

# P3



**Welcome to your training plan for 2024's event.**

**3 days, 300 + kms: Coast to Country: Merimbula to Cobargo**

The final route is still being negotiated so we will have elevation data soon but expect a spoon full of lumps. The south coast is well known for its beauty and its undulations and the communities you will support are iconic when it comes to resilience. It's time to get you ready to take on the challenge.

# P3

## WELCOME

Hello and welcome to your training plan for the 2024 Royal Far West, Ride for Country Kids. The 2023 tour redefined EPIC and this route will once again be asking you to dig deep and come prepared; it's going to be very special to ride in yet another heartland of the Royal Far West and around communities that have faced so much hardship over the years yet kept moving forward.

Each year this ride gets bigger and better, and we thank you for your commitment in taking part. The location for this year's event takes us to Merimbula and it will be a series of out and back style routes: if there is a lump in that region, we will find it and you will be on it. The 2023 route saw the highest level of elevation gain ever for a Royal Far West event and whilst we are working on the finishing touches of the 2024 ride, a spoon full of elevations will be on the menu and it will be essential you come prepared, and undulations and hills become your friend. The only way to be comfortable on an undulating terrain is to make it your norm. A comment we often say to riders is "make the time or pay the crime" and we say this simply because fitness on the bike doesn't come without effort and it's not something anyone can fake for long.

We have been engaging Karnea and Sarah Anne Evans to assist our clients meet their objectives now for several years and we strongly recommend and support the need for training plans; especially if you're new to the sport and looking to ride in this event. A structured training plan with clear and measurable goals will get you to the level you need to be and throughout the process hold you to account and help us identify where we can best help you along the way. The Royal Far West Ride for Country Kids has commitments that are important to meet which include visiting schools and engaging local communities. This makes it imperative riders can ride safely at agreed average speeds and be able to ride at a base fitness level over the each of the days routes; the base fitness level for this ride is 24 k an hour and whilst along some sections of this ride average speeds may well be below this level, 24 k an hour average training pace should be your goal to take on this ride.

It's important that you add undulations into your weekly training and hill repeats are a great way to get comfortable on climbs and is a super-efficient way to train. Sarah has once again put together a series of plans aligned to the average speeds we expect our pelotons to run at on terrain that's NOT part of a major climb or heavy undulating section; being 24, 26 and 28 k an hr. Participants in the Ride for Country Kids can download the training plans via PDF, access the plans via the training peaks app or engage Sarah for a more personalised plan and weekly coaching sessions. If you don't have support around you, a more personalized plan is a really worthwhile. So, take a peek at what Sarah has developed and come prepared for the best 3 days of your life knowing you have done the work on the bike.

Official training rides will take place Monthly from November and we will communicate with you via a whatsapp and strava group however if anyone needs to speak to me about anything regarding this ride, please feel free to reach out. We also envisage running mid-week hill days around Manly courtesy of David Allen and we will share more on this also once nitted out.

Now dust off your bike, buy yourself a whip, and get cracking.

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# P3

## YOUR TRAINING PLAN

Your body will need to get used to backing up day after day AND dealing with back to back vertical meter gains. Recovery is EVERYTHING. Weekday sessions are best completed on a trainer or indoor bike for consistency and maximum gains, but they are also easily achievable outside if you have the right environment. Long rides should be completed on the road, trying to match the longest distance and elevation you will face on the event.

Riding in a bunch will be a part of the event so ensure you are aware of bunch ride etiquette and safety, and practice this in training. If you are taking on this challenge with friends, then make sure you plan training rides as a group, so you get to know each other's strengths. To easily help you, here is a quick guide to some of the terminology you will see in your plan:

### CADENCE/RPM

Start paying attention to your cadence on long rides. You need to ensure you are riding at 80-90rpm so that you don't load your legs when riding. This also helps with your recovery, and your ability to back up day after day. All your long rides should be focused on this higher cadence. Hill work forms an essential part of your training plan, so learn to love the hills.

Hill work translates well to power on the flats, increasing your strength and endurance. To enable you to maximise the strength gains from your hill sessions, all your specific hill work should be completed at 60-65rpm, seated. Focus on relaxed hands and upper body, working from a strong core and driving forwards into the hill with your glutes rather than your quads. If you don't have a cadence sensor either get yourself one or just count the revolutions of one leg for 15secs, it should be 15.

