SHORT COURSE

Royal Far West

Ride for Country Kids

Welcome to your training plan for 2027's event.

3 days, 380 to 450 kms, Goulburn Young Yass 4-6 April 27.

It's time to get you ready to take on the challenge.

SHORT COURSE

WELCOME

Hello and welcome to your training plan for the 2027 Royal Far West, Ride for Country Kids.

Everyone has 2 key goals

1. Do the training on the bike to hit the sweet spot of your respective pelotons and
2. Do the work off the bike to smash your fundraising target and change the lives of country kids

The location for this year's event takes us to Goulburn, Young and Yass. The terrain is undulating so, your training needs to match the terrain, and it is essential you train to be able to ride efficiently in a Peloton and to hug the wheel in front of you.

Train for hills and do hill repeats; the strength training you get from hill repeats is an efficient use of your time and it's important you can tackle the undulations very comfortably because your peloton will look to roll over as many as they can. You want to ensure you can up the effort when you need to and stay with your peloton and the less you care about undulations and a varied pace, the better.

Pelotons will be tightly paced this year (more than previous years) to try and allow riders to ride at a pace they have trained to do. At registration, all riders will be asked a variety of average speeds (between 24 and 30 k and hour), and we will use this information when we place you into pelotons and we will discuss this often between now and the event.

We have been working with Sarah Anne Evans to assist our clients meet their objectives now for several years and we strongly recommend personalised 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. The Royal Far West Ride for Country Kids has commitments that are important for us 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 entire days route.

Sarah has once again put together a series of generic plans to help you prepare. 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 that as best as we can match's the fight and spirit of the country kids your legs will be supporting

Group Rides will be advised separately on the Ride website and in the WhatsApp group for the riders however, if anyone needs to speak to me about anything regarding this ride, please feel free to reach out. Social rides will start prior to this and appear in the WhatsApp feeds also.

Kent Williams - Entoure Cycle Event Management.

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Day 1

https://ridewithgps.com/routes/56312884 (ALL 127 k 1676 vm)

Day 2

https://ridewithgps.com/routes/56312910 (LONG 180 k 1993 vm)

https://ridewithgps.com/routes/56606653 (SHORT 133 k 1529 vm)

Day 3

https://ridewithgps.com/routes/56313017 (LONG 146 k 1625 vm)

https://ridewithgps.com/routes/56630353 (MEDIUM 129 k 1337 vm)

https://ridewithgps.com/routes/56606479 (SHORT 107 k 1194 vm)

SHORT COURSE

YOUR TRAINING PLAN

The ROUTE is split into 2 DISTANCE options

1. 450 k over 3 days THE LONG COURSE, and
2. 380 k over 3 days THE SHORT COURE

Distances will be allocated to pelotons on the close of registrations however as a rough gauge riders who can cycle an average speed of 28 k an hour and above will do the LONG course and everyone else will do a slightly adjusted distance with higher degrees of adjustment for riders who cycle 24 k an hour. Adjustments to distance are designed to allow riders to do what best meets their fitness goals and to allow the pelotons to meet community needs. More on this as the event unfolds and as we build the registrations and understand the rider mix across the event.

Your body will need to get used to backing up day after day. 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 ticking 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

SHORT COURSE

ROUTE OVERVIEW

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 very hilly terrain. So, add this pace focus into your training.

