

100km Tour de Victoria

12 Week Beginner Training Plan

WEEK 1 Build						
M	T	W	T	F	S	S
Rest	1hr 1hr ride - 15min base, 10min tempo, 10min base, 10min tempo, 15min base	50min 40min ride at base, 10min core	Rest	Rest	1hr10min 1hr ride at base, 10min core	1hr 1hr ride, warm up 10min, then moderate slow climb before cool down

WEEK 2 Build						
M	T	W	T	F	S	S
Rest	50min 40min ride at base, 10min core	Rest	1hr 1hr ride - 15min base, 30min tempo, 15min base	Rest	1hr 1hr ride - 15min base, 10min tempo, 10min base, 10min tempo, 15min base	1hr20min 1hr 10min long ride, base effort, 10min core

WEEK 3 Build						
M	T	W	T	F	S	S
Rest	1hr20min Base ride 1hr 20min, with 2 x 25min tempo	Rest	50min 40 min ride at base, 10min core	Rest	1hr10min Base 1hr with 40 min tempo, 10min base, 40min tempo, 10min base, 10min core	1hr15min Base ride 1hr 15min with 2x 25min efforts (18min tempo, 7min threshold)

WEEK 4 Recovery						
M	T	W	T	F	S	S
Rest	1hr Base 50min ride, 10min core	Rest	50min 40min ride 10min core	Rest	Rest	1hr10min 1hr base ride, 10min core

WEEK 5 Build						
M	T	W	T	F	S	S
Rest	1hr10min Base ride 1hr 2x 20min tempo, 10min core	Rest	1hr Base 1hr	Rest	1hr30min Base ride 1hr 30min with 2x 25min efforts (15min tempo, 10min threshold)	1hr10min 1hr base spinning ride, 10min core

WEEK 6 Build						
M	T	W	T	F	S	S
Rest	1hr10min 1hr higher gear ride, 10min core	Rest	1hr30min 1hr 30min ride base with 2x 30min efforts (15min tempo, 15min threshold)	Rest	1hr30min Base ride 1hr 30min with 2x 30min efforts (20min tempo, 10min threshold)	1hr25min 1hr 15min base spinning ride, 10min core

WEEK 7 Build						
M	T	W	T	F	S	S
Rest	1hr20min 1hr 10min high gear ride, allow 10min warm up and cool down 10min core	Rest	2hr 2hr ride base with 50min tempo and 4x 10min threshold	Rest	2hr Base ride 2hr with 40min tempo and 3x 15min threshold	1hr30min 1hr 20min base ride, 10min core

WEEK 8 Recovery						
M	T	W	T	F	S	S
Rest	1hr10min 1hr ride base with 2x 10min tempo	Rest	1hr 1hr ride base with 2x 5min tempo, 2x 5min threshold	Rest	Rest	1hr20min 1hr 20min base ride with 20 min core

WEEK 9 Build						
M	T	W	T	F	S	S
Rest	1hr40min 1hr ride base with 3x 10min tempo	Rest	2hr10min 2hr ride base with 1hr tempo and 5x 10 min threshold	Rest	2hr20min Base ride with 50min tempo and 4x 15 min threshold	1hr50min 50min base ride, 50min tempo ride, 10min core

WEEK 10 Keep building

M	T	W	T	F	S	S
Rest	2hr 2hr high gear ride, allow 10min warmup and cool down 10min core	Rest	2hr35min 2hr ride base with 5x 5min tempo, 4x 5min threshold	Rest	1hr50min Base ride 1hr 50min with 3x 30 min efforts(20min tempo, 10 min threshold)	2hr 1hr base ride, 40min tempo ride, 20min core

WEEK 11 Still more build

M	T	W	T	F	S	S
Rest	2hr10min 2hr 10min ride base with 4x 10min tempo	Rest	3hr 3hr ride high gear ride, allow for 10 min warm up and cool down 10 min core	Rest	3hr 3hr base ride with 40 min tempo and 3x 15min threshold	2hr 1hr base ride, 45min tempo ride, 15min core

WEEK 12 Recovery/Event

M	T	W	T	F	S
Rest	1hr 1hr ride base with 2 x 10min tempo	1hr 1hr base ride	Rest	1hr15min 1hr light spin and stretch	TDV Ride the TDV!

Base

This effort is around 5 out of 10 so a conversational level. Should feel easy and hold for long durations of exercise.

Tempo

This effort is around 7 out of 10 so working hard but manageable, can use for shorter periods of exercise.

Threshold

This effort is around 8-9 out of 10, used in intervals as not able to hold for long so short bursts.

Max

10-10 so giving all you can, again only held in short bursts to build your high end speed.

Spinning

Ride in small front chainring, your cadence will increase, using cardio not muscular effort.

Core

This is to be done post ride sessions, 3 x 10 push ups 3 x 10 sit ups 3 x 20seconds plank, core strength is so important to help with your cycling, will help you ride longer and more comfortably so don't neglect it.