

WEEK 1		8 HRS				
MON	TUE	WED	THU	FRI	SAT	SUN
<p>REST A good training program incorporates some rest; kick your feet up after the training you did this past weekend. It all begins tomorrow.</p>	<p>1.5 hrs LSD Head out for an easy 90 minutes with a buddy. No pressure to go fast; let's keep it in zone 2.</p> <p>1.5 HRS</p>	<p>INTERVALS We've got another 90 minutes on the cards in zone 2. After 20 minutes of warm up do 5 x 15 second sprints. Do 1 interval every 10 minutes.</p> <p>1.5 HRS</p>	<p>REST Feet up. Let's relax a bit. Maybe a glass of wine?</p>	<p>1.5 hrs LSD Head out for an easy 90 minutes with a buddy. No pressure to go fast; let's keep it in zone 2.</p> <p>1.5 HRS</p>	<p>3.5 hrs LSD The first big ride! 3.5 hours of fun; not too hard, but not a walk in the park. Let's keep it in zone 2; maybe 3 if there's a slice of cake waiting.</p> <p>3.5 HRS</p>	<p>REST Feet up. Let's relax a bit. Maybe a glass of wine?</p>

WEEK 2		6 HRS				
MON	TUE	WED	THU	FRI	SAT	SUN
<p>STRETCH Nobody likes feeling stiff. Spend a few minutes loosening up the glutes, quads, hammies and back.</p>	<p>1.5 hrs LSD Grab your riding partner and head out for an easy 90 minutes in zone 2.</p> <p>1.5 HRS</p>	<p>INTERVALS 90 minutes of riding with high cadence; 5 x 2 minutes of very high cadence (>120 rpm) in an easy gear. Rest 5 minutes between intervals.</p> <p>1.5 HRS</p>	<p>REST Time to chill. Recovery is key.</p>	<p>1.5 hrs LSD 90 minutes easy, please (zone 2).</p> <p>1.5 HRS</p>	<p>CLIMBS 90 minutes zone 2 including 3 x 10 minutes seated climbing. 10 minute recovery between each set. Cake.</p> <p>1.5 HRS</p>	<p>REST You've earned another sleep in. A stretch session will go a long way.</p>

WEEK 3		9 HRS				
MON	TUE	WED	THU	FRI	SAT	SUN
<p>WALK Mondays are tough. Take a 20 minute walk.</p>	<p>1.5 hrs LSD Oh look, another 90 minutes! Keep the legs spinning between 90-115 RPM.</p> <p>1.5 HRS</p>	<p>INTERVALS We've got another 90 minutes on the cards in zone 2. After 20 minutes of warm up do 5 x 15 second sprints. Do 1 interval every ten minutes.</p> <p>1.5 HRS</p>	<p>1.5 hrs LSD 90 minutes easy, please (zone 2). Take a friend for #SeriousGEES.</p> <p>1.5 HRS</p>	<p>RECOVERY You've worked really hard so far; grab a buddy, ride 30 minutes to the coffee shop, then 30 minutes home. You've earned it.</p> <p>1 HR</p>	<p>3.5 hrs LSD Let's go for a long ride! Call up some mates and head out for 3.5 hours of #SeriousGEES! Maybe try the trails at Oak Valley?</p> <p>3.5 HRS</p>	<p>REST Sundays are for relaxing!</p>

WEEK 4		7 HRS				
MON	TUE	WED	THU	FRI	SAT	SUN
<p>REST Streeeeeeeeeeetch</p>	<p>1.5 hrs LSD 90 minutes easy, please (zone 2).</p> <p>1.5 HRS</p>	<p>1.5 hrs LSD 90 minutes. Keep the legs spinning between 90-115 RPM.</p> <p>1.5 HRS</p>	<p>1.5 hrs LSD Let's go for three in a row! Another easy 90 minutes.</p> <p>1.5 HRS</p>	<p>RECOVERY 60 minutes recovery spin. We've heard croissants are good for recovery?</p> <p>1 HR</p>	<p>CLIMBS 90 minutes zone 2 including 3 x 10 minutes seated climbing. 10 minute recovery between each set. Cake.</p> <p>1.5 HRS</p>	<p>REST Grab some extra sleep.</p>