### STRENGTH/FLEXIBILITY

These sessions should form an important part of your training. Stretch after each session, focus on your tightest muscles, and dedicate 20mins every day to stretching.

Building strength enables you to increase power, reduce the risk of injury, and become an all-round more balanced rider. If you are working with a trainer, attending classes or taking yourself to the gym, the main thing to focus on is single leg work that simulates muscle recruitment during cycling. Look to strengthen your glutes, quads, calves but don't leave out your upper body as this also plays an important part in riding. Neck, and upper back are also important. Your lower back may need strength, but you will gain more benefits from focussing on key core stability work and increasing your flexibility in your lower back muscles.

### NUTRITION GUIDE

As a very simple guide, you want to be consuming your body weight in kgs, in grams of carbs PER HOUR on the bike. So, if you weigh 70kg, you need to be eating 70gms per hour. For multi day riding we suggest eating real food rather than loading up with too many sugary gels! Sports hydration is essential as it contains carbs alongside key electrolytes. You will be stopping for morning tea and lunch during the event so practice this in training. When you are on the bike, try to eat

or drink something every 10mins, it often works well to alternate. One of the bottles on your bike should contain ONLY WATER whilst the other should contain electrolytes. Drink WATER ONLY with food. If you feel sick, don't sweat it, skip a feed and switch to water until it settles down.

## OTHER HINTS AND TIPS FOR MULTI DAY RIDES & TRAINING

1. Practice loading your jersey pockets with on road food. Get used to consuming it whilst riding. A handy tip is to open your bars etc before you start your ride so it's easier to get into them. Do try this with gels!
2. Practices stopping for morning tea or lunch during your longer rides, so you can get used to the feeling of kicking your legs over after a break. This will be a norm throughout the event.
3. Practice changing a flat if you aren't confident and ensure you carry tubes and bits when you head out. During the event your mechanical team will manage this for you, but during your training it's all on you.
4. Ensure you are running the right tyre pressure. Pre-event, it's always a good idea to replace any worn tubes or tyres to minimise chances of flats. PSI advice varies, we recommend min 90 to around 100. Stretch each day post ride. This is important for your recovery and will prevent future injuries and stiffness.
5. Ensure you eat and hydrate after your rides. This will speed up your recovery and allow you to replenish your energy. Aim for your bodyweight in grams of carbs (i.e 70kg=70gms) within 45mins of stopping.
6. Study the route when it is made public, simulating this in training where possible with the same elevation and distance.
7. Massage!! Book them often to help your muscles stay supple, injury free and ready to ride.

## TRAINING TO HEART RATE AND EFFORT

Training in targeted heart rate or power zones allows you to get maximum gains from your sessions. We find many riders work to low in key sessions, and train to high on long distance rides, desperate to get the miles in! Planned recovery or easy spin sessions should be completed at a very comfortable pace. You can keep it simple with easy, medium and hard as your guides, or dial into HR Zones or power.

**EASY** (50-70% MAX HR. Zone1/2 PWR)

A pace you can easily talk at (recovery, warm up, steady state, and cool down).

**MEDIUM** (70-80% MAX HR. Zone 3 PWR) = pace talking becomes a little breathless, you are applying yourself in these sessions (hill and endurance work).

**HARD** (80-90% MAX HR. Zone 4/5 PWR) = efforts are more of a yes/no answer level because talking is a challenge (intervals, hills).

## SESSION TYPES & TERMINOLOGY

All of the sessions contained in this program have one purpose, to get you fit and strong enough to complete this event.

None are more important than the other, each needs to be given time and dedication. The sessions are explained below, so lap them up and work hard. A positive mind set is important for this event. Remember your motivation to sign up, why you are raising money, and why you are testing yourself with such an amazing goal.

**STRENGTH** = these sessions are geared towards getting your legs stronger for the hills but also translate to more power on flat roads. Hill are climbed seated at a low cadence of 60-65rpm.

