



THE PRINCESS MARGARET
RIDE
TO CONQUER CANCER®

2023

Beginner's Training Plan

by Paolina Allan



Paolina Allan is an accomplished endurance coach with decades of athletic experience. Her passion for sport has led her to compete in multiple Ironman races, triathlons, and other ultra endurance events. As a coach, Paolina is dedicated to helping athletes of all levels achieve their fitness goals. Her coaching philosophy is centered on

building a strong foundation of physical and mental strength, and she believes that tenacity and perseverance are the keys to success. Paolina's coaching style is highly personalized, and with a stellar athletic resume and a true dedication to her client's success, she is a highly respected coach in the endurance sports community.

RTCC WEEK 1

Training Plan

Welcome to the first week of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Getting better acquainted with your bike (schedule a bike fitting, check your gear, break your bike in).
- Cycling 3-4 times. The Wednesday Ride is optional, so 5 Rides can be completed if you are comfortable doing so.
- Working on your cadence. Aim to reach 80 - 90 rpm on all of your Rides this week.
- Don't have a bike yet? Spin class is an option this week.

Monday

- Rest Day

Tuesday

Ride Duration: 45 Min

- Warm Up (10 Min)
- Power Sprint - 90 rpm (5 Min)
- Cool Down (5 Min)

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- Cool Down (5 Min)
- Power Sprint - 90 rpm (5 Min)

- Cool Down (5 Min)
- Power Sprint - 90 rpm (5 Min)
- OR - Spin class

Wednesday

Ride Duration: 50 Min

- Warm Up (5 Min)
- Power Sprint - 85-90 rpm (10 Min)
- Cool Down (5 Min)
- Power Sprint - 85-90 rpm (10 Min)

- Cool Down (5 Min)
- Power Sprint - 85-90 rpm (10 Min)
- Cool Down (5 Min)

- Your steady aerobic Ride is one of the most important Rides in your regiment. It builds efficiency, power, and durability!

Thursday

Ride Duration: 45 Min

- LEG Game
- Warm Up (5 Min)

- Steady Ride - RPE 3/4 (30 Min)
- Power Sprint - Zone 4/RPE 7 (5 Min)

- Cool Down (5 Min)
- Learn how to pace and finish while staying strong.

Friday

- Do something off of your bike (strength, yoga, running, mobility, relaxation).

Saturday

Ride Duration: 60-75 Min

- Keep your RPE (Rate of Perceived Exertion) at a 5 out of 10 during climbs.

- This is a steady, yet sustainable effort which will help you use your energy more efficiently, producing the same amount of power over time, yet using less energy to do so.

Sunday

Ride Duration: 45-60 Min

- Remember, today's Ride focuses on recovery, so take it easy and follow a comfortable pace.
- Keep your RPE (Rate of Perceived Exertion) at a 3 to 4 out of 10 during this Ride.

RTCC WEEK 2

Training Plan

Welcome to the second week of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Heart rate zones. Use the reference guide at the end of this guide to help you calculate your heart rate, and to further understand the various training zones that you will aim for.

Monday

- Rest Day

Tuesday

Ride Duration: 20 Min

- Warm Up (15 min. Finish at Z7)
- Sprint (5 x 20 Sec) - Easy Spin (40 Sec)
- Easy Spin (2 Min)
- Max Effort Ride (Hold for 20 Min)

- It's going to feel uncomfortable. That's OK!
- Easy Cool Down (10 Min)
- Remember to check the reference guide for information on heart rate zones!

Wednesday

Ride Duration: 45 Min

- Optional Day Off
- Warm Up (5 Min)

Thursday

Ride Duration: 45 Min

- Warm Up (5 Min)
- Steady Ride (30 Min at Z2)

- Fast Ride (5 Min at Z4)
- Cool Down (5 Min)

- Learn how to pace and finish while staying strong.

Friday

- Do something off of your bike (strength, yoga, running, mobility, relaxation).

