <div>Easy paced ride. Keep your legs at 80-90rpm</div>







MON	TUE	WED	THU	FRI	SAT	SUN
<div>📅</div> <div><b>WEEK 5</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>0:55:00 44 TSS</div> <div>W/U: 10mins INTERVALS: 3 x 5mins MED 5mins TEMPO 5mins HARD 3min EASY C/D 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00 60mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>INTERVALS</b></div> <div>1:00:00 52 TSS</div> <div>W/U: 10mins INTERVALS: 6 x 4mins HARD 30secs ALL OUT 2mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>70.0 km</div> <div>Include in the ride: 10mins EASY 40mins MED 10min HARD All 80-90rpm</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>80.0 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📅</div> <div><b>WEEK 6</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>STRENGTH</b></div> <div>1:15:00 69 TSS</div> <div>W/U: 10mins HILL REPS: 5 x 4mins MED 60-65rpm 4mins rest 5 x 1min HARD 1min EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00 60mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>POWER</b></div> <div>1:00:00 37 TSS</div> <div>W/U: 10mins INTERVALS: 7 x 6min 70-75rpm MED effort 3mins easy C/D: 9mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>80.0 km</div> <div>Include in the ride: 3 x 30mins TEMPO All 80-90rpm</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>90.0 km</div> <div>Ride a hilly route. Ride all hills at 70-75rpm MED Practice ride nutrition.</div>



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📅</div> <div><b>WEEK 7</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>INTERVALS</b></div> <div>1:15:00 71 TSS</div> <div>W/U: 10mins INTERVALS 3 x 4 x 3:30mins MED 30secs ALL OUT 4 mins C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00 60mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>TEMPO</b></div> <div>1:20:00 65 TSS</div> <div>W/U: 10mins MAIN SET: 50mins TEMPO C/D: 10mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>90.0 km</div> <div>Ride at a good tempo for the duration of the ride</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>100 km</div> <div>Ride a hilly route. Ride all hills strong and efficiently Practice ride nutrition.</div>



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 8 REST WEEK</b></div> <div>🏠</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>1:00:00 35 TSS</div> <div>W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00 60mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🏠</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>GEARING</b></div> <div>0:55:00 37 TSS</div> <div>W/U: 10mins INTERVAL SET: 5 x 2mins EASY 2mins MED 2mins HARD C/D: 10mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>50.0 km</div> <div>Easy paced social ride. Stop for a coffee along the way</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>60.0 km</div> <div>Easy paced ride. Keep your legs at 80-90rpm</div>



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 9</b></div> <div>🏠</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>STRENGTH</b></div> <div>1:00:00 43 TSS</div> <div>W/U: 10mins HILL REPS: 6 x 4mins MED 60-65rpm 1min HARD 70-75rpm 2mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:30:00 60-90mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>1:00:00 58 TSS</div> <div>W/U: 15mins Main set x 3: 7min ramp from MED - ALL OUT 4mins rest C/D: 6mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>100 km</div> <div>Include in ride: 4 x 6min hill reps 60-65rpm, MED push last 30secs in same gear to +70rpm HARD</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>110 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>


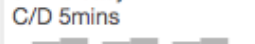
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 10</b></div> <div>🏠</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>TEMPO</b></div> <div>1:10:00 60 TSS</div> <div>W/U: 10mins MAIN SET: 50mins MEDIUM C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:30:00 60-90mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>INTERVALS</b></div> <div>1:00:00 55 TSS</div> <div>W/U: 10mins INTERVALS: 6 x 4mins HARD 1min ALL OUT 2mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>110 km</div> <div>Include in the ride: 10mins EASY 60mins MED 15min HARD All 80-90rpm</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>110 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 11</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>STRENGTH</b></div> <div>1:00:00 37 TSS</div> <div>W/U: 10mins HILL REPS: 5 x 6mins MED 60-65rpm seated 2mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:30:00 60-90mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>POWER</b></div> <div>1:30:00 57 TSS</div> <div>W/U: 10mins INTERVALS: 8 x 6min 70-75rpm MED effort 3mins easy C/D: 9mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>110 km</div> <div>Include in ride: 60mins TEMPO 80-90rpm</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>120 km</div> <div>Ride a hilly route. Ride optimum cadence/effort on hills Practice ride nutrition.</div>






























MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 12 REST WEEK</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>0:55:00 32 TSS</div> <div>W/U: 15mins INTERVALS: 5 x 3mins MEDIUM 2mins EASY C/D: 15mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00 60-90mins</div> <div>Easy cruise to ease out the legs.</div>	<div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>TEMPO</b></div> <div>1:10:00 52 TSS</div> <div>W/U: 10mins MAIN SET: 30mins TEMPO 10mins EASY C/D: 10mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>60.0 km</div> <div>Easy paced social ride. Stop for a coffee along the way</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>70.0 km</div> <div>Easy paced ride. Keep your legs at 80-90rpm</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 13</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>GEARING</b></div> <div>1:00:00 42 TSS</div> <div>W/U: 10mins INTERVAL SET: 3 x 4mins EASY 4mins MED 4mins HARD C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:30:00 60-90mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>1:00:00 40 TSS</div> <div>W/U 10mins INTERVALS: 3 x 8mins MED 2mins HARD 3mins easy C/D 5mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>110 km</div> <div>Include in ride: 4 x 5min hill climb 60-65rpm, MED push last 30secs in same gear to +70rpm HARD</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>120 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 14</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>INTERVALS</b></div> <div>1:00:00</div> <div><b>51 TSS</b></div> <div>W/U: 15mins</div> <div>INTERVALS: 5 x 4mins HARD</div> <div>1min ALL OUT</div> <div>2mins EASY</div> <div>C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:30:00</div> <div>60-90mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>POWER</b></div> <div>1:30:00</div> <div><b>56 TSS</b></div> <div>W/U: 15mins</div> <div>INTERVALS: 6 x 8min 70-75rpm MED effort</div> <div>3mins easy</div> <div>C/D 9mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>120 km</div> <div>Include in ride: 4 x 30mins TEMPO 80-90rpm</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>140 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 15 REST WEEK</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>INTERVALS</b></div> <div>1:00:00</div> <div><b>52 TSS</b></div> <div>W/U: 10mins</div> <div>INTERVALS: 5 x 6mins HARD</div> <div>2mins EASY</div> <div>C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:00:00</div> <div>60-90mins</div> <div>Easy cruise to ease out the legs.</div>	<div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>1:30:00</div> <div><b>73 TSS</b></div> <div>W/U 10mins</div> <div>MAIN SET 3 x 10mins MED</div> <div>10mins HARD</div> <div>5mins easy</div> <div>C/D 5mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>120 km</div> <div>Ride strong for the duration pushing hard up the hills. Best possible cadence on climbs.</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>140 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div><b>WEEK 16</b></div> <div>📅</div> <div><b>REST DAY</b></div> <div>Run, strength swim, yoga</div>	<div>🚲</div> <div><b>ENDURANCE</b></div> <div>1:00:00</div> <div><b>35 TSS</b></div> <div>W/U: 10mins</div> <div>INTERVALS: 5 x 2mins MEDIUM</div> <div>4mins EASY</div> <div>C/D: 10mins</div> 	<div>🚲</div> <div><b>SPIN OUT</b></div> <div>1:30:00</div> <div>60-90mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div><b>CROSS TRAIN OR REST</b></div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚲</div> <div><b>GEARING</b></div> <div>0:55:00</div> <div><b>37 TSS</b></div> <div>W/U: 10mins</div> <div>INTERVAL SET: 5 x 2mins EASY</div> <div>2mins MED</div> <div>2mins HARD</div> <div>C/D: 10mins</div> 	<div>🚲</div> <div><b>BUILD RIDE</b></div> <div>60.0 km</div> <div>Easy paced social ride. Stop for a coffee along the way</div>	<div>🚲</div> <div><b>LONG RIDE</b></div> <div>70.0 km</div> <div>Easy paced ride. Keep your legs at 80-90rpm</div>

