

Hanover ConnectEast Ride for Home

75km Challenge Ridewiser Macro Template

Endurance Training Block (EN) >

Sep-10

	Block	Training	Tip	KM	ZONE
Sun	EN1	EastLink Trail (reconnaissance ride)	Take a bell, watch for walkers & dogs!	30	E1
Mon		Rest day off or light activity (RE)	If active, do easy swim, walk, play other sport		RE
Tue		Commute ride or 1hr @E1	Add km today for good E1 condition	30	E1
1 Wed		Endurance volume @E1 - steady state	Pick a destination or extend commute	65	E1
2 Thur		Indoor 'Volume Goal' (do max kms in 40mins @E1/E2)	An extra 10-30km today are ideal @E1/E2	20	E2
3 Fri		Easy recovery ride or extra rest day off	Add hydration/stretchches post-ride	30	RE
4 Sat	EN2	Big flat ride - Peninsula return @E1 (3hrs)	Mt Eliza return	90	E1
5 Sun		Optional extension ride @E1 or E2	Flat or hilly is ok; keep tempo for 1hr	30	E2
				265	
6 Mon	EN2	Rest day off or light activity (RE)	If active, do easy swim, walk, play other sport		RE
7 Tue		Commute ride or 1hr @E1	Add km today for good E1 condition	30	E1
8 Wed		Endurance volume @E1 - steady state	Double-dose AM + PM ride to hit target	80	E1
9 Thur		Indoor 'Volume Goal' (do max kms in 50mins @E1/E2)	An extra 10-30km today are ideal @E1/E2	25	E2
10 Fri		Easy recovery ride	Add hydration/stretchches post-ride	30	RE
11 Sat		Big flat ride - Peninsula return @E1 (4hrs)	Mornington return	110	E1
12 Sun	Extension ride @E1 - every km on top of Saturday is a bonus	Use a familiar route or visit a friend	40	E2	
				315	
13 Mon	EN3	Rest day off or light activity (RE)	If active, do easy swim, walk, play other sport		RE
14 Tue		Commute ride or 1hr @E1	Add km today for good E1 condition	30	E1
15 Wed		Endurance volume @E1 - steady state	Maintain hydration & regular fuels	90	E1
16 Thur		Indoor 'Volume Goal' (do max kms in 40mins @E1/E2)	An extra 10-30km today are ideal @E1/E2	30	E2
17 Fri		Extra rest day off			
18 Sat		Big flat ride - Peninsula return @E1 (5hrs)	Dromana return	130	E1
19 Sun	Extension ride @RE/E1 (e.g. East-link Trail)	Try a new section, its all different!	50	E1	
				330	
20 Mon	RT	Rest day off or light activity (RE)	If active, do easy swim, walk, play other sport		RE
21 Tue		Optional 2nd rest, but not more than 2 days in a row	Do nothing or something easy 1hr @RE	5	RE
22 Wed		Easy commuter ride @E1	Spin legs freely on easy gears @RE/E1	20	E2
23 Thur		Rest day off			
24 Fri		Faster commute ride (short & quick)	Hydrate/protein post-session	20	E2
25 Sat		Challenging endurance ride - choose a new destination	Light RE exercise with a PM walk or play	75	E1
26 Sun	Rest day off	Relax, its all in the bank to build now			
				120	
27 Mon	..ST1	Light activity (RE)	Enjoy some form of easy exercise @RE		RE
28 Tue		Easy commute or PM ride @E1	Add hydration/stretchches post-ride	25	E1
29 Wed		S-Efforts: 3x4km big-ring @75rpm on seat	Ride 10km before & after efforts @E1	60	E3
30 Thur		Commute ride easy to mid-range level @E2		25	E2
				110	
				1030	

EN Endurance long rides (building higher volume ride at easy speeds)

Legend

- EN** Endurance Base Training Rides
- ST** Strength Training Rides (from 75% up to 85% heart rate zone)
- Sp** Speed Training Rides (Sp)
- M** Maintenance Week (M)
- RT** Rest Tapering Easy Week (RT) or Rest Week (R)
- G** Goal Event Week (G)

Corresponding Heart-rate Zone

- E1** - Stay below 75% HR zone limit
- E2** - From 75% up to 85% heart rate zone
- E3** - Upper 15% heart rate zone
- RE** - Recovery riding or easy on a Rest Day
- MIX** - A mixture of all riding intensity levels
- E4** - High end or top 10% of range

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Strength Training Block (ST) >

