

Tour de Cure has mapped out a program to enable you to design your own training plan to reach recommended KMs per week  
 Dependent on your schedule each week, choose sessions from the below program:

- 3-4 rides (virtual or outside) • 1-2 walks or runs • 1-2 strength and mobility sessions

wk	Schedule	Mon	Tues AM	Tue Virtual PM	Tue PM	Wed	Thu AM	Thu Virtual PM	Thu PM	Fri	Sat	Sun	Total Kms	Elevation	
Check Strava for TDC supported rides in your location/state. If no TDC rides in your area, use this program as a guide and go for a ride with a buddy															
Level 2 Skill & Fitness   Reached 25% of Fundraising															
16	2/11/2020	Base	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	30	Fixed distance - Check Strava	Strength/Pilates/Gym	30	Rest	50	135	1300m
15	9/11/2020	Base	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	30	Fixed distance - Check Strava	Strength/Pilates/Gym	30	Rest	50	135	1600m
14	16/11/2020	Base	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	30	Fixed distance - Check Strava	Strength/Pilates/Gym	30	Rest	50	135	1200m
13	23/11/2020	Base	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	40	Fixed distance - Check Strava	Strength/Pilates/Gym	Rest	Rest	50	115	2200m
12	30/11/2020	Base	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	40	Fixed distance - Check Strava	Strength/Pilates/Gym	Rest	Rest	50	115	1500m
Level 3 Skill & Fitness   Reached 50% of Fundraising															
11	7/12/2020	Base	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	40	Fixed distance - Check Strava	Strength/Pilates/Gym	Rest	Rest	70	135	2200m
10	14/12/2020	Build	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	40	Fixed distance - Check Strava	Strength/Pilates/Gym	25	Rest	50	140	1600m
9	21/12/2020	Holiday	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	40	Fixed distance - Check Strava	Strength/Pilates/Gym	Rest	Rest	70	135	3000m
8	28/12/2020	Build	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	40	Fixed distance - Check Strava	Strength/Pilates/Gym	Rest	80	70	215	1900m
7	4/1/2021	Build	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	40	Fixed distance - Check Strava	Strength/Pilates/Gym	40	50	100	255	3000m
6	11/1/2021	Big Week	Rest	25	1hr Indoor Trainer-Check Strava	Rest	Rest	40	Fixed distance - Check Strava	Rest	30	80	100	275	3200m
Reached 75% of Fundraising															
5	18/1/2021	Base	Rest	25	1hr Indoor Trainer-Check Strava	Strength/Pilates/Gym	Rest	40	Fixed distance - Check Strava	Strength/Pilates/Gym	30	60	130	285	1500m
4	25/1/2021	Build	Rest	25	1hr Indoor Trainer-Check Strava	Rest	Rest	40	Fixed distance - Check Strava	Rest	30	Rest	100	195	1900m
Level 4 Skill & Fitness															
3	1/2/2021	Build	Rest	25	1hr Indoor Trainer-Check Strava	Rest	Rest	30	Fixed distance - Check Strava	Rest	20	90	120	285	2600m
2	8/2/2021	Big Week	Bike Service					30	Fixed distance - Check Strava	Strength/Pilates/Gym	30	130	150	340	3000m
1	15/2/2021	Taper	Rest	25	1hr Indoor Trainer-Check Strava	Rest	Rest	40	Fixed distance - Check Strava	Rest	30	Rest	100	195	1500m
0	22/2/2021	Taper	Rest	25	1hr Indoor Trainer-Check Strava	Rest	Rest	25	Rest	Rest	Day 1	Day 2	Day 3	Heaps	Heaps!

## Your Tour de Cure Training Program

All exercise should be undertaken within your ability, ensuring you are performing each exercise with the correct form and cease the exercise if you experience pain or discomfort. Ensure you are adequately hydrated with suitable nutrition (and ventilation for indoor training) before each session.

You will need to attend 5 TDC Supported weekend rides (Minimum 50km) to meet our assessment requirements. Plan to attend the rides early in your training program to enable us to tailor your program.

You will be assessed by the TDC Ride Leadership team at the supported rides, and given a 'Skill Level' and a 'Fitness Level'.