SHORT COURSE

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	Zone1/2 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
WEEK 1 W/C 26 Oct Day Off **REST DAY** Stretch Session	Bike **STRENGTH** **1:00:00** **40** TSS W/U: 10mins HILL REPS: 6 x 3mins MED 60-65rpm 30secs HARD 70-75rpm 3mins EASY C/D: 10mins	Bike **SPIN OUT** **0:40:00** 40mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **ENDURANCE** **1:00:00** **61** TSS W/U: 10mins INTERVALS 3 x 6mins HARD 60-65rpm 4mins V HARD 70-75rpm 5mins EASY C/D: 10mins	Bike **BUILD RIDE** **40.0** km Include in ride: 10mins MED Cadence 80-90rpm	Bike **LONG RIDE** **50.0** km Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 2 W/C 2 Nov	Bike **INTERVALS** **1:00:00** **48** TSS W/U: 10mins INTERVALS: 2mins rest 7mins HARD 8mins HARD 9mins HARD 10mins HARD C/D: 10mins	Bike **SPIN OUT** **0:40:00** 40mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **INTERVALS** **1:10:00** **68** TSS W/U: 10mins INTERVALS 3 x 4 × 3:30mins MED 30secs ALL OUT 3mins EASY C/D: 6mins	Bike **BUILD RIDE** **40.0** km Ride at good tempo EASY/MED for the duration. Cadence 80-90rpm	Bike **LONG RIDE** **60.0** km Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY
Day Off **REST DAY** Stretch Session						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 3 W/C 9 Nov	Bike **ENDURANCE** **0:55:00** **44** TSS W/U: 10mins INTERVALS: 3 x 5mins MED 5mins TEMPO 5mins HARD 3min EASY C/D 10mins	Bike **SPIN OUT** **0:40:00** 40mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **INTERVALS** **1:00:00** **52** TSS W/U: 10mins INTERVALS: 6 x 4mins HARD 30secs ALL OUT 2mins EASY C/D: 10mins	Bike **BUILD RIDE** **60.0** km Include in the ride: 5mins EASY 10mins MED 5min HARD All 80-90rpm	Bike **LONG RIDE** **70.0** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.
Day Off **REST DAY** Stretch Session						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 4 REST WEEK W/C 16 Nov	Bike **GEARING** **0:55:00** **37** TSS W/U: 10mins INTERVAL SET: 3 x 6mins EASY 4mins MED 2mins HARD C/D: 10mins	Bike **SPIN OUT** **1:00:00** 60mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **ENDURANCE** **1:00:00** **35** TSS W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins	Bike **BUILD RIDE** **40.0** km Easy paced social ride. Stop for a coffee along the way	Bike **LONG RIDE** **30.0** km Easy paced ride. Keep your legs at 80-90rpm
Day Off **REST DAY** Stretch Session						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5 W/C 23 Nov Day Off **REST DAY** Stretch Session	Bike **STRENGTH** **1:15:00** **69** TSS W/U: 10mins HILL REPS: 5 × 4mins MED 60-65rpm 4mins rest 5 × 1min HARD 1min EASY C/D: 10mins	Bike **SPIN OUT** **0:50:00** 50mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **POWER** **1:00:00** **37** TSS W/U: 10mins INTERVALS: 7 x 6min 70-75rpm MED effort 3mins easy C/D: 9mins	Bike **BUILD RIDE** **60.0** km Include in the ride: 3 × 10mins TEMPO All 80-90rpm	Bike **LONG RIDE** **70.0** km Ride a hilly route. Ride all hills at 70-75rpm MED Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 6 W/C 30 Nov Day Off **REST DAY** Stretch Session	Bike **INTERVALS** **1:15:00** **71** TSS W/U: 10mins INTERVALS 3 x 4 × 3:30mins MED 30secs ALL OUT 4 mins C/D: 10mins	Bike **SPIN OUT** **0:50:00** 50mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **TEMPO** **1:20:00** **65** TSS W/U: 10mins MAIN SET: 50mins TEMPO C/D: 10mins	Bike **BUILD RIDE** **70.0** km Ride at a good tempo for the duration of the ride	Bike **LONG RIDE** **70.0** km Ride a hilly route. Ride all hills strong