Saturday

Ride Duration: 1 Hr 30 Min

- Increase of 15 min from last week
- Ride a hilly route
- Maintain a high rpm when climbing

- Maintain 80 rpm or higher
- Use all of the gears on your bike
- Effort Level = Z2

Sunday

Ride Duration: 60 Min

- Warm up (15 Min)
- Steady paced (45-60 Min)

- Cool Down (5 Min)

RTCC WEEK 3

Training Plan

Welcome to the third week of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- **Duration.** The length of your rides will increase slightly this week.
- **Safety.** If your bike feels off, get it refit!

Monday

- Rest Day

Tuesday

Ride Duration: 45 Min

- Warm Up (10 Min at Z1)
- Steady Ride (12 Min at Z2)
- Power Sprint (4 x 15 Sec - 1 Min Easy Ride)
- Recovery (2 Min)
- Power Sprint (4 x 20 Sec - 40 Sec Easy Ride)
- Recovery (2 Min)
- Power Sprint (4 x 30 Sec - 30 Sec Easy Ride)
- Cool Down (10 Min)

Wednesday

Ride Duration: 45 Min

- Optional Rest Day
- Warm Up (5 Min)
- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)
- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 45 Min

- Warm Up (5 Min)
- Steady Ride (10 Min at Z2)
- Power Sprint (5 x 2 Min at Z4 - 2 Min Easy Ride)
- Cool Down (10 Min)
- This ride will help you overcome short-term fatigue while cycling

Friday

- Rest Day

Saturday

Ride Duration: 1 Hr 45 Min

- Ride a hilly route
- Maintain a high rpm of 80 (or higher) while climbing
- Use your small chain ring while climbing
- Spin up any climbs
- Bring 1-2 bottles of water for this type of ride!

Sunday

Ride Duration: 60-75 Min

- Easy Z1/Z2 recovery ride
- Keep a light tension in your legs as you pedal
- Work on your handling skills and practice turning corners with speed
- Work on your hand signaling
- Practice eating and drinking while cycling

RTCC WEEK 4

Training Plan

Welcome to the fourth week of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Aim to continue improving your fitness for cycling this week.
- Lock in your determination and discipline for training!
- Try to incorporate yoga or stretching 3 to 4 times this week.

Monday

- Rest Day

Tuesday

Ride Duration: 45 Min

- Warm Up (10 Min at Z1)
- Steady Ride (10 Min at Z2)

- Power Sprint (5 x 2 Min at Z4/Z5 - 2 Min Easy Ride at Z1)
- Cool Down (10 Min)

Wednesday

Ride Duration: 45 Min

- Optional Rest Day
- Warm Up (5 Min)

- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)

- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 60 Min

- Warm Up (5 Min)
- Warm Up (10 Min. Finish at Z3)

- Power Sprint (3 x 15 Min. Z3 Effort for 5 Min)

- Recovery (Z1)
- Cool Down (5 Min)

Friday

- Rest Day

Saturday

Ride Duration: 2 Hr

- Endurance Ride
- Try to incorporate some hills.

- Nutrition is key for longer rides. On average, you'll need between 30-75 grams of carbs per hour. Experiment to see what works for you

Sunday

Ride Duration: 75-90 Min

- Z2 Recovery Rde
- Work on maintaining 85 rpm or higher

- Practice your technical skills - signaling, cornering, and carrying speed is important

- Be at one with your bike. Play with all your gears and understand the difference between them.

RTCC WEEK 5

Training Plan

Welcome to the fifth week of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Riding with others can make cycling more exciting, so check out cycling clubs in your area.
- Spin class is an option this week.
- Stay on top of your stretching!

Monday

- Rest Day

Tuesday

Ride Duration: 50 Min

- Strength/Hill Work Ride
- Warm Up (15 Min)
- Power Sprint (6-8 x 2 Min at 70 rpm)
- Easy Ride (2 Min)
- Cool Down (10 Min)
- This ride promotes muscular health.