Your overall 'Tour Ready Level' will be the lower of these two levels to give you the opportunity to upskill if necessary. Do you have questions? Ask your Ride Leader on your next ride.

[What Rider Level am I?](#)

We recommend 3 to 4 rides per week. If you can't get outside, choose indoor rides with TDC Virtual rides, and follow with a strength & flexibility workout.

Supplement your ride training with cross training, such as running, walking, swimming, strength, pilates or yoga. 1-2 walks or runs / 1-2 strength and mobility sessions.

Check Strava each week for TDC supported rides in your location as they differ per state and 'Join Event' ASAP to enable us to recruit Ride Leaders.

State Strava Clubs  
 ACT | NSW | QLD | SA | TAS | VIC | WA

Alternatively indoor sessions on Zwift or standard indoor trainer and listen in with the app Discord to stay connected with the TDC family. Check TDC Virtual Strava club for organised meet ups.

[Join the TDC Virtual Training Squad on Strava](#)

[Zwift Instructions](#)

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

Zwift	Km/Hr Average 2-3W/KG	Heart rate guide 70-90%
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Key	Sydney, VIC & BNE examples - find local equivalents to where you live	Km/Hr Average	Heart rate guide
Flats (Cardio)	A flat ride e.g. Beaches Rd, Kurnell, River loop, Bay loop, Scarborough at reasonable pace 25 - 27km/hr average (high cadence .....Spinning tempo) - Option Zwift Flat course	25 - 32km/hr	70-80%
Hills (Strength)	A hills ride e.g. Taronga Zoo, Mosman Hills, Allambie Rd, Kew Blvd, Mt Cootha, Mt Gravatt, Mt Nebo or local Rolling hills West head is very good (Optional Zwift Hill)	12 - 17km/hr	60-100%
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. <b>Sydney Ride suggestions:</b> Church point and West Head   Waterfall return 80km   100-120km - Calga, Waterfall with extras, 4 gorges   120-140KM - Ettalong ferry <b>VIC Ride suggestions:</b> Mt Eliza Return 80km   100-120km - Mt Martha or Dandenong Loop   120-140KM - Arthurs Seat/Redhill Return	25 - 27km/hr	70-80%
Zwift	Zwift. 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)	2-3W/KG	70-90%
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)	Assessment Rides	Details TBC 70-80%
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. 2 gym/pilates/yoga sessions. 2 walk or run sessions	TDC NOT Supported	25 - 27km/hr 70-80%

**Suggestion:** Global Cycling Network have examples of strength workouts that you can do without equipment at home. Adapt the suggestions below to suit your ability and your workout. Feel free to research your own exercises and stretches.

Strength Workout #1	<a href="https://www.youtube.com/watch?v=zTPzazKOIQk">https://www.youtube.com/watch?v=zTPzazKOIQk</a>		Squats Plank Alternate Arm & Leg Raisers Glute Stretch Lunges
Strength Workout #2 Posture Core Exercises	<a href="https://www.youtube.com/watch?v=ALL1FgicrTg">https://www.youtube.com/watch?v=ALL1FgicrTg</a>		Side Plank Floor 'T' Raises Heel Dips Superman Extensions Floor 'Y' & 'W' Raises 12 reps each exercise
Strength Workout #3 6 min Dynamic Core Workout	<a href="https://www.youtube.com/watch?v=HGKocQM6xba">https://www.youtube.com/watch?v=HGKocQM6xba</a>		Squat Press Up Back Extensions Salamander Burpee Warm up first 40 sec on 20 sec off
Strength Workout #4 Fitter, Stronger, Faster: Bodyweight Workout	<a href="https://www.youtube.com/watch?v=PpbZ97_70fs">https://www.youtube.com/watch?v=PpbZ97_70fs</a>		45 Seconds each exercise 15 secs rest 2 x Cardio 2 x Leg Strength Mountain Climbers / Jumping Jacks Squat Lunge & Squat Jumps Ab Crunch & Straight Arm Plank

### 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, drink water and eat well + Massage

Recognise your training time away from your family. Thank them for supporting your training program

Remember 'WHY' you are taking part in Tour de Cure, supporting cancer research, support and prevention.

**If you feel unwell, please do not attend bunch rides. Rest and recover.**