

8 Week Training Plan

| Cycle for Cancer | | | | |
|---|---|---|---|--|
| | Week 1 | Week 2 | Week 3 | Week 4 |
| Monday | REST - light trainingEasy run, ride or swimStretching / Yoga | REST - light trainingEasy run, ride or swimStretching / Yoga | REST - light trainingEasy run, ride or swimStretching / Yoga | REST - light trainingEasy run, ride or swimStretching / Yoga |
| Tuesday Efforts Ride hard up, and easy back | 60 minute cycle (20-25 km) 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) 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) 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) 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)Easy to moderate ride2-3 short hard efforts | 75-90 min cycle (35-40 km)Easy to moderate ride2-3 short hard efforts | 75-90 min cycle (35-40 km)Easy to moderate ride2-3 short hard efforts | 75-90 min cycle (35-40 km) Easy to moderate ride 2-3 short hard efforts |
| Thursday Hill focus/ build strength | 60 min cycle (20-25 km) 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) 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) 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) 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)Easy to moderate ride2-3 short hard efforts | 75-90 min cycle (35-40 km)Easy to moderate ride2-3 short hard efforts | 75-90 min cycle (35-40 km)Easy to moderate ride2-3 short hard efforts | 75-90 min cycle (35-40 km)Easy to moderate ride2-3 short hard efforts |
| Sunday | 50 – 60 km ride • Moderate & consistent pace | 60-65 km rideModerate & consistent pace | 70 km ride • Moderate & consistent pace | 60 km ride • Moderate & consistent pace |

Week 5 Week 6 Week 7 Week 8 **REST - light training REST** – light training **REST** – light training **REST** – light training Monday • Easy run, ride or swim • Stretching / Yoga Stretching / Yoga Stretching / Yoga Stretching / Yoga 60 minute cycle (20-25 km) Tuesday • Warm up 20 min easy spin • 6 x 1 km efforts on flat road • 8 x 500m efforts on flat • 6 x 1 km efforts on flat road • 6 x 1 km efforts on flat road road (hard) (hard) (hard) (hard) • 20 min cool down ride 75-90 min cycle (35-40 km) Wednesday • Easy to moderate ride • 2-3 short hard efforts 60 min cycle (20-25 km) Thursday • Warm up 20 min easy spin • Warm up 25 min easy spin • Warm up 20 min easy spin • Easy flat ride Try a Mt Coot-tha or similar Try a Mt Coot-tha or similar • Try a Mt Coot-tha or similar • Head to your favourite coffee climb. Minimum 5 mins climbing climb. Minimum 5 mins climbing climb. Minimum 5 mins climbing shop and back home, you've (moderate) (moderate) (moderate) earnt an easy day • 25 min cool down ride • 20 min cool down ride • 20 min cool down ride REST **REST REST REST** Friday Core strength exercises Core strength exercises Core strength exercises Core strength exercises 75-90 min cycle (35-40 km) Saturday • Easy to moderate ride • 2-3 short hard efforts B2GC! 75 – 80 km ride 80-90 km ride 85 km ride Sunday Enjoy the ride knowing you've • Steady and consistent pace • Steady and consistent pace Steady and consistent pace put in the hard work.



Very Easy:

Very Hard:



Core and Flexibility



Bridges Side Lying Leg Lifts Shoulder Mobility

Active Recovery



Easy Walk Swim/Pool Walk Yoga

60-70% HR Max Easy: 70-80% HR Max Moderate: Hard:

80-90% HR Max 90-95% HR Max

50-60% HR Max

Stretches (Quads, Hamstrings, Calves, Glutes) Foam Roller (Quads, Hamstrings, Calves) Upper and Lower Back Mobility