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)
- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)
- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 60 Min

- Warm Up (5 Min)
- Build Up Heart Rate (10 Min)
- Power Sprint (5 x 4 Min at Z4/Z5)
- Easy Ride (3 Min at Z1)
- Cool Down (10-15 Min)
- Get comfortable being uncomfortable during those 4-minute efforts!

Friday

- Rest Day

Saturday

Ride Duration: 15 Min

- Warm Up (15 Min)
- Steady Ride (1 Hour 45 min at Z2)
- Cool Down (15 Min)
- Maintain an rpm of 80 or higher
- Long rides can help you lower your stress levels, connect with friends, increase muscle strength and flexibility, and help you to sustain power over longer efforts

Sunday

Ride Duration: 90 Min

- Feel Good Recovery Ride
- If possible, try to ride some of the route that you'll be on at The Ride to Conquer Cancer. This will help you to understand the terrain and road conditions.

RTCC WEEK 6

Training Plan

Welcome to the sixth week of the 2023 Ride Training Plan. Here is what you'll be focusing on this week:

- Strength and hill work. Feel the burn!
- This week, let all that hard work from the last few weeks absorb into your cells.

Monday

- Rest Day

Tuesday

Ride Duration: 50 Min

- Strength/Hill Work Ride
- Warm Up (15 Min)

- Power Sprint (6-8 x 2 Min at 70 rpm)
- Easy Ride (2 Min)

- Cool Down (10 Min)
- Promotes muscular health

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)

- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)

- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 60 Min

- Optional Rest Day
- Warm Up (5 Min)

- Warm Up (10 Min. Finish at Z3)
- Power Sprint (2 x 15 Min at Z3)

- Recovery (5 Min at Z1)
- Cool Down (5 Min)

Friday

- Rest Day

Saturday

Ride Duration:
1 Hr 45 Min - 2 Hr

- Today's ride is light, but it's still a workout!
- Maintain Z2

- How are you feeling on these longer rides? How is your recovery? Take note of how you feel afterwards.

Sunday

Ride Duration: 60 Min

- Feel Good Recovery Ride
- Ride with friends or family today

- Stop by a coffee shop if you'd like!
- Post a picture on social media, and tag @theride2conquer
- Good job this week!

RTCC WEEK 7

Training Plan

Welcome to the seventh week of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Continuing to build up your intensity.
- Training might be tough, but it will help you maintain a sustainable effort while you cycle
- Resisting short term fatigue will help you to raise your ceiling of fitness.

Monday

- Rest Day

Tuesday

- Time Trial Tuesday!
- Warm Up (5 Min at Z1)
- Steady Ride (10 Min at Z2)
- Power Sprint (3 x 6 Min at Z4)
- Easy Ride (3 Min at Z1)
- Steady Ride (20 Min at Z2)

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)
- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)
- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 60 Min

- Z4 Ride
- Warm Up (5 Min)
- Build Up Heart Rate (10 Min)
- Power Sprint (5 x 4 Min at Z4/Z5)
- Recovery (3 Min at Z1)
- Cool Down (10-15 Min)
- Get comfortable being uncomfortable during those 4-minute efforts!

Friday

- Rest Day

Saturday

Ride Duration:
2 Hr 30 Min

- Endurance Ride
- Make sure you are practicing good nutrition habits
- Stay Hydrated: On hotter days, your fluid intake may be higher than it is on cooler days.

Sunday

Ride Duration: 90 Min

- Recovery Ride
- Congrats on getting out as often as you can for a double weekend of cycling. Watch your heart rate during long rides.

RTCC WEEK 8

Training Plan

Welcome to week eight of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Remember to maintain a positive mindset this week, even on the days that are more challenging.
- Pacing. Don't push too hard too early.
- Keep up the great work!