**ENDURANCE** = interval sessions set at a harder effort level to increase your overall aerobic fitness

**TEMPO** = designed to make you work at a harder consistent effort for a long time these will increase your aerobic fitness

**POWER** = these sessions get your legs stronger by working at a lower 70-75rpm cadence

**BUILD RIDE** = staged the day before and/or after your long ride, these sessions get you used to riding on tired legs and prepare you to ride consecutive days in the saddle

**LONG RIDE** = your meat and veg! Aimed at getting you used to riding longer days and building endurance

**SPIN OUT** = an easy recovery ride day, these are done for the love of riding!

**CROSS TRAIN** = anything but a bike day. Enjoy a swim, gentle run, gym or core strength session.

**REST** = complete rest if you need it or enjoy an unloaded session like a swim or yoga class

**STRETCH & ROLL** = while these sessions aren't in the plan, you should aim to focus on this for 20min daily

# P3

## ROUTE OVERVIEW

The route for the 2024 ride will be announced in due course.

Each day of the ride you will be faced with a mix of undulating terrain, long climbs and descents and flat riding. It's incredibly important your training mirrors the terrain you will face, or you will struggle. You were asked at registration to choose an avg pace, it's essential that you can ride at this pace for consecutive days over hilly and undulating terrain. So, align this pace to your training goals.











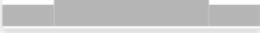


# P3










## TRAINING PLAN

Chances are you are already riding longer distances so your main focus in training is:

- Practice riding in a group if this isn't something you do routinely
- Get your legs used to riding again after longer stops as your days will include lunch stops
- Try to simulate the distance and elevation that you will face on the event
- Focus on nailing your average cadence on rides (80-90rpm) so your legs last the days and recover

PACE & EFFORT GUIDE		
EASY	50-70% MAX HR	Zone 1/2 PWR
MEDIUM	70-80% MAX HR	Zone 3 PWR
HARD	80-90% MAX HR	Zone 4/5 PWR

MON	TUE	WED	THU	FRI	SAT	SUN
 <b>WEEK 1</b>	 <b>STRENGTH</b> 0:55:00 <b>34 TSS</b> W/U: 10mins EASY HILL REPS: 5 x 5mins MED 60-65rpm seated 3mins EASY C/D: 10mins EASY 	 <b>SPIN OUT</b> 0:30:00 30mins Easy cruise to ease out the legs.	 <b>CROSS TRAIN OR REST</b> Run, strength swim, yoga THIS CAN BE A COMPLETE REST DAY IF NEEDED	 <b>TEMPO</b> 0:50:00 <b>40 TSS</b> W/U: 10mins MAIN SET: 30mins MEDIUM 80-90rpm C/D: 10mins 	 <b>BUILD RIDE</b> <b>30.0 km</b> Include in the ride: 5mins EASY 5mins MED 5min HARD All 80-90rpm	 <b>LONG RIDE</b> <b>40.0 km</b> Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY

MON	TUE	WED	THU	FRI	SAT	SUN
 <b>WEEK 2</b>	 <b>STRENGTH</b> 0:55:00 <b>35 TSS</b> W/U: 10mins HILL REPS: 5 x 3mins MED 60-65rpm 30secs HARD 70-75rpm 3mins EASY C/D: 10mins 	 <b>SPIN OUT</b> 0:30:00 30mins Easy cruise to ease out the legs.	 <b>CROSS TRAIN OR REST</b> Run, strength swim, yoga THIS CAN BE A COMPLETE REST DAY IF NEEDED	 <b>ENDURANCE</b> 0:45:00 <b>39 TSS</b> W/U: 10mins INTERVALS: 3 x 4mins HARD 60-65rpm 1mins V HARD 70-75rpm 5mins EASY C/D: 10mins 	 <b>BUILD RIDE</b> <b>40.0 km</b> Include in ride: 30mins MED Cadence 80-90rpm	 <b>LONG RIDE</b> <b>50.0 km</b> Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY



MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 3</div> <div>📅</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>INTERVALS</div> <div>0:50:00 38 TSS</div> <div>W/U: 10mins INTERVALS 2mins rest 4mins HARD 5mins HARD 6mins HARD 7mins HARD C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>0:30:00 30mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>INTERVALS</div> <div>1:05:00 62 TSS</div> <div>W/U: 10mins MAIN SET 3 x 4 x 3mins MED 30secs ALL OUT 3mins EASY C/D: 7mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>50.0 km</div> <div>Ride at good tempo EASY/MED for the duration. Cadence 80-90rpm</div>	<div>🚴</div> <div>LONG RIDE</div> <div>60.0 km</div> <div>Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY</div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 4 REST WEEK</div> <div>📅</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>GEARING</div> <div>0:55:00 37 TSS</div> <div>W/U: 10mins INTERVAL SET: 3 x 6mins EASY 4mins MED 2mins HARD C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00 60mins</div> <div>Easy cruise to ease out the legs.</div>	<div>📅</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>ENDURANCE</div> <div>1:00:00 35 TSS</div> <div>W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>30.0 km</div> <div>Easy paced social ride. Stop for a coffee along the way</div>	<div>🚴</div> <div>LONG RIDE</div> <div>45.0 km</div> <div>Easy paced ride. Keep your legs at 80-90rpm</div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 5</div> <div>📅</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>ENDURANCE</div> <div>0:55:00 44 TSS</div> <div>W/U: 10mins INTERVALS: 3 x 5mins MED 5mins TEMPO 5mins HARD 3min EASY C/D 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>0:45:00 45mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>INTERVALS</div> <div>1:00:00 52 TSS</div> <div>W/U: 10mins INTERVALS: 6 x 4mins HARD 30secs ALL OUT 2mins EASY C/D: 10mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>60.0 km</div> <div>Include in the ride: 10mins EASY 30mins MED 10min HARD All 80-90rpm</div>	<div>🚴</div> <div>LONG RIDE</div> <div>70.0 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>









