

8 Week Training Plan

	Week 	Week 	Week 	Week 
Monday	REST – light training <ul style="list-style-type: none"> Easy run, ride or swim Stretching / Yoga 	REST – light training <ul style="list-style-type: none"> Easy run, ride or swim Stretching / Yoga 	REST – light training <ul style="list-style-type: none"> Easy run, ride or swim Stretching / Yoga 	REST – light training <ul style="list-style-type: none"> Easy run, ride or swim Stretching / Yoga
Tuesday Efforts Ride hard up, and easy back	60 minute cycle (20-25 km) <ul style="list-style-type: none"> Warm up 20 min easy spin 8 x 500m efforts on flat road (hard) 20 min cool down ride 	60 minute cycle (20-25 km) <ul style="list-style-type: none"> Warm up 20 min easy spin 8 x 500m efforts on flat road (hard) 20 min cool down ride 	60 minute cycle (20-25 km) <ul style="list-style-type: none"> Warm up 20 min easy spin 6 x 1 km efforts on flat road (hard) 20 min cool down ride 	60 minute cycle (20-25 km) <ul style="list-style-type: none"> Warm up 20 min easy spin 6 x 1 km efforts on flat road (hard) 20 min cool down ride
Wednesday	75-90 min cycle (35-40 km) <ul style="list-style-type: none"> Easy to moderate ride 2-3 short hard efforts 	75-90 min cycle (35-40 km) <ul style="list-style-type: none"> Easy to moderate ride 2-3 short hard efforts 	75-90 min cycle (35-40 km) <ul style="list-style-type: none"> Easy to moderate ride 2-3 short hard efforts 	75-90 min cycle (35-40 km) <ul style="list-style-type: none"> Easy to moderate ride 2-3 short hard efforts
Thursday Hill focus/ build strength	60 min cycle (20-25 km) <ul style="list-style-type: none"> Warm up 20 min easy spin 6 x hill repeats – 1-2 mins on 4% gradient (moderate) 20 min cool down ride 	60 min cycle (20-25 km) <ul style="list-style-type: none"> Warm up 20 min easy spin 6 x hill repeats – 1-2 mins on 4% gradient (moderate) 20 min cool down ride 	60 min cycle (20-25 km) <ul style="list-style-type: none"> Warm up 20 min easy spin 6 x hill repeats – 1-2 mins on 4% gradient (3 mod/ 3 hard) 20 min cool down ride 	60 min cycle (20-25 km) <ul style="list-style-type: none"> Warm up 25 min easy spin Try a Mt Coot-tha or a similar climb of at least 4-5 mins (moderate) 25 min cool down ride
Friday	REST Core strength exercises	REST Core strength exercises	REST Core strength exercises	REST Core strength exercises
Saturday	75-90 min cycle (35-40 km) <ul style="list-style-type: none"> Easy to moderate ride 2-3 short hard efforts 	75-90 min cycle (35-40 km) <ul style="list-style-type: none"> Easy to moderate ride 2-3 short hard efforts 	75-90 min cycle (35-40 km) <ul style="list-style-type: none"> Easy to moderate ride 2-3 short hard efforts 	75-90 min cycle (35-40 km) <ul style="list-style-type: none"> Easy to moderate ride 2-3 short hard efforts
Sunday	50 – 60 km ride <ul style="list-style-type: none"> Moderate & consistent pace 	60-65 km ride <ul style="list-style-type: none"> Moderate & consistent pace 	70 km ride <ul style="list-style-type: none"> Moderate & consistent pace 	60 km ride <ul style="list-style-type: none"> Moderate & consistent pace