Oct-10

		Block	Training	Tip	KM	ZONE
		ST1				
1	Fri		Rest day off	Time to clear your head of work stuff!		
2	Sat		Challenging mountain ride - Sassafrass return @E3	Light RE exercise with a PM walk or play	90	E3
3	Sun		Easy ride @E1 - steady-state, consistent pressure, 1hr	Legs up in the air in PM for 5mins	30	E2
					120	
4	Mon	ST2	Light activity (RE)	Enjoy some form of easy exercise @RE		RE
5	Tue		Steady commute ride @E1	Add hydration/stretches post-ride	30	E1
6	Wed		S-Efforts: 4x4km bigger gear @70rpm on seat	Ride 15km before & after efforts @E1	65	E3
7	Thur		Mid-range level @E2 commute/bunch ride	Hydrate/stretch/protein post-session	25	E2
8	Fri		Rest day off	Time to clear your head of work stuff!		
9	Sat		Challenging mountain ride - Olinda-Emerald	Relax in PM, well done!	120	E3
10	Sun	Easy ride @E1 - steady-state, consistent pressure, 1hr	Legs up in the air in PM for 5mins	30	E2	
					270	
11	Mon	ST3	Light activity (RE)	Enjoy some form of easy exercise @RE		RE
12	Tue		Solid commute ride @E2	Add hydration/stretches post-ride	35	E1
13	Wed		S-Efforts: 4x5km bigger gear @65rpm on seat	Ride 15km before & after efforts @E1	70	E3
14	Thur		Mid-range level @E2 commute/bunch ride	Hydrate/stretch/protein post-session	30	E2
15	Fri		Rest day off			
16	Sat		Challenging mountain ride - Gembrook Return	Relax in PM, well done!	140	E3
17	Sun	Extension fun ride @E1 (e.g. East-link Trail)	Try Going End-to-End	60	E1	
					335	
18	Mon	R	Rest day off - enjoy this as a REST WEEK!	Do nothing!		
19	Tue		Another rest day off	You might not like it, but must rest!		
20	Wed		Easy commuter ride @E1	Spin legs freely on easy gears @RE/E1	20	E1
21	Thur		Rest day off			
22	Fri		Commuter ride short & easy, just travel to work	Hydrate/stretch/protein post-session	20	E2
23	Sat		Optional easy social ride (Remember it was a rest week!)	Spin legs freely on easy gears @RE/E1		
24	Sun	Rest day off	Do anything unrelated to cycling altogether			
					40	
25	Mon	Sp1	Easy enjoyable ride (commuting or social ideal)	Add hydration/stretches post-ride	20	RE
26	Tue		Sp-Efforts: high revs (90+rpm) 3x5mins spinning it!	Sit up on bars & let legs learn to rev	30	E2
27	Wed		Endurance @ E1/E2 - split session AM+PM ok	Constant intensity - Just do it!	60	E1
28	Thur		Faster group ride or 30km @higher velocity	Hydrate/stretch/protein post-session	45	E2
29	Fri		Rest day or optional cross training focus	Needing more rest?		
30	Sat		Fun ride - what YOU are good at or WHERE you like to ride		45	E1
31	Sun	TT Ride clocked 40km out & back - Beach Rd	Add 10km @E1 either side of TT	60	E3	
					260	
					765	

ST Strength hard rides (bigger gear or hilly rides)

Sp Speed training rides (going faster on flatter roads with more cadence [rpm])

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75km Challenge Ridewiser Macro Template

Speed Training Block (Sp) >						
Nov-10						
		Block	Training	Tip	KM	ZONE
1	Mon	Sp2	Easy enjoyable ride (commuting or social ideal)	Add hydration/stretches post-ride	20	RE
2	Tue		Sp-Efforts: high revs (100+rpm) 3x5mins spinning it!	Sit up on bars & let legs learn to rev	30	E2
3	Wed		Endurance @ E1/E2 - split session AM+PM ok	Constant intensity - just do it!	60	E1
4	Thur		Faster group ride or 20-30km @higher velocity	Hydrate/stretch/protein post-session	45	E2
5	Fri		Rest day off or optional cross training focus	Needing more rest?		
6	Sat		Fun ride - what YOU are good at or WHERE you like to ride		45	E1
7	Sun		TT Ride clock new time 40km TT Course	Add 10km @E1 either side of TT	60	E3
					260	
8	Mon	G	Rest day off or light activity (RE)	If active, do easy swim, walk, play other sport		RE
9	Tue		Mid-range @E2 Ride - Kew Blvd	Mix it up, E1 E2 even some E3 minutes	50	E2
10	Wed		Endurance @ E1/E2 - split session AM+PM ok, 30km only	Constant intensity - just do it!	30	E1
11	Thur		Faster group ride or 30km @higher velocity	Hydrate/stretch/protein post-session	45	E2
12	Fri		Rest day off - nothing more is needed today	Take advantage of time away from riding		
13	Sat		Fun ride - do NOT totally rest, keep the engine warm	Legs up in the air in PM for 5mins	20	E1
14	Sun		Hanover ConnectEast Ride for Home - 75km	Warm up 5km & sip/bite every 20mins	80	E3
					225	
15	Mon	M	Easy ride @E1 - it's the best thing to do	Spin legs freely on easy gears @RE/E1	30	E1
16	Tue		Rest day off			
17	Wed		Mid-ride @E2 - the fitness pays off later if you do	Spin legs freely on easy gears @RE/E1	30	E2
18	Thur		Rest day off			
19	Fri		Rest day off			
20	Sat		Favorite ride day - this might be redefined now	Light RE exercise PM walk or play	75	E2
21	Sun	Rest day off				
					135	
22	Mon	R	Rest day off - now you can take a full REST WEEK!	Or go for an easy ride if preferred		
23	Tue		Rest day off			
24	Wed		Mid-ride @E2 - the fitness will pay off later on	Spin legs freely on easy gears @RE/E1	30	E2
25	Thur		Rest day off			
26	Fri		Rest day off			
27	Sat		Today should be the 1st day of NEW event training	What is next for you?		
28	Sun					
29	Mon					
30	Tues					
					620	

G Goal Tapering Rides (shorter rides, but going faster on bigger gears)

Legend

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