MON	TUE	WED	THU	FRI	SAT	SUN
<div>📅</div> <div>WEEK 6</div> <div>📅</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>STRENGTH</div> <div>1:10:00</div> <div>66 TSS</div> <div>W/U: 10mins HILL REPS 5 x 4mins MED 60-65rpm 4mins rest 5 x 1min HARD 1min EASY C/D: 5mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>0:45:00</div> <div>45mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>POWER</div> <div>1:00:00</div> <div>37 TSS</div> <div>W/U: 10mins INTERVALS: 7 x 6min 70-75rpm MED effort 3mins easy C/D: 9mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>70.0 km</div> <div>Include in the ride: 3 x 20mins TEMPO All 80-90rpm</div>	<div>🚴</div> <div>LONG RIDE</div> <div>90.0 km</div> <div>Ride a hilly route. Ride all hills at 70-75rpm MED Practice ride nutrition.</div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📅</div> <div>WEEK 7</div> <div>📅</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>INTERVALS</div> <div>1:00:00</div> <div>53 TSS</div> <div>W/U: 10mins INTERVALS: 2 x 4 x 3:30mins MED 30secs ALL OUT 4 mins C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>0:45:00</div> <div>45mins</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>TEMPO</div> <div>1:00:00</div> <div>50 TSS</div> <div>W/U: 10mins MAIN SET: 40mins TEMPO C/D: 10mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>80.0 km</div> <div>Ride at a good tempo for the duration of the ride</div>	<div>🚴</div> <div>LONG RIDE</div> <div>100 km</div> <div>Ride a hilly route. Ride all hills strong and efficiently Practice ride nutrition.</div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📅</div> <div>WEEK 8 REST WEEK</div> <div>📅</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>ENDURANCE</div> <div>0:50:00</div> <div>30 TSS</div> <div>W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>0:45:00</div> <div>45mins</div> <div>Easy cruise to ease out the legs.</div>	<div>📅</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>GEARING</div> <div>0:55:00</div> <div>37 TSS</div> <div>W/U: 10mins INTERVALS: 5 x 6mins EASY 4mins MED 2mins HARD C/D: 10mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>40.0 km</div> <div>Easy paced social ride. Stop for a coffee along the way</div>	<div>🚴</div> <div>LONG RIDE</div> <div>60.0 km</div> <div>Easy paced ride. Keep your legs at 80-90rpm</div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📅</div> <div>WEEK 9</div> <div>🚴</div> <div>BUILD RIDE</div> <div>0:20:00</div> <div>20mins on tired legs. Good power up hills. 80-90rpm avg</div>	<div>🚴</div> <div>STRENGTH</div> <div>1:00:00</div> <div>43 TSS</div> <div>W/U: 10mins HILL REPS: 6 x 4mins MED 60-65rpm 1min HARD 70-75rpm 2mins EASY C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>ENDURANCE</div> <div>1:00:00</div> <div>58 TSS</div> <div>W/U: 15mins MAIN SET: 3 x 7min ramp from MED - ALL OUT 4mins rest C/D: 6mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>90.0 km</div> <div>Include in ride: 4 x 6min hill climb 60-65rpm, MED push last 30secs in same gear to +70rpm HARD</div>	<div>🚴</div> <div>LONG RIDE</div> <div>100 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 10</div> <div>🚴</div> <div>BUILD RIDE</div> <div>0:30:00</div> <div>30mins on tired legs. Good power up hills. 80-90rpm avg</div>	<div>🚴</div> <div>TEMPO</div> <div>1:10:00</div> <div>60 TSS</div> <div>W/U: 10mins MAIN SET: 50mins MEDIUM C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>INTERVALS</div> <div>1:00:00</div> <div>55 TSS</div> <div>W/U: 10mins INTERVALS: 6 x 4mins HARD 1min ALL OUT 2mins EASY C/D: 10mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>100 km</div> <div>Include in the ride: 10mins EASY 60mins MED 15min HARD All 80-90rpm</div>	<div>🚴</div> <div>LONG RIDE</div> <div>100 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 11</div> <div>🚴</div> <div>BUILD RIDE</div> <div>0:45:00</div> <div>45mins on tired legs. Good power up hills. 