

# Ridewiser Training Plan - GIANT STEPS BIKE RIDE 2019 (intermediate rider guide)

Feb-19		Training Detail	Zone	Km	Mar-19		Training Detail	Zone	Km	Apr-19		Training Detail	Zone	Km
16														
1	Fri				1	Fri	Rest Day Off Riding		0	1	Mon	Rest Day Off Riding		0
2	Sat				2	Sat	Social ride over 1-2hrs endurance steady	E2	45	2	Tue	Do 3 Difficult Hill repeats - warm up well 20min	E2	30
3	Sun				3	Sun	Easy coffee ride	E2	15	3	Wed	Steady solo ride	E1	25
							<b>Total</b>		<b>60</b>	4	Thur	Easy ride or leisurely commute	RE	15
4	Mon	Rest Day Off Riding		0	4	Mon	Rest Day Off Riding		0	5	Fri	Rest Day Off Riding		0
5	Tue	Solo ride or extended commute	E1	30	5	Tue	Hills or headwind; do 3x5min of climb or hard work	E3	40	6	Sat	20km Hard Mountain circuit - warm up well 40min	E2	75
6	Wed	Moderate ride use bigger gears - load muscles	E2	25	6	Wed	Moderate effort ride - use spinning gears, feel good	E2	20	7	Sun	Steady endurance / coffee / bunch ride	E2	30
7	Thur	Easy recovery ride or commute	RE	20	7	Thur	Steady flat ride or longer commutes	E1	30			<b>Total</b>		<b>175</b>
8	Fri	Rest Day Off Riding		0	8	Fri	Rest Day Off Riding		0	8	Mon	Rest Day Off Riding		0
9	Sat	Flatter steady ride with distance goal	E1	60	9	Sat	Mountains; 1hr warmup + 2hrs of hills + 1hr easy	E3	80	9	Tue	Do 3 Difficult Hill repeats - warm up well 20min	E2	30
10	Sun	Short fast - bunch, coffee shop, spin more	E2	25	10	Sun	Steady endurance / coffee / bunch ride	E2	30	10	Wed	Steady solo ride	E1	25
		<b>Total</b>		<b>160</b>			<b>Total</b>		<b>200</b>	11	Thur	Easy ride or leisurely commute	RE	15
11	Mon	Rest Day Off Riding		0	11	Mon	Rest Day Off Riding		0	12	Fri	Rest Day Off Riding		0
12	Tue	Solo ride or extended commute	E1	40	12	Tue	Hills or headwind; do 3x5min of climb or hard work	E3	45	13	Sat	20km Hard Mountain circuit - warm up well 40min	E2	75
13	Wed	Moderate ride use bigger gears - load muscles	E2	25	13	Wed	Moderate effort ride - use spinning gears, feel good	E2	20	14	Sun	Steady endurance / coffee / bunch ride	E2	30
14	Thur	Easy recovery ride or commute	RE	20	14	Thur	Steady flat ride or longer commutes	E1	30			<b>Total</b>		<b>175</b>
15	Fri	Rest Day Off Riding		0	15	Fri	Rest Day Off Riding		0	15	Mon	Rest Day Off Riding		0
16	Sat	Flatter steady ride with distance goal	E1	75	16	Sat	Mountains; 1hr warmup + 2hrs of hills + 1hr easy	E3	90	16	Tue	Rest Day Off Riding		0
17	Sun	Short fast - bunch, coffee shop, spin more	E2	25	17	Sun	Steady endurance / coffee / bunch ride	E2	30	17	Wed	Social ride or commuting with revs focus	E2	20
		<b>Total</b>		<b>185</b>			<b>Total</b>		<b>215</b>	18	Thur	Social ride or commuting with revs focus	E2	30
18	Mon	Rest Day Off Riding		0	18	Mon	Rest Day Off Riding		0	19	Fri	Rest Day Off Riding		0
19	Tue	Solo ride or extended commute	E1	45	19	Tue	Hills or headwind; do 3x5min of climb or hard work	E3	50	20	Sat	Social ride over 2hrs endurance steady	E2	55
20	Wed	Moderate ride use bigger gears - load muscles	E2	25	20	Wed	Moderate effort ride - use spinning gears, feel good	E2	20	21	Sun	Easy coffee ride	E2	15
21	Thur	Easy recovery ride or commute	RE	20	21	Thur	Steady flat ride or longer commutes	E1	30			<b>Total</b>		<b>120</b>
22	Fri	Rest Day Off Riding		0	22	Fri	Rest Day Off Riding		0	22	Mon	Rest Day Off Riding		0
23	Sat	Flatter steady ride with <b>bigger</b> distance goal	E1	100	23	Sat	Mountains; 1hr warmup + 2hrs of hills + 1hr easy	E3	100	23	Tue	Spin easy gears @90+rpm (bunch, tail-wind)	E2	40
24	Sun	Short fast - bunch, coffee shop, spin more	E2	25	24	Sun	Steady endurance / coffee / bunch ride	E2	30	24	Wed	Easy ride	RE	20
		<b>Total</b>		<b>215</b>			<b>Total</b>		<b>230</b>	25	Thur	Spin easy gears @90+rpm (bunch, tail-wind)	E2	30
25	Mon	Rest Day Off Riding		0	25	Mon	Rest Day Off Riding		0	26	Fri	Rest Day Off Riding		0
26	Tues	Rest Day Off Riding		0	26	Tues	Rest Day Off Riding		0	27	Sat	Endurance longer training ride	E2	85
27	Wed	Social ride or commuting with revs focus	E2	20	27	Wed	Social ride or commuting with revs focus	E2	20	28	Sun	Steady endurance / coffee / bunch ride	E2	30
28	Thur	Social ride or commuting with revs focus	E2	30	28	Thur	Social ride or commuting with revs focus	E2	30			<b>Total</b>		<b>205</b>
					29	Fri	Rest Day Off Riding		0	29	Mon	Rest Day Off Riding		0
					30	Sat	Social ride over 2hrs endurance steady	E2	50	30	Tues	Solo ride or extended commute	E1	30
					31	Sun	Easy coffee ride	E2	15	1	Wed	Moderate ride use bigger gears - load muscles	E2	25
							<b>Total</b>		<b>115</b>	2	Thur	Travel to Noosa & complete bike prep		