Monday

- Rest Day

Tuesday

- Strength/Hill Work Ride
- Warm Up (15 Min)

- Power Sprint (8 x 2 Min at 70 rpm)
- Easy Ride (2 Min)

- Cool Down (10 Min)
- This ride promotes muscular health

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)

- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)

- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 60 Min

- Aerobic Ride
- Warm Up (5 Min)

- Steady Ride (50 Min at Z2)
- Cool Down (5 Min)

- Be mindful of gears on aerobic rides. As you become stronger, harder gears will feel easier with time.

Friday

- Rest Day

Saturday

Ride Duration:
2 Hr 30 Min

- Steady Ride (2 Hours 45 Min at Z2)
- Pacing is critical!

- Nutrition is key for longer rides. On average, you'll need between 30-75 grams of carbs per hour. Experiment to see what works for you.

- Learn to hold back throughout the first hour, instead of pushing yourself too fast and fading out in the last hour

Sunday

Ride Duration: 75-90 Min

- Recovery Ride
- Take a hilly ride today

- Let yourself get uncomfortable on climbs
- Aim to reach an HR of Z4
- Carry your speed over the climbs, and ride and recover

RTCC WEEK 9

Training Plan

Welcome to week nine of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- You have made it 2/3 of the way through training.
- If you are willing to do the work, you can have anything.
- Keep the focus going and take your rest seriously!

Monday

- Rest Day

Tuesday

- Time Trial Tuesday!
- Warm Up (5 Min at Z1)
- Steady Ride (10 Min at Z2)

- Power Sprint (3 x 6 Min at Z4)
- Easy Ride (3 Min at Z1)
- Steady Ride (20 Min at Z2)

- Feel those legs work!

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)

- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)

- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 60 Min

- Endurance Ride
- Warm Up (5 Min)

- Steady Ride (15 Min at Z2. Finish in Z3)

- Power Sprint (2 x 15 Min at Z3)
- Recovery (5 Min at Z1)
- Cool Down (5 Min)

Friday

- Rest Day

Saturday

Ride Duration: 3 Hr

- Long Ride - 65 KM
- Aim for a mix of terrain

- Remember to spin up on hills
- Use all of your gears to make your legs turn over faster

Sunday

Ride Duration: 75-90 Min

- Recovery Ride
- Take a hilly ride today

- Let yourself get uncomfortable on climbs
- Aim for an HR of Z4

- Carry your speed over the climbs, and ride and recover
- Use all your gears to get up any hill

RTCC WEEK 10

Training Plan

Welcome to week ten of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Stay motivated! You have five more weeks to go.
- Think how far you have come!
- Remember: as the days get hotter, make sure to pack more fluids with you.

Monday

- Rest Day

Tuesday

- Time Trial Tuesday!
- Warm Up (5 Min at Z1)
- Steady Ride (10 Min at Z2)
- Power Sprint (2 x 8 Min at Z4)
- Easy Ride (8 Min at Z1)
- Steady Ride (20 Min at Z2)
- Feel those legs work!

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)
- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)
- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 75 Min

- Endurance Ride
- Warm Up (5 Min)
- Steady Ride (15 Min at Z2. Finish in Z3)
- Power Sprint (3 x 12 Min at Z3)
- Recovery (4 Min at Z1)
- Cool Down (5 Min)

Friday

- Rest Day

Saturday

Ride Duration: 3 Hr

- Long Ride - 75 KM
- You are pushing up into the higher KM mark on these rides
- Note how you are feeling, and the fuel that you need
- You may face some discomfort - this is to be expected, as long as there is no pain!

Sunday

Ride Duration: 90 Min

- Recovery Ride
- Get out and ride with smooth pedal strokes!
- Sometimes you just need to get out in order for your legs to warm up!

RTCC WEEK 11

Training Plan

Welcome to week eleven of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- This week will help you with the finishing touches of your training.
- Remember: check up on your bike and go in for a tune up if needed.
- Hill Repeats will make you feel stronger on your bike, whether you use a trainer or a hill in your area with a 4-5% incline!