	Week  5	Week  6	Week  7	Week  8
Monday	REST – light training <ul style="list-style-type: none"> • Easy run, ride or swim • Stretching / Yoga 	REST – light training <ul style="list-style-type: none"> • Easy run, ride or swim • Stretching / Yoga 	REST – light training <ul style="list-style-type: none"> • Easy run, ride or swim • Stretching / Yoga 	REST – light training <ul style="list-style-type: none"> • Easy run, ride or swim • Stretching / Yoga
Tuesday Efforts Ride hard up, and easy back	60 minute cycle (20–25 km) <ul style="list-style-type: none"> • Warm up 20 min easy spin • 6 x 1 km efforts on flat road (hard) • 20 min cool down ride 	60 minute cycle (20–25 km) <ul style="list-style-type: none"> • Warm up 20 min easy spin • 6 x 1 km efforts on flat road (hard) • 20 min cool down ride 	60 minute cycle (20–25 km) <ul style="list-style-type: none"> • Warm up 20 min easy spin • 6 x 1 km efforts on flat road (hard) • 20 min cool down ride 	60 minute cycle (20–25 km) <ul style="list-style-type: none"> • Warm up 20 min easy spin • 8 x 500m efforts on flat road (hard) • 20 min cool down ride
Wednesday	75–90 min cycle (35–40 km) <ul style="list-style-type: none"> • Easy to moderate ride • 2–3 short hard efforts 	75–90 min cycle (35–40 km) <ul style="list-style-type: none"> • Easy to moderate ride • 2–3 short hard efforts 	75–90 min cycle (35–40 km) <ul style="list-style-type: none"> • Easy to moderate ride • 2–3 short hard efforts 	75–90 min cycle (35–40 km) <ul style="list-style-type: none"> • Easy to moderate ride • 2–3 short hard efforts
Thursday Hill focus/ build strength	60 min cycle (20–25 km) <ul style="list-style-type: none"> • Warm up 25 min easy spin • Try a Mt Coot-tha or similar climb. Minimum 5 mins climbing (moderate) • 25 min cool down ride 	60 min cycle (20–25 km) <ul style="list-style-type: none"> • Warm up 20 min easy spin • Try a Mt Coot-tha or similar climb. Minimum 5 mins climbing (moderate) • 20 min cool down ride 	60 min cycle (20–25 km) <ul style="list-style-type: none"> • Warm up 20 min easy spin • Try a Mt Coot-tha or similar climb. Minimum 5 mins climbing (moderate) • 20 min cool down ride 	60 min cycle (20–25 km) <ul style="list-style-type: none"> • Easy flat ride • Head to your favourite coffee shop and back home, you've earned an easy day
Friday	REST Core strength exercises	REST Core strength exercises	REST Core strength exercises	REST Core strength exercises
Saturday	75–90 min cycle (35–40 km) <ul style="list-style-type: none"> • Easy to moderate ride • 2–3 short hard efforts 	75–90 min cycle (35–40 km) <ul style="list-style-type: none"> • Easy to moderate ride • 2–3 short hard efforts 	75–90 min cycle (35–40 km) <ul style="list-style-type: none"> • Easy to moderate ride • 2–3 short hard efforts 	75–90 min cycle (35–40 km) <ul style="list-style-type: none"> • Easy to moderate ride • 2–3 short hard efforts
Sunday	75 – 80 km ride <ul style="list-style-type: none"> • Steady and consistent pace 	80–90 km ride <ul style="list-style-type: none"> • Steady and consistent pace 	85 km ride <ul style="list-style-type: none"> • Steady and consistent pace 	B2GC! Enjoy the ride knowing you've put in the hard work .

Intensity Levels



Very Easy:	50–60% HR Max
Easy:	60–70% HR Max
Moderate:	70–80% HR Max
Hard:	80–90% HR Max
Very Hard:	90–95% HR Max

Core and Flexibility



Planks (front and side)	Stretches (Quads, Hamstrings, Calves, Glutes)
Bird Dog	Foam Roller (Quads, Hamstrings, Calves)
Bridges	Upper and Lower Back Mobility
Side Lying Leg Lifts	Shoulder Mobility

Active Recovery



Easy Walk
Swim/Pool Walk
Yoga