



Peter Mac Ride 2019 - Training Program NSW

Schedule	Mon	Tues	Wed	Thurs (AM)	Thu Alternate (PM)	Fri (AM)	Sat	Sun	Total
1 5/8/2019 Base wk	Rest	Rest	Rest	25	Gym	Rest	Rest	70	95
2 12/8/2019 Build	Rest	40	Rest	25	Gym	30	Rest	70	165
3 19/8/2019 Big wk	Rest	40	Rest	35	Gym	25	Rest	100	200
4 26/8/2019 Rest wk	Rest	Gym	Rest	25	45min	Rest	90	90	205
5 2/9/2019 Base wk	Rest	60	Rest	40	45min	30	Rest	Rest	155
6 9/9/2019 Build	Rest	40	Rest	40	Gym	Rest	Rest	70 not supported	80
7 16/9/2019 Big wk	Rest	Gym	Rest	40	45min	Rest	60	70	170
8 23/9/2019 Rest wk	Rest	25 or Gym/Swim	Rest	25		25	Rest	80	130
9 30/9/2019 Build	Rest	40	Rest	40	Gym	Rest	Rest	120	200
10 7/10/2019 Build	Rest	Gym	Rest	40	45min	40	80	120	280
11 14/10/2019 Big wk	Rest	30	Rest	40	45min	40	80	100	290
12 21/10/2019 Big wk	Rest	30	Rest	40	Rest	30	80	80 Not supported	180
13 28/10/2019 Pre Tour	Rest	30	BIKE SERVICED + NEW TYRES	45min	30	Rest	Rest	90	150
14 4/11/2019 Pre Tour	Rest	25 or Gym/Swim	Rest	25	Rest	30	Rest	70	125
15 11/11/2019 Big wk	Rest	26 or Gym/Swim	Rest	Rest	STAGE 1 - 98km 1060m	STAGE 2 - 130km 1800m	STAGE 3 - 100km 850m	STAGE 4 - 133km 1360m	0

Key	Km/Hr Average	Heart rate guide
Flats	25 - 32km/hr	70-80%
Hills	12 - 17km/hr	60-100%
Skills & Etiquette	23 - 25km/hr	60%
Long Ride	25 - 27km/hr	70-80%
Zwift	2-3W/KG	70-90%
Assessment Rides	Details TBC	70-80%
Gym	Gym / Yoga / Swim or Core	50-80%

Official TDC rides are on Tuesday, Thursday and Sunday

All other ride days are self starting and should be completed

Heart Rate - Whats your maximum?

220 minus your age = Max Heart rate

ie at 50 years old. Max heart rate is (220 - 50 = 170) beats per minute

Effort is 170 x 80% = avg of 136 beats per minute.

Key	Description
Flats (Cardio)	A flat ride e.g. Beaches, Kurnell at reasonable pace 25 - 27km/hr average (high cadenceSpinning tempo) - Option Zwift Flat course
Hills (Strength)	A hills ride e.g. Taronga Zoo, Mosman Hills, Allambie RD or local Rolling hills West head is very good (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: Church point and West Head from Maisys, Waterfall return 80km * 100-120km - Calga, Waterfall with extras, 4 gorges *120-140KM - Ettalong ferry
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)
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)
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.

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 + Massage
Recognise your away time from your family. Thank them for supporting your training program
If you're feeling tired & run down - cold pool, massage, relax
Remember kids are going thru chemo and all you need to do is ride