Monday

- Rest Day

Tuesday

Ride Duration: 70 Min

- Hill Repeats
- Warm Up (5 Min at Z1)
- Steady Ride (10 Min at Z2)

- Power Sprint
(6 x 3 Min at low gear / rpm of 70)
- Recovery (2 Min)

- Cool Down (10 Min)
- Feel those legs working as you conquer that hill!

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)

- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)

- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 75 Min

- Fast Leg Training
- Warm Up (5 Min)

- Steady Ride
(15 Min at Z2. Finish in Z3)
- Power Sprint (5 x 5 Min at Z4)

- Recovery (2 Min at Z2)
- Cool Down (10 Min)
- Feel the burn!

Friday

- Rest Day

Saturday

Ride Duration: 3 Hr 3 Min

- Long Ride - 80-90 KM
- 4 weeks to go!

- A famous quote: "It never gets easier, you just get faster" - Greg Lemond
- Aim to eat and drink while cycling to prepare for RTCC - or take a lunch break when you feel hungry

Sunday

Ride Duration: 75-90 Min

- Recovery Ride
- Take a hilly ride today

- Let yourself get uncomfortable on climbs
- Aim for an HR of Z4

- Carry your speed over the climbs, and ride and recover
- Use all your gears to get up any hill

RTCC WEEK 12

Training Plan

Welcome to week twelve of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Call ahead now if you plan on going into the shop for a final tune up. Bike shops can be busy in the summer.
- Make sure to finalize your nutritional needs on the bike, and think about clothing options.

Monday

- Rest Day

Tuesday

- Time Trial Tuesday!
- Warm Up (5 Min at Z1)
- Steady Ride (10 Min at Z2)
- Power Sprint (2 x 10 Min at Z4)
- Easy Ride (5 Min at Z1)
- Steady Ride (20 Min at Z2)

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)
- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)
- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 75 Min

- Endurance Ride
- Warm Up (5 Min)
- Steady Ride (15 Min at Z2. Finish in Z3)
- Power Sprint (3 x 12 Min at Z3)
- Recovery (4 Min at Z1)
- Cool Down (5 Min)

Friday

- Rest Day

Saturday

Ride Duration: 3 Hr 30 Min+

- Long Ride - 100 KM
- Flat routes are delightful but make sure to include some hilly terrain into your ride today.
- Hills make you stronger, and better prepare you for the Ride ahead.
- Today marks one of your longest training rides. Congratulations!

Sunday

Ride Duration: 75-120 Min

- Recovery Ride
- Pick a flatter route today. Your body will thank you.
- Nutrition while cycling is important. Two days full of extended cycling hours can leave you drained, so make sure you stay on top of things

RTCC WEEK 13

Training Plan

Welcome to week thirteen of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Hill Repeats will make you feel stronger on your bike, whether you use a trainer or a hill in your area with a 4-5% incline.

Monday

- Rest Day

Tuesday

Ride Duration: 70 Min

- Hill Repeats
- Warm Up (5 Min at Z1)
- Steady Ride (10 Min at Z2)

- Power Sprint (10 x 2 Min at low gear / rpm of 70)
- Recovery (2 Min)

- Cool Down (10 Min)
- Feel those legs working as you conquer that hill!

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)

- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)

- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 75 Min

- Endurance Ride
- Warm Up (5 Min)

- Steady Ride (15 Min at Z2. Finish in Z3)

- Power Sprint (5 x 5 Min at Z4)
- Recovery (2 Min at Z2)
- Cool Down (10 Min)

Friday

- Rest Day

Saturday

Ride Duration: 3 Hr 30 Min

- Long Ride - 90 KM
- Think of this as a dress rehearsal for the Ride

Sunday

Ride Duration: 75-90 Min

- Recovery Ride
- Adapt to being uncomfortable and learn to ride while fatigued.

