

Name: \_\_\_\_\_ Event: \_\_\_\_\_ Date: \_\_\_\_\_

Intermediate 100 Mile Ride Challenge

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	40 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch NOTE: Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch	REST	40 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 6 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.	REST	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch
Week 2	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	40 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch NOTE: Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	40 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 8 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.	REST	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch

Week 3	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p>45 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1 - 2 10 minutes warm up zone 1, 2 x 10 mins at 95 and 100rpm with 1 min easy effort recovery interval 10 minutes cool down. NOTE: Relaxed form is more important than driving a high heart rate. It is important the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer.</p>	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	<p>40 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 8 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.</p>	REST	120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch
Week 4	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p>45 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1 - 2 10 minutes warm up zone 1, 2 x 10 mins at 95 and 100rpm with 1 min easy effort recovery interval 10 minutes cool down. NOTE: Relaxed form is more important than driving a high heart rate. It is important the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer.</p>	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	<p>45 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 10 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.</p>	REST	120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch

Week 5	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	150 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1-3 This ride is used for endurance training and the beginning of lactate threshold training. Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build / maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 6	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	REST	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	180 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1-3 This ride is used for endurance training and the beginning of lactate threshold training. Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build / maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 7	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	90 MINS EASY EFFORT RIDE No focus just easy ride time and enjoy + stretch	REST

Week 8	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	50 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	REST	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	210 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1-3 This ride is used for endurance training and the beginning of lactate threshold training. Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build / maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 9	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	50 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	210 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1-3 This ride is used for endurance training and the beginning of lactate threshold training. Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build / maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 10	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	50 MINS 4 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 4 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	240 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well

Week 11	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	50 MINS 4 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 4 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	90 MINS EASY RIDE No focus just easy ride time and enjoy + stretch	REST
Week 12	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	240 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well
Week 13	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	270 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well

Week 14	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 4 x 6 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	270 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well
Week 15	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 4 x 6 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	90 MINS EASY RIDE No focus just easy ride time and enjoy + stretch	REST
Week 16	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 3 x 8 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 8 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	300 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 COURSE RECCE Ride a course with sections similar to your challenge day route. Ride hills in your route or simulate hills by utilizing bigger gears and a lower cadence. Some standing is okay, Ride in Zones 1 - 5. The goal of this session is not to maximise your time in the higher zones + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch

Week 17	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 3 x 8 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 8 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	300 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 COURSE RECCE Ride a course with sections similar to your challenge day route. Ride hills in your route or simulate hills by utilizing bigger gears and a lower cadence. Some standing is okay, Ride in Zones 1 - 5. The goal of this session is not to maximise your time in the higher zones + stretch	90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 18	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	240 MIN CUSTOM RIDE Ride to how you feel within all zones. Don't spend too much time in zones 4 - 5 please + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 19	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST	120 MIN RIDE @ EASY EFFORT ZONE 1-2 WITH 20 MINS @ THRESHOLD EFFORT ZONE 4 80 mins zones 1 - 2, 20 mins zone 4, 20 mins zones 1 - 2 + stretch	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch
Week 20	REST	45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	REST	30 MINS RECOVERY RIDE @ 90RPM On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	30 MINS EASY RIDE AND PRE CHALLENGE CHECK @ ZONES 1 - 2 Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to tomorrow + stretch	100 Mile Ride Challenge