MON	TUE	WED	THU	FRI	SAT	SUN
 <b>WEEK 17</b>   <b>REST DAY</b> Run, strength swim, yoga	 <b>STRENGTH</b> <b>1:00:00</b> <b>37 TSS</b> W/U: 10mins HILL REPS: 5 x 4mins MED seated 2mins MED standing 2mins EASY C/D: 10mins 	 <b>SPIN OUT</b> <b>1:30:00</b> 60-90mins Easy cruise to ease out the legs.	 <b>CROSS TRAIN OR REST</b> Run, strength swim, yoga  THIS CAN BE A COMPLETE REST DAY IF NEEDED	 <b>ENDURANCE</b> <b>1:06:00</b> <b>44 TSS</b> W/U 10mins INTERVALS: 3 x 10mins MED 2mins HARD 3mins easy C/D 10mins 	 <b>BUILD RIDE</b> <b>120 km</b> Ride strong for the duration pushing hard up the hills. Best possible cadence on climbs.	 <b>LONG RIDE</b> <b>140 km</b> Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.
MON	TUE	WED	THU	FRI	SAT	SUN
 <b>WEEK 18</b>   <b>REST DAY</b> Run, strength swim, yoga	 <b>TEMPO</b> <b>1:10:00</b> <b>60 TSS</b> W/U: 10mins MAIN SET: 50mins MEDIUM C/D: 10mins 	 <b>SPIN OUT</b> <b>1:30:00</b> 60-90mins Easy cruise to ease out the legs.	 <b>CROSS TRAIN OR REST</b> Run, strength swim, yoga  THIS CAN BE A COMPLETE REST DAY IF NEEDED	 <b>INTERVALS</b> <b>1:00:00</b> <b>55 TSS</b> W/U: 10mins INTERVALS: 6 x 4mins HARD 1min ALL OUT 2mins EASY C/D: 10mins 	 <b>BUILD RIDE</b> <b>100 km</b> Taper Begins. Practice nutrition	 <b>LONG RIDE</b> <b>80.0 km</b> Taper Ride. Practice nutrition
MON	TUE	WED	THU	FRI	SAT	SUN
 <b>WEEK 19 TAPER WEEK</b>   <b>REST DAY</b> Run, strength swim, yoga	 <b>MOBILISATION</b> <b>0:45:00</b> <b>29 TSS</b> W/U: 15mins MAIN SET 3 x 2mins EASY 2mins MED 2mins HARD C/D: 10mins 	 <b>REST DAY</b> Run, strength swim, yoga	 <b>PRE EVENT SHAKE DOWN</b> <b>1:00:00</b> Easy spin to keep the pipes warm!	 <b>DAY 1</b>	 <b>DAY 2</b>	 <b>REST DAY</b>

This program is available to download in Training Peaks. This will allow the sessions to upload directly to your device or smart trainer and give you greater accountability for your training. If you don't have a Training Peaks account, it's free to set up. Please contact Sarah Anne from Karnea, her details are below.





### MEET YOUR COACH :

Sarah Anne Evans is the founder and head coach at Karnea, the athlete coaching and training retreat specialists. She is an established triathlon, cycling and endurance coach with experience helping athletes at all levels achieve their goals, and has competed for over 20 years in cycling and endurance racing herself.

Sarah Anne lives in Jindabyne in the heart of Snowy Mountains and is available to ensure you come prepared.

If you'd like to talk about a personalised coaching program tailored to your goals, contact Sarah Anne.

**FOR MORE INFORMATION CALL 0420 923 067 OR VISIT [WWW.KARMEA.COM.AU](http://WWW.KARMEA.COM.AU)**

Always consult a qualified medical professional before beginning any new exercise program. Any content or information provided by "Karmea", is for informational and educational purposes only and any use thereof is solely at your own risk. "Karmea" bears no responsibility thereof.

The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition prior to commencing any program. All information contained in this program, including but not limited to text, graphics, images, information, third party information and/or advice, exercises, diets, psychology, websites, links, and or any other material contained herein are for informational and educational purposes only.