



Life Ride 2019 - Training Program WA

Schedule	Mon	Tues	Wed	WED Alternate (PM)	Thur	Fri (AM)	Sat	Sun	Total
26/8/2019 Base	45	Rest	Rest	Gym	Rest	23	80	60	208
2/9/2019 Build	45	Rest	50	Gym	Rest	23	45	100	263
9/9/2019 Build	45	Rest	50	45min	Rest	23	45	80	243
16/9/2019 Big	45	Rest	50	45min	Rest	23	60	100	278
23/9/2019 Rest	45	Rest	50	Gym	Rest	23	Rest	80	198
30/9/2019 Build	45	Rest	50	45min	Rest	39	Rest	100	234
7/10/2019 Build	45	Rest	50	Gym	Rest	39	60	100	294
14/10/2019 Big	45	Rest	50	Gym	Rest	39	80	130	344
21/10/2019 Rest	45	Rest	50	45min	Rest	Rest	45	80	220
28/10/2019 Build	45	Rest	50	45min	Rest	39	45	100	279
4/11/2019 Build	45	Rest	50	Rest	Rest	39	80	100	314
11/11/2019 Med	45	Rest	50	45min	Rest	39	Rest	130	264
18/11/2019 Pre Tour	45	Bike Service			Rest	45	Rest	STAGE 1 - 130km 1230m	90
25/11/2019 Pre Tour	STAGE 2 - 138km 1185m	STAGE 3 - 117km 970m	Rest	Rest	Rest	Rest	Rest	Rest	0
Key									
Flats (Cardio)	A flat ride e.g. River Loop at reasonable pace 25 - 27km/hr average (high cadenceSpinning tempo) - Option Zwift Flat course								
Hills (Strength)	A hills ride e.g. (Optional Zwift Hill)								
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 Freemantle, Pert Thornleigh 80 -90km * 100-120km –Kalamunda National Park *120-140KM - Beelu National Park								
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.								

Hills	12 - 17km/hr	60-100%
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%
TDC NOT Supported	25 - 27km/hr	70-80%

Official TDC rides are on Monday, Wednesday, Friday and Sunday. More will appear on TDC WA STRAVA Training squad

All other ride days are self starting and should be completed

Heart Rate - What's your maximum?

220 minus your age = Max Heart rate

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

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

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 + 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