



## Beginners - 8 Week Training Guide

By Brendon Cameron, Sub Coach.

### Long Course - 65 kms +

Welcome to the Sub training Guide. Hopefully this will give you some helpful training ideas and make your Cycling Fun...!

See Sarah's 'Training Tips' or 'Coaches Messages' on the website for any further training advice... And enjoy...!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weeks Totals
<b>8 weeks to go</b>	Rest day	30 min easy	Rest day	60 mins easy	Rest day	30 mins easy	60 mins hills	<b>(4x) 3hr 00 mins</b>
<b>7 weeks to go</b>	Rest day	45 min easy	Rest day	Session # 1	Rest day	40 mins easy	1 hr 15 mins	<b>(4x) 3 hrs 25 mins</b>
<b>6 weeks to go</b>	Rest day	45 min hills	25 min easy	Session # 1	Rest day	45 mins flat	1 hr 45 mins	<b>(5x) 4 hrs 25 mins</b>
<b>5 weeks to go</b>	Rest day	30 min easy	Session # 2	30 min flat	Rest day	45 mins hilly	1 hr 30 mins	<b>(5x) 4 hrs 15 mins</b>
<b>4 weeks to go</b>	Rest day	60 mins flat	30 mins easy	Session # 1	45 mins easy	60 mins hills	2 hours flat	<b>(6x) 6 hrs 00 mins</b>
<b>3 weeks to go</b>	Rest day	45 mins easy	Session # 2	30 mins easy	Rest day	Session # 3	2 hrs 30mins	<b>(5x) 5 hrs 45 mins</b>
<b>2 weeks to go</b>	Rest day	60 mins flat	Session # 2	45 mins easy	Rest day	Session # 3	1 hr 30 mins	<b>(5x) 5 hrs 15 mins</b>
<b>Final week...!</b>	Rest day	60 mins flat	Session # 3	40 mins easy	Rest day	20 mins easy	<b>Ride Day...!</b>	<b>(4x) 3 hr 00 mins + Fun Ride...!</b>

#### Sessions Key

**Session # 1** (45 mins) = **Power Pole Spins:** (Flat road) Spin quickly in medium gear from one Power pole to the next. 3mins rest, repeat 2-3 times!

**Session # 2** (60 mins) = **Up Hill Spins:** During ride, find a small hill. Select a gear at the bottom of the hill so that you spin quickly until you reach the top...ride slowly to recover. Depending on fitness...repeat 2-3 times on similar hill.

**Session # 3** (60 mins) = **Down Hills Spins:** During ride, find a small downhill. Select a gear that you will be able to spin your legs quickly, but still maintain control until you reach the bottom of the hill. Recover and repeat 2 - 3 times.

**Hills:** Find a ride/loop that has a few rolling hills or just rolling terrain. Hills improve your overall riding fitness and technique, and can make for a fun ride!