

# 30km Tour de Victoria

## 5 Week Beginner Training Plan

WEEK 1 Getting started						
M	T	W	T	F	S	S
Rest	30min Ride 30 minutes	30-60min 30-60 mins Cross Training or Rest	30min Ride 30 minutes	30-60min 30-60 mins Cross Training or Rest	Rest	30min Ride 30 minutes

WEEK 2 Taking it up a notch						
M	T	W	T	F	S	S
Rest	45min Ride 45 minutes	30-60min 30-60 mins Cross Training or Rest	45min Ride 45 minutes	30-60min 30-60 mins Cross Training or Rest	Rest	1hr Ride 1 hr

WEEK 3 Building						
M	T	W	T	F	S	S
Rest	1hr Ride 1hr push in the middle for 20min	30-60min 30-60 mins Cross Training or Rest	1hr Ride 1hr push in the middle for 20min	30-60min 30-60 mins Cross Training or Rest	Rest	1hr 30min Ride 1 hr 30 minutes

WEEK 4 Maintain						
M	T	W	T	F	S	S
Rest	1hr Ride 1hr - 4x5min hill climbs	30-60min 30-60 mins Cross Training or Rest	1hr Ride 1hr push in the middle for 30min	30-60min 30-60 mins Cross Training or Rest	Rest	1hr 30min Ride 1 hr 30 minutes

WEEK 5 Ease off for the big day!						
M	T	W	T	F	S	
Rest	30-60min 30-60 mins Cross Training or Rest	30min Ride 30 minutes	Rest	30min Ride 30 minutes	TDV Ride the TDV!	

### Cross Training

Building core and strength with weights or other training, anything you like just keep the body active.

### Push

Getting out of your comfort zone, push your limits try and get a good sweat.