



NOTE : YELLOW Days surrounded by RED border are TDC supported. All other training in self starting

		Mon	Tues (AM)	Wed	Thurs (AM)	Thu Alternate (PM)	Thu Alternate (PM)	Fri (AM)	Sat	Sun		Total KM - AVG	Total KM - AVG	
		Rest	Levels 3-6	Rest	Levels 3-6	Thu Alternate (AM or PM)	Thu Alternate (PM)	Fri (AM)	Stage/3 day tour	Level 3 and 4 Stage/ 3 day tour	Level 5 and 6 9-10 day tour	Level 3 and 4 Stage/ 3 day tour	Level 5 and 6 9-10 day tour	
10	4-Mar-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	80	100	200	280
11	11-Mar-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	100	120	220	310
12	18-Mar-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	110	140	230	370
13	25-Mar-2019	Rest wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	0	40	60	110	170
14	1-Apr-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	80	80	130	230	350
15	8-Apr-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	80	120	170	270	410
16	15-Apr-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	70	150	180	290	430
17	22-Apr-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	60	80	80	210	250
18	29-Apr-2019	Rest wk	Rest	30	Rest	ride, yoga, swim, gym	Rest	Signature Tour Stage 1 136kms	Signature Tour Stage 1 136kms	Signature Tour Stage 3 108kms	Rest	Rest	Tour	Tour
19	6-May-2019	Build	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 8 200kms	Rest	Rest	Tour	Tour	
20	13-May-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	40	40	40	150	190
21	20-May-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	60	60	180	220
22	27-May-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	40	60	Woolworths	Tour	Tour
23	3-Jun-2019	Rest wk	Woolworths Stage 2 -	Woolworths Stage 3 -	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	0	0	0	Tour	Tour
24	10-Jun-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	60	80	180	260
25	17-Jun-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	60	65	85	195	265
26	24-Jun-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	40	100	120	210	280
27	1-Jul-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	60	100	120	230	290
28	8-Jul-2019	Rest wk	Rest	0	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	40	0	0	80	120
29	-	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	100	120	220	310
30	22-Jul-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	100	120	220	320
31	29-Jul-2019	Rest wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	0	40	60	110	170
32	5-Aug-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	80	70	110	220	330
33	12-Aug-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	60	70	120	200	310
34	19-Aug-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	100	140	220	320
35	26-Aug-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	90	120	210	300
36	2-Sep-2019	Rest wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	0	0	0	70	110
37	9-Sep-2019	Rest wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	40	0	0	110	150
38	16-Sep-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	50	70	100	190	270
39	23-Sep-2019	Build	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	80	80	130	230	350
40	30-Sep-2019	Big wk	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	100	120	170	290	410
41	7-Oct-2019	Big week	Rest	30	Rest	40	ride, yoga, swim, gym	TDC Zwift 8pm	40	100	120	150	290	400
42	14-Oct-2019	Pre tour	Rest	30	BIKE SERVICED + NEW TYRES Full	ride, yoga, swim, gym	ride, yoga, swim, gym	TDC Zwift 8pm	40	40	100	100	170	210
43	21-Oct-2019	Pre tour	Rest	25 or Gym/Swim	BIKE SERVICED + NEW TYRES secondary	ride, yoga, swim, gym	ride, yoga, swim, gym	TDC Zwift 8pm	40	Rest	Rest	CBA Tour 100	65	65
44	28-Oct-2019	Tour	CBA Tour 100	CBA Tour 100	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
45	4-Nov-2019	Rest wk	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Coffee	Coffee	Rest	Rest	

Key	Km/Hr Average
Ride, Yoga, swim	Mix up your training
TDC Supported Rides	Lane Cove, Centennial, Lapa, Sunday Rides have two
OWN RIDING	Challenge every Ride. Two options for Stage or Full
Zwift with TDC	8pm Thursdays on ZWIFT
Rest weeks	Use the weekend off to go out - spend time with the

TIPS & TRICKS	
Maintain your bike - lube chain regularly, service every 2000km, check tyre tread, replace before	
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

Location of Training Rides
Tuesdays and Thursdays will be run by Brett McCleod and the NSW Training Squad. Location of training will be Centennial Park and La Perouse
Rides will cater for new Level 3 riders and above
Details on Level 3 to 6 training rides will be found on the the TDC NSW State Training Squads where you can enrol in the training squads being offered

CBA Training Calender 2019 LEVE

This program is based on km (unless otherwise specified)



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