

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 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	40	100	210
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	30	60	195
11-Mar-2019 Build	Rest	Gym	Rest	30	Gym	Rest	50	100	180
18-Mar-2019 Big wk	Rest	Gym	Rest	40	45 min followed by leg and core	Rest	90	110	240
19 25-Mar-2019 Rest wk	Rest	25 or Gym/Swim	Rest	35	Gym	35	Rest	Rest	70
1-Apr-2019 Build	Rest	30	Rest	30	Gym	Rest	60	60	180
8-Apr-2019 Build	Rest	Gym	Rest	30	45min	Rest	60	90	180
15-Apr-2019 Big wk	Rest	30	Rest	30 ride, yoga or swim	Rest	40	50	100	220
22-Apr-2019 Pre Tour	BIKE SERVICED + NEW TYRES Full		Rest	40 ride, yoga or swim	Rest	40	40	40	120
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
6-May-2019 TOUR	Rest	Rest	Rest	Rest	Rest	Signature Tour Stage 8 200kms	Signature Tour Stage 9 100kms	Recover & head home	894

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Key	Km/Hr Average
Flats 75% of max heart rate	25 - 32km/hr
Hills 90% of max rate, recover on descent	12 - 17km/hr
Skills & Etiquette. If fit will sit at 60% of max rate	23 - 25km/hr
Long Ride. Aim to ride at 75% of max heart rate	25 - 27km/hr
Zwift finish with light leg and core weights	2-3W/KG
Gym. Challenge every session	Gym / Yoga / Swim or Core

TIPS & TRICKS	
Maintain your bike - lube chain regularly, service every 2000km, check tyre tread, replace before multiple flats	
Check your tyre pressure daily - should be 100 - 110psi	
Maintain your body - sleep & eat well & regular massage	
Recognise your away time from your family. Thank them for supporting your training program	
If you're feeling tired & run down - hot and cold showers, massage, electrolytes, swim	
Remember kids are going thru chemo and all you need to do is ride	

Bike Service -FULL	
	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
Bike Service -Secondary	Take the bike back and get a final tune after changing brake cables

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 both energy drink and water and get 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 effort low enough so you don't 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. The Thursday skills sessions on are not mandatory but highly recommended as they will get your bunch riding skills up to speed.

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