and efficiently Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 7 W/C 7 Dec Day Off **REST DAY** Stretch Session	Bike **STRENGTH** **1:00:00** **43** TSS W/U: 10mins HILL REPS: 6 x 4mins MED 60-65rpm 1min HARD 70-75rpm 2mins EASY C/D: 10mins	Bike **SPIN OUT** **0:50:00** 50mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **ENDURANCE** **1:00:00** **58** TSS W/U: 15mins MAIN SET: 3 x 7min ramp from MED - ALL OUT 4mins rest C/D: 6mins	Bike **BUILD RIDE** **70.0** km Include in ride: 4 × 6min hill reps 60-65rpm, MED push last 30secs in same gear to +70rpm HARD	Bike **LONG RIDE** **80.0** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 8 REST WEEK W/C 14 Dec	Bike **ENDURANCE** **1:00:00** **35** TSS W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins	Bike **SPIN OUT** **1:00:00** 60mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **GEARING** **0:55:00** **37** TSS W/U: 10mins MAIN SET: 3 x 2mins EASY 2mins MED 2mins HARD C/D: 10mins	Bike **BUILD RIDE** **40.0** km Easy paced social ride. Stop for a coffee along the way	Bike **LONG RIDE** **50.0** km Easy paced ride. Keep your legs at 80-90rpm
Day Off **REST DAY** Stretch Session						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9 W/C 21 Dec	Bike **TEMPO** **1:10:00** **60** TSS W/U: 10mins MAIN SET: 50mins MEDIUM C/D: 10mins	Bike **SPIN OUT** **1:00:00** 60mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **INTERVALS** **1:00:00** **55** TSS W/U: 10mins INTERVALS: 6 x 4mins HARD 1min ALL OUT 2mins EASY C/D: 10mins	Bike **BUILD RIDE** **70.0** km Include in the ride: 10mins EASY 20mins MED 5min HARD All 80-90rpm	Bike **LONG RIDE** **80.0** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.
Bike **BUILD RIDE** **0:45:00** 45mins on tired legs. Good power up hills. 80-90rpm avg						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 10 W/C 28 Dec	Bike **STRENGTH** **1:00:00** **37** TSS W/U: 10mins HILL REPS: 5 x 6mins MED 60-65rpm seated 2mins EASY C/D: 10mins	Bike **SPIN OUT** **1:00:00** 60mins Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **POWER** **1:30:00** **57** TSS W/U: 10mins INTERVALS: 8 x 6min 70-75rpm MED effort 3mins easy C/D: 9mins	Bike **BUILD RIDE** **70.0** km Include in ride: 30mins TEMPO 80-90rpm	Bike **LONG RIDE** **80.0** km Ride a hilly route. Ride optimum cadence/effort on hills Practice ride nutrition.
Bike **BUILD RIDE** **0:45:00** 45mins on tired legs. Good power up hills. 80-90rpm avg						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 11 W/C 4 Jan Bike **BUILD RIDE** **0:45:00** 45mins on tired legs. Good power up hills. 80-90rpm avg	Bike **GEARING** **1:00:00** **42** TSS W/U: 10mins INTERVALS: 3 x 4mins EASY 4mins MED 4mins HARD C/D: 10mins	Bike **SPIN OUT** **1:00:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **ENDURANCE** **1:00:00** **40** TSS W/U 10mins INTERVALS: 3 x 8mins MED 2mins HARD 3mins easy C/D 5mins	Bike **BUILD RIDE** **80.0** km Include in the ride: 10mins EASY 30mins MED 5min HARD All 80-90rpm	Bike **LONG RIDE** **90.0** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 12 REST WEEK W/C 11 Jan Day Off **REST DAY** Stretch Session	Bike **ENDURANCE** **0:55:00** **32** TSS W/U: 15mins INTERVALS: 5 x 3mins MEDIUM 2mins EASY C/D: 15mins	Bike **SPIN OUT** **1:00:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **TEMPO** **1:10:00** **52** TSS W/U: 10mins MAIN SET: 30mins TEMPO 10mins EASY C/D: 10mins	Bike **BUILD RIDE** **50.0** km Easy paced social ride. Stop for a coffee along the way	Bike **LONG RIDE** **50.0** km Easy paced ride. Keep your legs at 80-90rpm