80-90rpm avg</div>	<div>🚴</div> <div>STRENGTH</div> <div>1:00:00</div> <div>37 TSS</div> <div>W/U: 10mins HILL REPS: 5 x 6mins MED 60-65rpm seated 2mins EASY C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>POWER</div> <div>1:10:00</div> <div>44 TSS</div> <div>W/U: 10mins INTERVALS: 6 x 6min 70-75rpm MED effort 3mins easy C/D: 6mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>110 km</div> <div>Include in ride: 60mins TEMPO 80-90rpm</div>	<div>🚴</div> <div>LONG RIDE</div> <div>110 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 12 REST WEEK</div> <div>🏠</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>ENDURANCE</div> <div>0:50:00</div> <div>30 TSS</div> <div>W/U: 10mins INTERVALS: 5 x 3mins MEDIUM 3mins EASY C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>0:45:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🏠</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>TEMPO</div> <div>1:10:00</div> <div>52 TSS</div> <div>W/U: 10mins MAIN SET: 30mins TEMPO 10mins EASY C/D: 10mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>60.0 km</div> <div>Easy paced social ride. Stop for a coffee along the way</div>	<div>🚴</div> <div>LONG RIDE</div> <div>70.0 km</div> <div>Easy paced ride. Keep your legs at 80-90rpm</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 13</div> <div>🚴</div> <div>BUILD RIDE</div> <div>1:00:00</div> <div>60mins on tired legs. Good power up hills. 80-90rpm avg</div>	<div>🚴</div> <div>GEARING</div> <div>1:00:00</div> <div>42 TSS</div> <div>W/U: 10mins INTERVALS: 3 x 4mins EASY 4mins MED 4mins HARD C/D: 10mins</div>	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>ENDURANCE</div> <div>1:00:00</div> <div>40 TSS</div> <div>W/U 10mins INTERVALS: 3 x 8mins MED 2mins HARD 3mins easy C/D 5mins</div>	<div>🚴</div> <div>BUILD RIDE</div> <div>120 km</div> <div>Include in the ride: 10mins EASY 60mins MED 15min HARD All 80-90rpm</div>	<div>🚴</div> <div>LONG RIDE</div> <div>110 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 14</div> <div>🚴</div> <div>BUILD RIDE</div> <div>1:10:00</div> <div>70mins on tired legs. Good power up hills. 80-90rpm avg</div>	<div>🚴</div> <div>INTERVALS</div> <div>1:00:00</div> <div>51 TSS</div> <div>W/U: 15mins INTERVALS: 5 x 4mins HARD 1min ALL OUT 2mins EASY C/D: 10mins</div> 	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>STRENGTH</div> <div>1:00:00</div> <div>43 TSS</div> <div>W/U: 10mins HILL REPS: 6 x 4mins MED 60-65rpm 1min HARD 70-75rpm 2mins EASY C/D: 10mins</div> 	<div>🚴</div> <div>BUILD RIDE</div> <div>120 km</div> <div>Include in ride: 4 x 30mins TEMPO 80-90rpm</div>	<div>🚴</div> <div>LONG RIDE</div> <div>120 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 15</div> <div>🚴</div> <div>BUILD RIDE</div> <div>1:20:00</div> <div>1hr20mins on tired legs. Good power up hills. 80-90rpm avg</div>	<div>🚴</div> <div>ENDURANCE</div> <div>1:00:00</div> <div>35 TSS</div> <div>W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins</div> 	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>ENDURANCE</div> <div>1:10:00</div> <div>53 TSS</div> <div>W/U 10mins MAIN SET 2 x 10mins MED 10mins HARD 5mins easy C/D 10mins</div> 	<div>🚴</div> <div>BUILD RIDE</div> <div>130 km</div> <div>Include in ride: 4 x 5min hill reps 60-65rpm, MED push last 30secs in same gear to +70rpm HARD</div>	<div>🚴</div> <div>LONG RIDE</div> <div>130 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 16 REST WEEK</div> <div>🏠</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>ENDURANCE</div> <div>0:55:00</div> <div>32 TSS</div> <div>W/U: 15mins INTERVALS: 5 x 3mins MEDIUM 2mins EASY C/D: 15mins</div> 	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🏠</div> <div>REST DAY</div> <div>Run, strength swim, yoga</div>	<div>🚴</div> <div>TEMPO</div> <div>1:10:00</div> <div>52 TSS</div> <div>W/U: 10mins MAIN SET: 30mins TEMPO 10mins EASY C/D: 10mins</div> 	<div>🚴</div> <div>BUILD RIDE</div> <div>80.0 km</div> <div>Easy paced social ride. Stop for a coffee along the way</div>	<div>🚴</div> <div>LONG RIDE</div> <div>60.0 km</div> <div>Easy paced ride. Keep your legs at 80-90rpm</div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div>📄</div> <div>WEEK 17</div> <div>🚴</div> <div>BUILD RIDE</div> <div>1:30:00</div> <div>90mins on tired legs. Good power up hills. 80-90rpm avg</div>	<div>🚴</div> <div>STRENGTH</div> <div>1:00:00</div> <div>37 TSS</div> <div>W/U: 10mins HILL REPS: 5 x 6mins MED 60-65rpm seated 2mins EASY C/D: 10mins</div> 	<div>🚴</div> <div>SPIN OUT</div> <div>1:00:00</div> <div>Easy cruise to ease out the legs.</div>	<div>🕒</div> <div>CROSS TRAIN OR REST</div> <div>Run, strength swim, yoga</div> <div>THIS CAN BE A COMPLETE REST DAY IF NEEDED</div>	<div>🚴</div> <div>ENDURANCE</div> <div>1:00:00</div> <div>58 TSS</div> <div>W/U: 15mins MAIN SET: 3 x 7min ramp from MED - ALL OUT 4mins rest C/D: 6mins</div> 	<div>🚴</div> <div>BUILD RIDE</div> <div>130 km</div> <div>Ride strong for the duration pushing hard up the hills. Best possible cadence on climbs.</div>	<div>🚴</div> <div>LONG RIDE</div> <div>140 km</div> <div>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div> </div> <div> <b>WEEK 18</b> </div> <div> </div> <div> <b>BUILD RIDE</b>  <b>1:30:00</b>            90mins on tired legs.            