



8 WEEK TRAINING PROGRAM

The following program is designed for novice cyclists aiming for the Cycle of Giving 100km and 60km rides.

The 8 week program will gradually build in volume and intensity while incorporating a good amount of recovery to allow your body to adapt to the training you are doing. This training program is a general guide only, so you should always listen to your body and ride within your own limits.

Males over 45 years of age and females over 55 years of age with a family history of chronic disease or a person of any age who has any doubts in relation to their health is advised to consult their doctor before commencing an exercise program.

Prepare for your rides by packing:

- Water Bottles; one with water and one with a sports drink
- Energy gels or snacks
- Sunscreen and sunglasses
- Spare tube/s, tyre levers, pump/CO2 canisters, multi-tool
- Mobile phone and personal ID
- Closed in shoes, gloves and helmet
- A well serviced bike
- Tyres inflated to the correct pressure

Training Advice

Stretching AFTER every ride will improve your flexibility, assist recovery and reduce the likelihood of injury. Focus on the quadriceps, hamstrings, calves, hip flexors and gluteals.


Warm up and cool down appropriately at the beginning and end of each ride. A warm up prepares your body gradually for the exercise session preventing injury and unnecessary fatigue. A cool down slows down the level of activity gradually allowing the body to re-adjust to resting levels and assists recovery. It is recommended that you warm up and cool down in the small chain ring to encourage working at a lighter load.

Adequate nutrition before and after you ride is an important component of endurance training. If you are riding before breakfast, have a light snack that is high in carbohydrates and low in fat 30-60 minutes before leaving for your ride. Try and

consume some food high in carbohydrates with some protein within 60 minutes of finishing your ride to assist with recovery.

Drink water before, during and after you ride. If your ride is less than an hour, carry at least one water bottle on the bike. If you are riding for longer than an hour, carry one water bottle and an additional bottle with sports drink.

Riding with a group can be motivating and supportive. Some riders feel less vulnerable in a group on open roads and they can also present the opportunity to learn from more experienced riders and develop the skills required to ride with others. Although the program is geared towards training on your own or with like-minded compatriots, it is possible to substitute a group ride for one of the weekly sessions. It is best to find a group ride that will enable you to work within the intensity parameters in the program.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	30 MIN EASY RIDE	REST	30 MIN EASY RIDE	REST	1 HOUR EASY RIDE	REST
WEEK 2	REST	45 MIN EASY RIDE	REST	45 MIN EASY RIDE	REST	1 HOUR EASY RIDE	REST
WEEK 3	REST	1 HOUR EASY RIDE	REST	45 MIN EASY RIDE. INC 15 MINS OF HIGHER INTENSITY	REST	1 HOUR 30 MIN RIDE. INC SOME SMALL CLIMBS	45 MIN EASY RIDE
WEEK 4	REST	45 MIN EASY RIDE. INC 25 MINS OF HIGHER INTENSITY	REST	1 HOUR EASY RIDE	REST	1 HOUR 30 MIN RIDE. INC 30 MINS OF HIGHER INTENSITY	REST
WEEK 5	REST	1 HOUR RIDE. INC 10 MINS OF HIGHER INTENSITY	REST	1 HOUR 30 MIN RIDE. INC SOME HILL CLIMBS	REST	2 HOUR EASY RIDE	1 HOUR EASY RIDE
WEEK 6	REST	1 HOUR 15 MIN RIDE. INC 20 MINS OF HIGHER INTENSITY	REST	1 HOUR 15 MIN RIDE. INC 30 MINS OF HIGHER INTENSITY	REST	2 HOUR 30 MIN RIDE. INCLUDE SOME HILLS	1 HOUR 15 MIN EASY RIDE
WEEK 7	REST	1 HOUR 15 MIN RIDE. INC 20 MINS OF HIGHER INTENSITY	REST	1 HOUR 30 MIN RIDE. INC 30 MINS OF HIGHER INTENSITY	REST	2 HOUR 30 MIN RIDE. INCLUDE SOME HILLS	1 HOUR 15 MIN ON HILLY CIRCUIT
WEEK 8	REST	45 MIN RIDE. INC 10 MINS OF HIGHER INTENSITY	REST	1 HOUR RIDE. INC 10 MINS OF HIGHER INTENSITY	REST	REST	

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