

Distance 20km  
 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				Easy wk				Easy wk		Big wk		Easy wk	
Monday													
Tuesday	15	20	25	15	35	35	35	25	40	50	50	35	20
Wednesday													
Thursday	15	20	25	15	35	35	35	25	40	40	40	35	20
Friday													
Saturday	25	35	45	25	45	50	55	35	60	75	65	40	Event
Sunday													
Total Time Mins	55	75	95	55	115	120	125	85	140	165	155	110	40
Total Time Hours/Mins	0.55	1.15	1.35	0.55	1.55	2.00	2.05	1.25	2.20	2.45	2.35	1.50	0.40

**Program Key**

<b>Key Session</b>	Try not to miss, be well rested for this session and eat well before, during and after
<b>Latte Session</b>	Spinning, keep cadence (pace of legs turning) up, cruise along, "chatting pace"
<b>Steady</b>	Steady pace, heart rate up from easy cruise, but not strenuous. Still able to talk but not quite as comfortably.
<b>Moderately Hard</b>	Tempo Session. On same terrain as target event. You can talk between breaths but you'd rather concentrate on breathing. Include 5min 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.

**Notes:**

If you are feeling fatigued then either miss the session or just do it at latte pace

Signs of fatigue: legs feel heavy, no energy, cant get out of bed - not necessarily caused by training but will affect it

For all sessions involving a bit more effort include 15mins warm up then 10-15 warm down so on a 45min "blue" session you do 15-20mins of effort

Stretch after every ride - legs and lower back especially

Use the Saturday ride to practise the nutrition you will use at the event and to test the clothing you intend to use (i.e. find shorts that will be comfortable for a long ride)