Good power up hills. 80-90rpm avg         </div>	<div> </div> <div> <b>INTERVALS</b>  <b>1:00:00</b>  <b>51 TSS</b>            W/U: 15mins            INTERVALS: 5 x            4mins HARD            1min ALL OUT            2mins EASY            C/D: 10mins         </div> <div> </div>	<div> </div> <div> <b>SPIN OUT</b>  <b>1:00:00</b>            Easy cruise to ease out the legs.         </div>	<div> </div> <div> <b>CROSS TRAIN OR REST</b>            Run, strength swim, yoga             THIS CAN BE A COMPLETE REST DAY IF NEEDED         </div>	<div> </div> <div> <b>POWER</b>  <b>1:00:00</b>  <b>37 TSS</b>            W/U: 10mins            INTERVALS: 4 x            8min 70-75rpm MED effort            3mins easy            C/D 6mins         </div> <div> </div>	<div> </div> <div> <b>BUILD RIDE</b>  <b>130 km</b>            Include in ride:            4 x 30mins TEMPO 80-90rpm         </div>	<div> </div> <div> <b>LONG RIDE</b>  <b>140 km</b>            Ride a hilly route.            Focus on 80- 90rpm avg.            Practice ride nutrition.         </div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div> </div> <div> <b>WEEK 19</b> </div> <div> </div> <div> <b>BUILD RIDE</b>  <b>1:30:00</b>            90mins on tired legs.            Good power up hills. 80-90rpm avg         </div>	<div> </div> <div> <b>INTERVALS</b>  <b>1:00:00</b>  <b>52 TSS</b>            W/U: 10mins            INTERVALS: 5 x            6mins HARD            2mins EASY            C/D: 10mins         </div> <div> </div>	<div> </div> <div> <b>SPIN OUT</b>  <b>1:00:00</b>            Easy cruise to ease out the legs.         </div>	<div> </div> <div> <b>CROSS TRAIN OR REST</b>            Run, strength swim, yoga             THIS CAN BE A COMPLETE REST DAY IF NEEDED         </div>	<div> </div> <div> <b>ENDURANCE</b>  <b>1:05:00</b>  <b>51 TSS</b>            W/U 10mins            MAIN SET 2 x            10mins MED            10mins HARD            5mins easy            C/D 5mins         </div> <div> </div>	<div> </div> <div> <b>BUILD RIDE</b>  <b>130 km</b>            Ride strong for the duration pushing hard up the hills. Best possible cadence on climbs.         </div>	<div> </div> <div> <b>LONG RIDE</b>  <b>140 km</b>            Ride a hilly route.            Focus on 80- 90rpm avg.            Practice ride nutrition.         </div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div> </div> <div> <b>WEEK 20 TAPER WEEK</b> </div> <div> </div> <div> <b>REST DAY</b>            Run, strength swim, yoga         </div>	<div> </div> <div> <b>MOBILISATION</b>  <b>0:45:00</b>  <b>29 TSS</b>            W/U: 15mins            MAIN SET: 3 x            2mins EASY            2mins MED            2mins HARD            C/D: 10mins         </div> <div> </div>	<div> </div> <div> <b>SPIN OUT</b>  <b>0:45:00</b>            Easy cruise to ease out the legs.         </div>	<div> </div> <div> <b>ENDURANCE</b>  <b>1:00:00</b>  <b>49 TSS</b>            W/U: 10mins            INTERVALS: 3 x            10mins TEMPO            Rest 3mins            C/D: 5mins         </div> <div> </div>	<div> </div> <div> <b>REST DAY</b>            Run, strength, swim, yoga         </div>	<div> </div> <div> <b>PRE EVENT SHAKE DOWN</b>  <b>1:00:00</b>            Easy spin to keep the pipes warm!         </div>	<div> </div> <div> <b>DAY 1 - 135km</b> </div>
MON	TUE	WED	THU	FRI	SAT	SUN
<div> </div> <div> <b>DAY 2 - 131km</b> </div>	<div> </div> <div> <b>DAY 3 - 128km</b> </div>					

This program is available to download in Training Peaks. This will allow the sessions to upload directly to your device or smart trainer and give you greater accountability for your training. If you don't have a Training Peaks account, it's free to set up. Please contact Sarah Anne from Karnea, her details are below.





### MEET YOUR COACH :

Sarah Anne Evans is the founder and head coach at Karnea, the athlete coaching and training retreat specialists. She is an established triathlon, cycling and endurance coach with experience helping athletes at all levels achieve their goals, and has competed for over 20 years in cycling and endurance racing herself.

Sarah Anne lives in Jindabyne in the heart of Snowy Mountains, the terrain you will be facing each day is her playground.

If you'd like to talk about a personalised coaching program tailored to your goals, contact Sarah Anne.

**FOR MORE INFORMATION CALL 0420 923 067 OR VISIT [WWW.KARMEA.COM.AU](http://WWW.KARMEA.COM.AU)**

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