

# 140km Tour de Victoria

## 12 Week Beginner Training Plan

WEEK 1						
M	T	W	T	F	S	S
Rest	<b>30min</b> 30 minutes inc. 3 x 5 mins at threshold (3 min easy spin recovery)	Rest + Core	<b>45min</b> 45 minutes easy ideally pre-breakfast	Rest	<b>30-40min</b> 30-45 minute steady ride practising regular cadence (90 RPM)	<b>90m-2hr</b> 90min - 2hrs all easy pace
WEEK 2						
M	T	W	T	F	S	S
Rest	<b>30min</b> 30min30 minutes inc. 3 x 5 mins at threshold (3 min easy spin recovery)	Rest + Core	<b>45min</b> 45min45 minutes easy ideally pre-breakfast	Rest	<b>30-45min</b> 30-45min30-45 minute steady ride practising regular cadence (90 RPM)	<b>2hr15min</b> 2hrs 15 mins all easy pace
WEEK 3						
M	T	W	T	F	S	S
<b>30min</b> 30 min easy cross train	<b>40min</b> 40 minutes inc. 4 x 5 mins at threshold (3 min easy spin recovery)	Rest + Core	<b>1hr</b> 1 hr hilly ride ideally pre-breakfast	Rest	<b>45min</b> 45 minute steady ride practising regular cadence (90 RPM)	<b>2hr15min</b> 2hrs 15 mins all easy pace
WEEK 4						
M	T	W	T	F	S	S
Rest	<b>40min</b> 40min40 minutes inc. 4 x 5 mins at threshold (3 min easy spin recovery)	Rest + Core	<b>45min</b> 45min45 minutes all easy pre-breakfast ride	Rest	<b>30-45min</b> 30-45min30-45 minutes practising safe controlled descending	<b>90m-2hr</b> 90min - 2hrs all easy pace

## WEEK 5

M	T	W	T	F	S	S
<b>30min</b> 30 min easy cross train	<b>45min</b> 45 minutes inc. 4 x 6 mins at threshold (3 min easy spin recovery)	Rest + Core	<b>75-80min</b> Pre-breakfast ride 75-80 minutes all easy	Rest	<b>1hr</b> 1 hr steady ride practising regular cadence (90 RPM)	<b>3hr</b> 3hrs all easy pace

## WEEK 6

M	T	W	T	F	S	S
<b>30min</b> 30 min easy cross train	<b>45min</b> 45mins inc 5 x 6 mins at threshold (3 min easy spin recovery)	Rest + Core	<b>80min</b> Hilly pre-breakfast ride 80 mins working threshold effort on climbs	Rest	<b>1hr</b> 1 hr steady ride practising regular cadence (90 RPM)	<b>3hr30min</b> 3hrs30 mins easy

## WEEK 7

M	T	W	T	F	S	S
<b>30min</b> 30 min easy cross train	<b>1hr30min</b> 1 hr 10min high gear ride, allow 10min warm up/cool down, 10min core	Rest + Core	<b>90min</b> Hilly pre-breakfast ride 90 mins working threshold effort on climbs	Rest	<b>60-75min</b> 60-75 minutes steady practising climbing with high cadence	<b>4hr</b> 4hrs all easy

## WEEK 8

M	T	W	T	F	S	S
<b>30min</b> 30 min easy cross train	<b>45min</b> 45mins inc 5 x 6 mins at threshold (3 min easy spin recovery)	Rest	<b>1hr</b> 60 minutes all easy pre-breakfast ride	Rest	<b>1hr</b> 1 hr practicing safe controlled descending	<b>2hr30min</b> 2hrs 30 mins easy

## WEEK 9

M	T	W	T	F	S	S
<b>30min</b> 30 min easy cross train	<b>1hr</b> 1 hr inc 3 x 12 at threshold (3-5 easy spin recovery)	Rest + Core	<b>90min</b> Hilly pre-breakfast ride 90min working threshold on climbs	Rest	<b>60-75min</b> 60-75 mins steady practising safe controlled descending	<b>4hr15min</b> 4hrs 15 mins final 30 mins at threshold effort

WEEK 10						
M	T	W	T	F	S	S
<b>30min</b>	<b>1hr</b>		<b>90min</b>		<b>60-90min</b>	<b>5hr</b>
30 min easy cross train	1hr inc 3 x 15 mins (5 minute easy spin recovery)	Rest + Core	30/30/30 riding easy/steady/threshold with no rest pre breakfast	Rest	60-90 minutes steady practising stretches of 10-15 minutes in a high gear	5 hrs w/ final 45s mins at threshold - practise race day nutrition

WEEK 11						
M	T	W	T	F	S	S
<b>30min</b>	<b>1hr</b>		<b>1hr</b>		<b>1hr</b>	<b>90min</b>
30 min easy cross train	1hr inc. 3 x 15 mins (3 minute easy spin recovery)	Rest + Core	20/20/20 progression ride pre-breakfast	Rest	1hr steady practicing stretches of 10-15 minutes in a high gear	90 mins all easy practise race day nutrition

WEEK 12					
M	T	W	T	F	S
	<b>45min</b>	<b>30min</b>		<b>1hr15min</b>	<b>TDV</b>
Rest	45 minutes inc. 3 x 6 mins at threshold (3-4 min recovery)	10/10/10 progression ride	Rest	1hr light spin and stretch	Ride the TDV!

### Base

Around 5 out of 10 effort. Conversational level. Should be easy to hold for long durations of exercise.

### Tempo

Around 7 out of 10 effort, 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

To be done post ride sessions, 3 x 10 push ups 3 x 10 sit ups 3 x 20 seconds plank. Core strength is important. It will help you ride longer and more comfortably so don't neglect it.