



TRAINING PLAN

BASE

1st Week

MONDAY 15TH MAY TO SUNDAY 21ST MAY

1 Day x Short Fast Ride 20Km

1 Day x Short Hill Ride 25Km, Hill repeats (Incline/decline) Ride

1 Day x Long and Slow Endurance Ride 80Km (weekend)

1 Day x 5km Easy Run

1 Day x Weight Training/Strengthening

2 Days x Rest

2nd Week

MONDAY 22ND MAY TO SUNDAY 28TH MAY

1 Day x Short Fast Ride 25Km

1 Day x Short Hill Ride 25Km, Hill repeats (Incline/decline) Ride

1 Day x Long and Slow Endurance Ride 100Km (weekend)

1 Day x 5km Easy Run

1 Day x Weight Training/Strengthening

2 Days x Rest

PREPARATION

3rd Week

MONDAY 29TH MAY TO SUNDAY 4TH JUNE

1 Day x Short Fast Ride 30Km

1 Day x Short Hill Ride 30Km, Hill repeats (Incline/decline) Ride

1 Day x Long and Slow Endurance Ride 100Km (weekend)

1 Day x Speed Run (200m x 7 repeats)

1 Day x Weight Training/Strengthening

2 Days x Rest

4th Week

MONDAY 5TH JUNE TO SUNDAY 11TH JUNE

1 Day x Short Fast Ride 35Km

1 Day x Short Hill Ride 35Km, Hill repeats (Incline/decline) Ride

1 Day x Long and Slow Endurance Ride 100Km (weekend)

1 Day x 7m Easy Run

1 Day x Weight Training/Strengthening

2 Days x Rest

5th Week

MONDAY 12TH JUNE TO SUNDAY 18TH JUNE

1 Day x Short Fast Ride 40Km

1 Day x Long and Slow Endurance Ride 110Km (weekend)

1 Day x Weight Training/Strengthening

1 Day x Short Hill Ride 35Km, Hill repeats (Incline/decline) Ride

1 Day x Speed Run (200m x 9 repeats)

2 Days x Rest

PEAK

6th Week

MONDAY 19TH JUNE TO SUNDAY 25TH JUNE

2 Days x Short Fast Ride 25Km

1 Day x Short Hill Ride 30Km, Hill repeats (Incline/decline) Ride

1 Day x Long and Slow Endurance Ride 110Km (weekend)

1 Day x 7m Easy Run

1 Day x Weight Training/Strengthening

1 Day x Rest

7th Week (Peak Millage)

MONDAY 26TH JUNE TO SUNDAY 2ND JULY

2 Days x Short Fast Ride 30 Km

1 Day x Short Hill Ride 35Km, Hill repeats (Incline/decline) Ride

1 Day x Long and Slow Endurance Ride 110Km (weekend)

1 Day x Speed Run (200m x 10 repeats)

1 Day x Weight Training/Strengthening

1 Day x Rest

8th Week

MONDAY 3RD JULY TO SUNDAY 9TH JULY

1 Day x Short Fast Ride 30Km

1 Day x Long and Slow Endurance Ride 100Km (weekend)

1 Day x Weight Training/Strengthening

1 Day x Short Hill Ride 35Km, Hill repeats (Incline/decline) Ride

1 Day x 7m Easy Run

2 Days x Rest

TAPER

9th Week

MONDAY 10TH JULY TO SUNDAY 16TH JULY

1 Day x Short Fast Ride 20Km

1 Day x Short Hill Ride 25Km, Hill repeats (Incline/decline) Ride

1 Day x Long and Slow Endurance Ride 100Km (weekend)

1 Day x Speed Run (200m x 6 repeats)

1 Day x Weight Training/Strengthening

2 Days x Rest

10th Week

MONDAY 17TH JULY TO SUNDAY 21ST JULY

Mon. 17th July 1 Day x Stretching + Strengthening

Tue. 18th July 1 Day x Short Hill Ride 25Km, Hill repeats (Incline/decline) Ride

Wed. 19th July 1 Day x Rest

Thu. 20th July 1 Day x 40km Easy Ride

Fri. 21st July 1 Day x Rest

10 COMMANDMENTS

"PRACTICE HARD PLAY EASY"
IN ORDER TO MAKE THE WHOLE EXPERIENCE OF EXPEDITION ENJOYABLE

1. MAKE SURE YOUR CYCLE IS SERVICED AND IN GOOD WORKING CONDITION AT ALL TIMES.
2. RECORD YOUR RIDES AS IT MOTIVATES YOU TO DO MORE.
3. STRONGLY RECOMMEND TO DO CORE EXERCISES. NO MATTER HOW FIT OR UNFIT YOU ARE AN ABSOLUTE MUST.
4. WARM UP AND COOL DOWN PROPERLY BEFORE AND AFTER THE RIDE.
5. STRETCH FOR GOOD 20 MINUTE AFTER EACH RIDE OR WORKOUT AS BY DOING THIS YOU WILL INCREASE YOUR FLEXIBILITY AND WILL NOT FEEL ANY MUSCLE SORENESS OR PAIN DURING THE DAY.
6. IF YOU ARE OVER WEIGHT, WORK ON REDUCING DURING THE TRAINING.
7. DON'T OVER DO IN DESCENTS AND CONTROL YOUR ADRENALINE AS SAFETY IS MOST IMPORTANT.
8. PUT YOUR BASICS IN PLACE - GOOD HYDRATION, AT LEAST 7 HOURS DAILY SLEEP AND HEALTHY AND CLEAN DIET.
9. REMEMBER REST DAYS ARE PART OF THE TRAINING PLAN AND OVER-TRAINING IS DETRIMENTAL TO THE COMPLETE TRAINING PLAN.
10. WE HAVE NEARLY TWO MONTHS TO PREPARE AND WE SHOULD BE FOCUSING MAINLY ON AEROBIC CAPACITY AND GETTING USED TO SITTING ON THE SADDLE. MUSCLE STRENGTH WILL ALSO INCREASE IN THE PROCESS.