

Distance 100km
 Level Casual

This program is written in minutes!

Weeks to event day	12	11	10	9	8	7	6	5	4	3	2	1	0
Date													
Detail				Rest Wk				Rest Wk		Hard Wk			
Monday													
Tuesday	40	45	45	40	60	60	60	40	60	90	60	30	30
Wednesday													
Thursday	40	45	45	40	60	60	60	40	60	90	60	30	30
Friday													
Saturday	90	90	120	60	120	180	210	90	220	240	200	90	Event
Sunday	30	30	60	30	90	100	120	30	120	120	120	30	20
Total Time Mins	200	210	270	170	330	400	450	200	460	540	440	180	80
Total Time Hours	3.20	3.30	4.30	2.50	5.30	6.40	7.30	3.20	7.40	9.00	7.20	3.00	1.20

Program Key

Key Session	Try not to miss, be well rested for this session and eat well before, during and after
Latte Session	Spinning, keep cadence (pace of legs turning) up, cruise along, "chatting pace"
Steady	Steady pace, heart rate up from easy cruise, but not strenuous. Still able to talk but not quite as comfortably.
Moderately Hard	Tempo Session. On same terrain as target event. You can talk between breaths but you'd rather concentrate on breathing. Include 15min using hard gears, allow cadence to decrease, keep terrain flat, then rest by putting it into easy gear for 5 mins. Repeat again if time allows.