

8 WEEK TRAINING GUIDE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 START 22 JULY	RIDE 30 minutes Easy pace, flat route.	REST / STRETCH Hydration is important. Drink every 10-15 mins	RIDE 1 hour Easy pace, flat route.	REST	REST / STRETCH	GROUP RIDE 1.5 hours Easy pace, flat route.	RIDE 30 mins - 1 hour Easy pace, flat route.
2 START 29 JULY	REST / STRETCH	RIDE 30 minutes Easy pace, flat route.	REST / STRETCH	RIDE 1 hour Easy pace, flat route.	REST / STRETCH	CROSS TRAINING 1 hour Swimming or running are great cross training activities!	RIDE 1.5 hours Easy pace, flat route.
3 START 5 AUG	REST / STRETCH	RIDE 1 hour Medium pace, flat route.	CROSS TRAINING 1 hour	RIDE 1 hour Medium pace with some inclines.	REST / STRETCH	GROUP RIDE 2 hours	RIDE 1.5 hours Medium pace with some inclines.
4 START 12 AUG	REST / STRETCH	RIDE 1 hour Easy pace, flat route.	REST / STRETCH Mix in core strengthening activities like yoga or pilates	RIDE 1 hour Medium pace with some inclines.	REST / STRETCH	GROUP RIDE 2 hours	RIDE 2 hours Medium pace with some inclines.
5 START 19 AUG	REST / STRETCH	RIDE 1 hour Medium pace with some inclines.	RIDE 1.5 hours Easy pace, flat route.	RIDE 1.5 hours Medium pace with some inclines.	REST / STRETCH	CROSS TRAINING 1.5 hours	RIDE 3 hours Easy pace, flat route.
6 START 26 AUG	REST / STRETCH	RIDE 1.5 hour Easy pace, flat route.	RIDE 1.5 hours Medium pace with some inclines.	RIDE 1.5 hour Easy pace, flat route.	REST / STRETCH	GROUP RIDE 2.5 hours	RIDE 3 hours Easy pace, flat route.
7 START 2 SEPT	REST / STRETCH	RIDE 1.5 hour Easy pace, flat route.	REST / STRETCH	RIDE 1.5 hour Easy pace, flat route.	REST / STRETCH	GROUP RIDE 4 hours	RIDE 3 hours Medium pace with some inclines.
8 START 9 SEPT	REST / STRETCH	RIDE 1 hour Easy pace, flat route.	REST / STRETCH Think about a bike service this week so you're ready for Sunday!	RIDE 1 hour Medium pace, flat route.	REST / STRETCH	RIDE 1 hour Easy pace, flat route.	B2GC!

INTENSITY GUIDE:

Easy pace - able to hold a conversation
Medium pace - able to talk in short sentences

NOTE: A bike that fits you is the most important aspect of training for B2GC. Your position on the bike should be comfortable and efficient. Some muscle soreness is normal when increasing training load, but if you are getting sharp pain (say in your knees), seek medical help. Not sure about your bike fit? See a physiotherapist who treats cycling injuries.

ARE YOU READY FOR THE CHALLENGE?
WWW.B2GC.COM.AU