

brisbane
australia

IT'S LIVE!
in Queensland



110km

Training Plan

Tour de **BRISBANE**TM

PARTNERED WITH **SPLATT**
LAWYERS

Brought to you by Jakub Novak, ProCycling Coaching

Transurban | Operator of Linkt


THE COMMON GOOD
PEOPLE POWERING MEDICAL DISCOVERIES

BRISBANE
CYCLING
FESTIVAL

TREK
RIDE BIKES - HAVE FUN - FEEL GOOD

| WEEK (Total Time) | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|---|---|---|--|--|---|---|
| 1 (7-8hr) | REST DAY Day off or 1h very easy | 1hr Easy Riding | 1-1.5hr Easy Riding | 1.5hr - 2hr Steady Riding | REST DAY Yoga 20min or stretching | 2 - 2.5hr Steady Riding in hills | 1 -1.5hr Easy Riding |
| | | TIP In an easy ride you should be able to hold conversation with another rider. | Include • For 30 seconds, focus all your energy into pedalling through the left leg. Repeat on the right. Make sure to keep both feet on the pedals at all times. Repeat 5 times. | Include • 4x 8min at a fast pace. At a steady pace you should be able to hold conversation however your heart rate will be elevated. TIP At a fast pace you should be puffing! | | Find a quiet hilly area in your suburb. Include: Pick one hill and ride up and down continuously for 2x lots of 15min efforts at a fast but manageable pace. | Include • For 30 seconds, focus all your energy into pedalling through the left leg. Repeat on the right. Make sure to keep both feet on the pedals at all times. Repeat 5 times. |
| 2 (9-10hr) | REST DAY | 2hr Steady Riding | 1-1.5hr Easy Riding | 2hr Steady Riding | REST DAY Stretching 20min | 2 - 2.5hr Steady Riding in hills | 3 - 4hr Steady Riding |
| | | Include • Warm Up: 20 min easy riding • Main Set: 2x 8 min at a steady pace • Cool Down: 20 min easy riding | Include • For 30 seconds, focus all your energy into pedalling through the left leg. Repeat on the right. Make sure to keep both feet on the pedals at all times. Repeat 5 times. | Include • Warm Up: 20 min easy riding • Main Set: 2x5 min at a fast pace - you should be puffed! • Cool Down: 20 min easy riding | | Find a quiet hilly area in your suburb. Include: Pick one hill and ride up and down continuously for 3x lots of 15min efforts at a fast but manageable pace. TIP At full effort you are giving it everything you've got! This will hurt but the results are worth it. | Ride at a steady pace the whole time. |
| 3 (10-11hr) | REST DAY | 2hr Steady Riding | 1-1.5hr Easy Riding | 1.5hr - 2hr Steady Riding | REST DAY Yoga 20min | 2hr Fast Riding in hills | 3 - 4hr Steady Riding |
| | | Include • Warm Up: 20 min easy riding • Main Set: 2x 8 min at a steady pace • Cool Down: 20 min easy riding | Include • For 30 seconds, focus all your energy into pedalling through the left leg. Repeat on the right. Make sure to keep both feet on the pedals at all times. Repeat 5 times. | Include • Warm Up: 20 min easy riding • Main Set: 2 x 20 min at steady pace • Cool Down: 20 min easy riding | | Include • Warm Up: 30 min easy riding • Main Set: 6 x 2 min hill at full effort pace. Leave time between each but don't leave anything in the tank! • Cool Down: 30 min easy riding | Ride at a steady pace the whole time. At the end of training include 15 min climb at high pace |