- Mental focus is needed on long rides.
- Keep your pace easier than your Saturday ride.
- Don't ride hard on recovery days.

RTCC WEEK 14

Training Plan

Welcome to week fourteen of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- This is your last round of training for this incredible event!
- You have come so far. Be proud of your accomplishments!

Monday

- Rest Day

Tuesday

Ride Duration: 62 Min

PS = Power Sprint

- Speedy Leg Training
- Warm Up (5 Min)
- Steady Ride (10 Min at Z2-Z3)
- PS (1 Min) -> Easy Ride (1 Min)

- PS (2 Min) -> Easy Ride (2 Min)
- PS (3 Min) -> Easy Ride (3 Min)
- PS (4 Min) -> Easy Ride (4 Min)
- PS (3 Min) -> Easy Ride (3 Min)

- PS (2 Min) -> Easy Ride (2 Min)
- PS (1 Min) -> Easy Ride (1 Min)
- Cool Down (15 Min)

Wednesday

Ride Duration: 50 Min

- Optional Rest Day
- Warm Up (5 Min)

- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)

- Option to focus on strengthening your core with yoga

Thursday

Ride Duration: 45 Min

- Threshold Ride
- Warm Up (5 Min at Z1)
- Steady Ride (10 Min at Z2)

- Steady Ride (10 Min at Z3)
- Steady Ride (5 Min at Z1)
- Steady Ride (10 Min at Z3)

- Steady Ride (5 Min at Z1)
- Z3 helps with improved power on the bike, and sustained power when riding.

Friday

- Rest Day

Saturday

Ride Duration: 2 Hr

- Hilly Terrain Ride - 60 KM
- Dial back the distance and time today

- You are now in your taper phase
- Your training load will start to decrease

- Let your body absorb all of the incredible work you have done.

Sunday

Ride Duration: 90 Min

- Recovery Ride
- Adapt to being uncomfortable

- Mental focus is needed during The Ride.
- You are almost there. Well done!

RTCC WEEK 15

Training Plan

Welcome to week fifteen of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- You made it! It is time for the big event. This is everything that you have been training for.
- Make sure to catch up on some sleep this week.
- Make sure that your bike is clean and ready to go
- Don't add anything else to your calendar

Monday

- Rest Day

Tuesday

Ride Duration: 50 Min

- Endurance / Fast Finish
- Warm Up (10 Min)
- Steady Ride (15 Min. End at Z2)

- Power Sprint
(3 x 4 Min at Z3. RPE 7)
- Easy Ride (2 Min at Z1)
- Cool Down (5 Min)

- This ride will help you to keep the key in your ignition. Fire your legs up with a bit of work!

Wednesday

- Rest Day

Thursday

Ride Duration: 45 Min

- Sprints
- Warm Up (15 Min. Build up to Z3)
- Power Sprint (6 x 30 Sec at Z5)

- Steady Ride (90 Sec at Z1)
- Steady Ride (25 Min)
- Well done! You have completed your training!

Friday

- Rest Day

Saturday

The Ride

- It is finally the big day!
- Eat a good breakfast - high carbs, low fat

- Stay on top of your nutrition, and don't forget to eat

- Take a sip of water every 15 minutes
- You have trained for this!

Sunday

The Ride

- How great are you feeling?
- Eat a good breakfast - high carbs, low fat

- You are now ready to tackle the last leg of your Ride!
- Stay on top of your nutrition, and don't forget to eat
- Take a sip of water every 15 minutes

HEART RATE ZONES



Zone	% of Max Heart Rate	Exertion Level	Description
Z5	90-100%	MAXIMUM	Developing max performance capacity and speed
Z4	80-90%	HARD	Increasing aerobic threshold and performance capacity
Z3	70-80%	MODERATE	Improving aerobic fitness and muscle strength
Z2	60-70%	LIGHT	Building basic endurance and sustainability
Z1	50-60%	VERY LIGHT	Warming up, cooling down, and active recovery