

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

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.

wk	Schedule	Mon	Tue Ride or Virtual	Tue PM	Wed	Thu Ride or Virtual	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													
16	21/12/2020	Holiday	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	Rest	70	135	1400m
15	28/12/2020	Build	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	80	70	215	2200m
14	4/1/2021	Build	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	40	50	100	255	3000m
13	11/1/2021	Big Week	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	30	80	100	275	3200m
Level 3 Skill & Fitness   Reached 50% of Fundraising													
12	18/1/2021	Big Week	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	100	120	285	1500m
11	25/1/2021	Build	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	40	Rest	90	195	2000m
10	1/2/2021	Build	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	40	40	140	285	2600m
9	8/2/2021	Big Week	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	45	80	150	340	3200m
8	15/2/2021	Rest	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	Rest	130	195	1500m
7	22/2/2021	Build	Rest	25	Rest	Rest	40	Rest	30	60	100	255	2400m
Reached 75% of Fundraising													
6	1/3/2021	Build	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	20	90	120	285	2800m
5	8/3/2021	Big Week	Rest	25	Rest	Rest	35	Strength/Pilates/Gym	Rest	130	150	340	3500m
Level 4 Skill & Fitness													
4	15/3/2021	Build	Rest	25	Rest	Rest	20	Rest	Rest	50	100	195	1900m
3	22/3/2021	Taper	Bike Service				20	Strength/Pilates/Gym	30	Rest	100	150	1500m
2	29/3/2021	Taper	Rest	25	Rest	Rest	25	Rest	Rest	100	150	1500m	
1	5/4/2021	Taper	Rest	25	Rest	Rest	25	Rest	Day 1	Day 2	Day 3	Heaps	Heaps!

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.

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

[Zwift Instructions](#)

### Indoor Trainer Options.

The TDC Virtual Training Squad will look to run regular rides through the colder months but through spring and summer is only set up to run rides where official TDC Training has been cancelled due to wet and inclement weather.

We use Zwift for those with access to a smart trainer but you can always listen in on Discord using a regular indoor trainer. Outside our organised rides virtual training options include:

- Zwift, freeride or workouts <https://zwift.com>
- EulGaz, freeriding or workouts <https://fulgaz.com>
- Sufferfest, workouts <https://thesufferfest.com>
- And many more – just get riding

**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%

Key	Sydney, VIC & BNE examples - find local equivalents to where you live
<b>Flats (Cardio)</b>	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
<b>Hills (Strength)</b>	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)
<b>Long Ride (Endurance)</b>	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
<b>Zwift</b>	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)
<b>Rest</b>	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)
<b>General</b>	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

	Km/Hr Average	Heart rate guide
Flats	25 - 32km/hr	70-80%
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%
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=zTPzazK0IOk">https://www.youtube.com/watch?v=zTPzazK0IOk</a>		Squats Plank Alternate Arm & Leg Raisers Glute Stretch Lunges
Strength Workout #2 Posture Core Exercises	<a href="https://www.youtube.com/watch?v=ALL1FgicTg">https://www.youtube.com/watch?v=ALL1FgicTg</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_7Ofs">https://www.youtube.com/watch?v=PpbZ97_7Ofs</a>		45 Seconds each exercise 15 secs rest 2 x Cardio 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



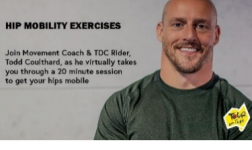
Check your tyre pressure daily - should be 100 - 110psi

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.**

<p>Yoga #1 35 min Yoga</p>	<p><a href="https://www.youtube.com/watch?v=7fv4BkJZgghl">https://www.youtube.com/watch?v=7fv4BkJZgghl</a></p>	
<p>Yoga #2 10 Yoga exercises</p>	<p><a href="https://www.youtube.com/watch?v=OQBfLqGaD18">https://www.youtube.com/watch?v=OQBfLqGaD18</a></p>	
<p>Hip Mobility Exercises</p>	<p><a href="https://www.youtube.com/watch?v=Epopk4XM0dk&amp;feature=share">https://www.youtube.com/watch?v=Epopk4XM0dk&amp;feature=share</a></p>	 <p>Movement Coach &amp; TDC Rider, Todd Coulthard, virtually takes you through a 20 minute session to get your hips mobile</p>