## Codes

E	Endurance Training (E1)
S	Strength Training (E2)
Sp	Speed Training (high E2 but with more revs)
P	Heavy Training, harder efforts (E3 like a time trial against the clock)
C	Faster or Performance Riding (E3, and E4)

## Zone Heart-rate Intensity Training Type

RE	Below 65% of Max HR Level	Recovery riding after races or on a Rest Day
E1	Between 65% - 75% of Max HFEndurance base level effort (stay below 75% HR zone limit)	
E2	Between 75% - 85% of Max HFMid-range (from 75% up to 85% heart rate zone)	
E3	Between 85% - 95% of Max HFStrength Endurance (upper 15% heart rate zone)	
E4	Between 95% - 100% of Max HFHigh intensity, racing (top 5-10% of heart rate capacity)	

## Optional Test Sessions - 10mins TT (Climb, Indoor or Velodrome)

2 Sat	Time Trial test session 1 (alternative option to ride scripted)
30 Sat	Time Trial test session 2 (alternative option to ride scripted)
20 Sat	Time Trial test session 3 (alternative option to ride scripted)

### Option for Advanced Riders

Measure your average speed for a 10min Time Trial - use 15min WarmUp and 15min WarmDown.  
Always use the same conditions: venue, bike position, wind direction, tire pressure. Aiming to improve!

## Legend

RT	Rest or Tapering Week - easier riding, dropping volume, add more rest days
R	Rest Days Off
E	Endurance volume kms (steady sustainable tempo, do the distance!)
S	Strength kms (use bigger gears, heavier workloads)
Sp	Speed Training (flatter / faster rides with cadence)

## Key Recommendations

Red marked training days suit more ambitious riders (or those with more time availability)  
Always have at least 1 full rest day per week  
Complete the colored ride days as a priority, and then add more if time allows  
Continue to do some training in the week immediately before AND after the event weekend to optimize your fitness returns  
Hydration & regular easy 'recovery' BLUE riding throughout your training weeks is the most important physiological element!