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 13 W/C 18 Jan Bike **BUILD RIDE** **1:00:00** 60mins on tired legs. Good power up hills. 80-90rpm avg	Bike **INTERVALS** **1:15:00** **71** TSS W/U: 10mins INTERVALS 3 x 4 × 3:30mins MED 30secs ALL OUT 4 mins C/D: 10mins	Bike **SPIN OUT** **1:10:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **STRENGTH** **1:00:00** **43** TSS W/U: 10mins HILL REPS: 6 x 4mins MED 60-65rpm 1min HARD 70-75rpm 2mins EASY C/D: 10mins	Bike **BUILD RIDE** **90.0** km Ride strong for the duration pushing hard up the hills. Best possible cadence on climbs.	Bike **LONG RIDE** **100** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 14 W/C 25 Jan	Bike **ENDURANCE** **1:00:00** **35** TSS W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins	Bike **SPIN OUT** **1:10:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **POWER** **1:30:00** **57** TSS W/U: 10mins INTERVALS: 8 x 6min 70-75rpm MED effort 3mins easy C/D: 9mins	Bike **BUILD RIDE** **90.0** km Include in ride: 4 × 5min hill reps 60-65rpm, MED push last 30secs in same gear to +70rpm HARD	Bike **LONG RIDE** **100** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.
Bike **BUILD RIDE** **1:00:00** 60mins on tired legs. Good power up hills. 80-90rpm avg						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 15 W/C 1 Feb	Bike **STRENGTH** **1:00:00** **37** TSS W/U: 10mins HILL REPS: 5 x 6mins MED 60-65rpm seated 2mins EASY C/D: 10mins	Bike **SPIN OUT** **1:10:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **ENDURANCE** **1:00:00** **58** TSS W/U: 15mins MAIN SET: 4 x 7min ramp from MED - ALL OUT 4mins rest C/D: 6mins	Bike **BUILD RIDE** **100** km Ride strong for the duration pushing hard up the hills. Best possible cadence on climbs.	Bike **LONG RIDE** **110** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.
Bike **BUILD RIDE** **1:00:00** 60mins on tired legs. Good power up hills. 80-90rpm avg						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 16 REST WEEK W/C 8 Feb	Bike **ENDURANCE** **0:55:00** **32** TSS W/U: 15mins INTERVALS: 5 x 3mins MEDIUM 2mins EASY C/D: 15mins	Bike **SPIN OUT** **1:00:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **TEMPO** **1:10:00** **52** TSS W/U: 10mins MAIN SET: 30mins TEMPO 10mins EASY C/D: 10mins	Bike **BUILD RIDE** **50.0** km Easy paced social ride. Stop for a coffee along the way	Bike **LONG RIDE** **50.0** km Easy paced ride. Keep your legs at 80-90rpm
Day Off **REST DAY** Stretch Session						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 17 W/C 15 Feb Bike **BUILD RIDE** **1:10:00** 70mins on tired legs. Good power up hills. 80-90rpm avg	Bike **INTERVALS** **1:00:00** **51** TSS W/U: 15mins INTERVALS: 5 x 4mins HARD 1min ALL OUT 2mins EASY C/D: 10mins	Bike **SPIN OUT** **1:30:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **POWER** **1:30:00** **56** TSS W/U: 15mins INTERVALS: 6 x 8min 70-75rpm MED effort 3mins easy C/D 9mins	Bike **BUILD RIDE** **110** km Include in ride: 4 × 20mins TEMPO 80-90rpm	Bike **LONG RIDE** **120** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 18 W/C 22 Feb Bike **BUILD RIDE** **1:10:00** 70mins on tired legs. Good power up hills. 80-90rpm avg	Bike **INTERVALS** **1:00:00** **52** TSS W/U: 10mins INTERVALS: 5 x 6mins HARD 2mins EASY C/D: 10mins	Bike **SPIN OUT** **1:30:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **ENDURANCE** **1:30:00** **73** TSS W/U 10mins MAIN SET 3 x 10mins MED 10mins HARD 5mins easy C/D 5mins	Bike **BUILD RIDE** **120** km Ride strong for the duration pushing hard up the hills. Best possible cadence on climbs.	Bike **LONG RIDE** **130** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 19 W/C 1 Mar Bike **BUILD RIDE** **1:10:00** 70mins on tired legs. Good power up hills. 80-90rpm avg	Bike **ENDURANCE** **1:00:00** **37** TSS W/U: 10mins INTERVALS: 5 x 6mins HARD 2mins EASY C/D: 10mins	Bike **SPIN OUT** **1:30:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **TEMPO** **1:30:00** **76** TSS W/U: 10mins INTERVALS: 5 x 10mins TEMPO Rest 3mins C/D: 5mins	Bike **BUILD RIDE** **130** km Ride strong for the duration pushing hard up the hills. Best possible cadence on climbs.	Bike **LONG RIDE** **130** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 20 REST WEEK W/C 8 Mar Day Off **REST DAY** Stretch Session	Bike **MOBILSATION** **0:45:00** **29** TSS W/U: 15mins MAIN SET: 3 x 2mins EASY 2mins MED 2mins HARD C/D: 10mins	Bike **SPIN OUT** **1:00:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **TEMPO** **1:10:00** **52** TSS W/U: 10mins MAIN SET: 30mins TEMPO 10mins EASY C/D: 10mins	Bike **BUILD RIDE** **60.0** km Easy paced social ride. Stop for a coffee along the way	Bike **LONG RIDE** **70.0** km Easy paced ride. Keep your legs at 80-90rpm

