



WEEK 1		5.5 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
<p><b>REST</b> The one day you don't need to feel bad about snoozing your alarm</p>	<p><b>REST</b> Go easy on your body and give it a chance to recover</p>	<p><b>LOW&amp;SLOW</b> 1 Hour Recovery in zone 2, Keep cadence &gt; 90</p>	<p><b>1hr SPIN</b> 1 Hour LSD - zone 2 - Any cadence</p>	<p><b>REST</b> Take it easy and catch a few extra ZZZZs</p>	<p><b>90 MIN WITH YOUR MATE</b> Head out on a morning ride with your mate for 1.5 Hours LSD - zone 2 Any cadence</p>	<p><b>2 FOR 2</b> Grab a mate and head for a 2 hour LSD - zone 2 and low zone 3 Any cadence</p>	
		1 HR	1 HR		1.5 HRS	2 HRS	

WEEK 2		9 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
<p><b>REST</b> The one day you don't need to feel bad about snoozing your alarm</p>	<p><b>1hr SPIN</b> 1 Hour LSD - zone 2 - Any cadence</p>	<p><b>INTERVALS</b> Warm up 30min zone 2 and 3 8 x 2 mins max intensity with 3 mins recovery between repeats Warm down 20 mins zone 2</p>	<p><b>FASTED FUN</b> No breakfast. Strong cup of coffee - no sugar. 1 hr in zone 2 only - drink plenty of water! Refuel with fruit and a low carb high protein meal. Low carbs for rest of the day</p>	<p><b>LOW&amp;SLOW</b> 1 Hour Recovery in zone 2, Keep cadence &gt; 90</p>	<p><b>INTERVALS</b> Warm up 45 min zone 2 and 3 6 x 4 mins zone 5 with 4 mins rest between repeats Warm down 30 mins zone 2</p>	<p><b>LOW&amp;SLOW</b> 2.5 Hours LSD in zone 2 and low zone 3, Any cadence</p>	
	1 HR	1.5 HRS	1 HR	1 HR	2 HRS	2.5 HRS	

WEEK 3		8 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
<p><b>REST</b> It's been a long week - Go easy on your body</p>	<p><b>SPRINTS</b> 1.5 HRS, zone 2 only. 20 min warmup, 5 x 15 sec max effort sprints on FLAT terrain (perform a 15 second effort every 10 minutes). Get leg speed to its max then try hold cadence for full 15 secs.</p>	<p><b>SPRINTS</b> Grab your mate and go for a 20 min warmup, zone 2 and 3. 10 x 30 sec max effort sprints - Start slow on 8-11% gradient, Accelerate as hard as you can - keep dropping through gears to maintain high resistance. Rest 5 min between sprints. Warm down 15 min zone 2 only, high cadence (90-115).</p>	<p><b>1hr SPIN</b> 1 Hour LSD - zone 2 - Any cadence</p>	<p><b>REST</b> Take it easy and catch a few extra ZZZZs</p>	<p><b>INTERVALS</b> Warm up 45 min zone 2 and 3 Intervals of 1, 2, 3, 4, 3, 2, 1 minutes in duration. Rest the duration of the previous interval. Warm down 45 mins zone 2.</p>	<p><b>LOW&amp;SLOW</b> 2 Hours LSD - zone 2 - Any cadence</p>	
	1.5 HRS	1.5 HRS	1 HR		2 HRS	2 HRS	

WEEK 4		7 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
<p><b>REST</b> Race week rest, savour every minute of it.</p>	<p><b>INTERVALS</b> Warm up 15 min zone 2 and 3, 3 x 4 min zone 4 HR with 8 mins rest in zone 2 between each repeat. Warm down until 1 hour is up.</p>	<p><b>REST</b> Last chance to rest and recover, make it count.</p>	<p><b>FINAL PUSH</b> 1 Hr zone 2 and 3 with 3 x 2min acceleration to bring HR up to zone 4 for last 30 secs of each acceleration. Rest 10 min between each acceleration.</p>	<p><b>CHARDONNAY STAGE 1</b></p>	<p><b>CHARDONNAY STAGE 2</b></p>	<p><b>CHARDONNAY STAGE 3</b></p>	
	1 HR		1.5 HRS				