

Signature Tour 2019 - Training Program

This program is based on km (unless otherwise specified)

Week commencing		Mon	Tues	Wed	Thurs (AM)	Thu Alternate (PM)	Fri (AM)	Sat	Sun	Total KM
1	5-Nov-2018 Base wk	Rest	30	Rest	30	Gym	Rest\Stretch	Rest	40	100
2	12-Nov-2018 Base wk	Rest	30	Rest	30	Gym	Rest\Stretch	Rest	40	100
3	19-Nov-2018 Base wk	Rest	30	Rest	30	Gym	Rest\Stretch	Rest	40	100
4	26-Nov-2018 Base wk	Rest	40	Rest	20	Gym	Rest\Stretch	Rest	50	110
5	3-Dec-2018 Build	Rest	40	Rest	25	Gym	30	Rest	50	145
6	10-Dec-2018 Big wk	Rest	40	Rest	35	Gym	25	Rest	80	180
7	17-Dec-2018 Rest wk	Rest	Gym	Rest	25	45min	Rest	Rest	50	75
8	24-Dec-2018 Base wk	Rest Christmas Eve	Eat pudding!	Rest from Easting Pudding Boxing Day	40	45min	30	Rest	60	155
9	31-Dec-2018 Build	Rest New Years Eve	Rest	Rest	40	Gym	Rest	45 min followed by leg and core	60	100
10	7-Jan-2019 Big wk	Rest	Gym	Rest	40	45 min followed by leg and core	Rest	60	100	200
11	14-Jan-2019 Rest wk	Rest	25 or Gym/Swim	Rest	35	Gym	35	Rest	60	130
12	21-Jan-2019 Build	Rest	40	Rest	40	Gym	Rest	Rest Australia Day	80	160
13	28-Jan-2019 Build	Rest	Gym	Rest	40	45min	Rest	Rest	100	140
14	4-Feb-2019 Big wk	Rest	30	Rest	40 ride, yoga or swim	Rest	40	60	120	250
15	11-Feb-2019 Big wk	Rest	30	Rest	40 ride, yoga or swim	Rest	50	80	100	260
16	18-Feb-2019 Rest wk	Rest	30	Rest	40 ride, yoga or swim	45min	30	Rest	50	110
17	25-Feb-2019 Rest wk	Rest	25 or Gym/Swim	Rest	40 ride, yoga or swim	Rest	stretch , swim or yoga	Rest	40 ride, yoga or swim	160
18	4-Mar-2019 Build	Rest	25 or Gym/Swim	Rest	40 ride, yoga or swim	Rest	40 ride, yoga or swim	50/70	80/100	295
	11-Mar-2019 Build	Rest	Rest	Rest	40	Gym	Rest	50/80	100/120	240
	18-Mar-2019 Big wk	Rest	Gym	Rest	40	45 min followed by leg and core weights	Rest	120	110/140	300
19	25-Mar-2019 Rest wk	Rest	25 or Gym/Swim	Rest	35	Gym	35	Rest	60	130
	1-Apr-2019 Build	Rest	40	Rest	40	Gym	Rest	80/110	80/130	320
	8-Apr-2019 Build	Rest	Gym	Rest	40	45min	Rest	100/130	120/170	340
	15-Apr-2019 Big wk	Rest	30	Rest	40 ride, yoga or swim	Rest	50/80	100/140	150/180	470
	22-Apr-2019 Pre Tour	BIKE SERVICED + NEW TYRES Full		Rest	40 ride, yoga or swim	Rest	40	60	80	180
	29-Apr-2019 Pre Tour	BIKE SERVICED + NEW TYRES secondary		Rest	25 ride, yoga or swim	Rest	Signature Tour Stage 1 136kms	Signature Tour Stage 2 140kms	Signature Tour Stage 3 108kms	434

Key
Flats 75% of max heart rate
Hills 90% of max rate, recover on descent
Skills & Etiquette. If fit will sit at 60% of max rate
Long Ride. Aim to ride at 75% of max heart rate
Zwift finish with light leg and core weights
Gym. Challenge every session

TIPS
Maintain your bike - lube chain, check tyre tread, replace before
Check your tyre pressure daily
Maintain your body - sleep & eat well
Recognise your away time from supporting your training program
If you're feeling tired & run down, get a massage, electrolytes, swim
Remember kids are going through the ride

Bike Service -Full

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6-May-2019 <i>TOUR</i>	Signature Tour Stage 4 176kms	Signature Tour Stage 5 132kms	Signature Tour Stage 6 150kms	Signature Tour Stage 7 136kms		Signature Tour Stage 8 200kms	Signature Tour Stage 9 100kms	Recover & head home	894
									6078

Bike Service -Secondary

Key	
Flats (Cardio)	A flat ride e.g. West Head or Duffys Forest or Kurnell at reasonable pace 25 - 27km/hr average (high cadenceSpinning tempo) - Option Zwift Flat course
Hills (Strength)	A hills ride e.g. Taronga Zoo or local Rolling hills (Optional Zwift Hill)
Skills & Etiquette	Bunch riding technique, pace lining - peloton training.
Long Ride (Endurance)	A challenging ride at moderate pace. Use this ride to also get used to eating whilst riding. Focus on low GI energy sources in first half ride (e.g. banana, protein bar) and high GI sources in second half ride (e.g. gels). Take your stomach used to mixing the various drinks / food items. Ride suggestions: * 80km – Akuna/ West head, Centennial, Kurnell return * 100-120km –4 Gorges or Mt White return, Waterfall return *120-140KM - Umina Palm Beach, Double West head, Akuna, Duffys Forest return to Maisys
Zwift	Zwift Group ride. 8:10PM Every Thursday. 4 laps - 2xLaps at 2.5W/kg 1xLap at 3.0W/kg, Final lap Open (either roll around/cool down or 5min all out effort)
Gym. Challenge every session	Full body workout with light swim if available. reps of 3 reps of 10. Last set should be to Max load. OR Yoga (big Stretch) or Swim (more than 500m)
Rest	Rest days are important. You can do a recovery / coffee ride if you are keen to 'actively recover' (like the pros) be on the bike but take it easy (think Grandma easy) - Indoor training, keep the fans OFF and keep your work sweat (too much). Hot and cold showers, massage. Treat yourself
General	Flex the days to suit your lifestyle but make sure you aim to do these 3-4 sessions a week. If you can't get out on the road, do the session on an indoor trainer (best suit your "flats" session) or jump on the bike in the gym not mandatory but highly recommended as they will get your bunch riding skills up to speed.

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1 Km/Hr Average

2 25 - 32km/hr

3 12 - 17km/hr

4 23 - 25km/hr

5 25 - 27km/hr

6 2-3W/KG

7 Gym / Yoga / Swim or Core

8

9

10

11

12 **S & TRICKS**

13 in regularly, service every 2000km,
ore multiple flats

14 y - should be 100 - 110psi

15 . eat well & regular massage

16 om your family. Thank them for
gram

17 own - hot and cold showers,

18 u chemo and all you need to do is

19 **Full service, suggest brake cables,
gear cables, full cassette clean,
assess chain, handlebar grip, lube
hubs, check crank, pick rear
cassette. Suggest 11-28 or higher
up to 11-32. . New tyres with
suitability for wet. Conti 4000 are
very good. Make sure rear and
front light work**



Take the bike back and get a final tune after changing brake cables

both energy drink and water and get

: effort low enough so you don't

n. The Thursday skills sessions on are