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 21 W/C 15 Mar Bike **BUILD RIDE** **1:30:00** 90mins on tired legs. Good power up hills. 80-90rpm avg	Bike **INTERVALS** **1:00:00** **55** TSS W/U: 10mins INTERVALS: 6 x 4mins HARD 1min ALL OUT 2mins EASY C/D: 10mins	Bike **SPIN OUT** **1:30:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **STRENGTH** **1:30:00** **63** TSS W/U: 10mins HILL REPS: 6 x 8mins MED 60-65rpm 1min HARD 70-75rpm 3mins EASY C/D: 10mins	Bike **BUILD RIDE** **130** km Include in ride: 4 × 20mins TEMPO 80-90rpm	Bike **LONG RIDE** **130** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 22 W/C 22 Mar	Bike **ENDURANCE** **1:00:00** **58** TSS W/U: 15mins MAIN SET: 3 x 7min ramp from MED - ALL OUT 4mins rest C/D: 6mins	Bike **SPIN OUT** **1:30:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Bike **INTERVALS** **1:00:00** **57** TSS W/U: 10mins INTERVALS: 2mins rest 7mins HARD 8mins HARD 9mins HARD 10mins HARD C/D: 10mins	Bike **BUILD RIDE** **130** km Include in the ride: 10mins EASY 40mins MED 10min HARD All 80-90rpm	Bike **LONG RIDE** **130** km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.
Bike **BUILD RIDE** **1:30:00** 90mins on tired legs. Good power up hills. 80-90rpm avg						

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 23 - TAPER WEEK W/C 29 Mar	Bike **INTERVALS** **1:00:00** **48** TSS W/U: 10mins INTERVALS: 6 x 3mins HARD 30secs ALL OUT 2mins EASY C/D: 15mins	Bike **SPIN OUT** **1:00:00** Easy cruise to ease out the legs.	Day Off **REST DAY** Stretch Session	Day Off **REST DAY** Travel Day	Bike **PRE EVENT SHAKE DOWN** **1:00:00** Easy spin to keep the pipes warm!	**ROYAL FAR WEST - DAY 1**
Bike **BUILD RIDE** **1:00:00** 60mins easy spin						

MON	TUE	WED	THU	FRI	SAT	SUN
ROYAL FAR WEST - DAY 2	**ROYAL FAR WEST - DAY 3**	Day Off **REST DAY** Travel Day				
WEEK 24 W/C 5 Apr						

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 Karmea, her details are below.

MEET YOUR COACH :

Sarah Anne Evans is the founder and head coach at Karmea, 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, she enjoys consuming hills along with her morning coffee.

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

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