| WEEK (Total Time) | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|----------|---|--|--|------------------|---|--|
| 4 (5-7hr) | REST DAY | REST DAY Yoga 20min | Rest Day/1hr Easy Riding | 1.5 - 2hr Flexible Ride | REST DAY | 1 -1.5hr Easy Riding | 3 - 4hr Steady Riding |
| | | | <p>TIP</p> <p>Understand your body. If you are feeling like a powerhouse, go for a ride! Otherwise sit back and dream of 11 April...</p> | Ride As You Feel/ Bunch Ride | | <p>Include</p> <ul style="list-style-type: none"> For 30 seconds, focus all your energy into pedalling through the left leg. Repeat on the right. Make sure to keep both feet on the pedals at all times. Repeat 5 times. | Ride at a steady pace the whole time. At the start and end of training include 15 min climb at high pace |
| 5 (12-13hr) | REST DAY | 1.5hr - 2hr Steady Riding | 2hr Fast Riding in hills | 1.5hr - 2hr Steady Riding | REST DAY | 2 - 2.5hr Steady Riding in hills | 4hr Steady Riding |
| | | <p>Include</p> <ul style="list-style-type: none"> Warm Up: 20 min easy riding Main Set: 2x 8 min at a steady pace Cool Down: 20 min easy riding | <p>Include</p> <ul style="list-style-type: none"> Warm Up: 30 min easy riding Main Set: 6 x 2 min hill at full effort pace Cool Down: 30 min easy riding | <ul style="list-style-type: none"> Warm Up: 20 min easy riding Main Set: 2 x 20 min at fast but manageable pace Cool Down: 20 min easy riding | | <p>Find a quiet hilly area in your suburb.</p> <p>Include:</p> <p>Pick one hill and ride up and down continuously for 3x lots of 15min efforts at a high but manageable pace.</p> | Ride at a steady pace the whole time. At the start and end of training include 15 min climb at high pace |
| 6 (12-14hr) | REST DAY | 1.5hr - 2hr Steady Riding | 2hr Fast Riding in hills | 1.5 - 2hr Flexible Ride | REST DAY | 2 - 2.5hr Steady Riding in hills | 4hr Steady Riding |
| | | <p>Include</p> <ul style="list-style-type: none"> Warm Up: 20 min easy riding | <p>Include</p> <ul style="list-style-type: none"> Warm Up: 30 min easy riding | Ride As You Feel/ Bunch Ride | Stretching 20min | <p>Find a quiet hilly area in your suburb.</p> <p>Include:</p> <p>Pick one hill and ride up and down continuously for 3x lots of 15min efforts at a high but manageable pace.</p> | Ride at a steady pace the whole time. At the start and end of training include 15 min climb at high pace |

| WEEK (Total Time) | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|----------|--|---|--|------------------------------------|--|---|
| 7 (12-13hr) | REST DAY | 1.5hr - 2hr Steady Riding Include <ul style="list-style-type: none"> • Warm Up: 20 min easy riding • Main Set: 2x 8 min at a steady pace • Cool Down: 20 min easy riding | 1 -1.5hr Easy Riding Include <ul style="list-style-type: none"> • For 30 seconds, focus all your energy into pedalling through the left leg. Repeat on the right. Make sure to keep both feet on the pedals at all times. Repeat 5 times. | 2hr Fast Riding in hills Include <ul style="list-style-type: none"> • Warm Up: 30 min easy riding • Main Set: 6 x 2 min hill at full effort pace • Cool Down: 30 min easy riding | REST DAY Stretching 20min | 2 - 2.5hr Fast Riding in hills Find a quiet hilly area in your suburb. Include: Pick one hill and ride up and down continuously for 2x lots of 15min efforts at a high but manageable pace. | 4hr Steady Riding Ride at a steady pace the whole time. At the start and end of training include 15min climb at high pace |
| | REST DAY | Rest Day/1hr Easy Riding | Rest Day/1hr Easy Riding | 2hr Steady Riding Include <ul style="list-style-type: none"> • Warm Up: 20 min easy riding • Main Set: 2x 8 min at a steady pace • Cool Down: 20 min easy riding | REST DAY Optional easy ride | 1.5hr Warm Up Ride Include <ul style="list-style-type: none"> • Warm up 40 min easy riding • Main Set: 2x 5 min at steady pace and 2x 30sec sprint • Cool Down: 20 min easy riding | WOOHOO, IT'S YOUR TOUR DE BRISBANE 110KM RIDE DAY |



THE COMMON GOOD

PEOPLE POWERING MEDICAL DISCOVERIES

Tour de **BRISBANE**TM
PARTNERED WITH **SPLATT**
LAWYERS

Help make a difference by fundraising for The Common Good, an initiative of the Prince Charles Hospital Foundation, for organ and tissue transplant research.

ALL REGISTERED TOUR DE BRISBANE RIDERS WILL RECEIVE THEIR OWN GO FUNDRAISE ACCOUNT