

Distance 40km - 50km
 Level Competitive

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	35	35	45	45	60	60	60	45	70	70	70	45	45
Wednesday													
Thursday	35	45	45	45	60	60	60	45	70	70	70	45	45
Friday													
Saturday	50	60	70	55	80	90	100	55	110	120	100	55	Event
Sunday	30	30	40	40	55	55	55	40	65	65	65	40	30
Total Time Mins	150	170	200	185	255	265	275	185	315	325	305	185	120
Total Time Hours	2.30	2.50	3.20	3.05	4.15	4.25	4.35	3.05	5.15	5.25	5.05	3.05	2.00

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.

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)