

60km Tour de Victoria

8 Week Beginner Training Plan

WEEK 1 Getting started						
M	T	W	T	F	S	S
Rest	30min Ride 30 minutes	30-60min 30-60 minutes Cross Training or Rest	30min Ride 30 minutes	30-60min 30-60 minutes 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 minutes Cross Training or Rest	45min Ride 45 minutes	30-60min 30-60 minutes Cross Training or Rest	Rest	1hr Ride 1 hr

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

WEEK 4 Up to 2 hours						
M	T	W	T	F	S	S
Rest	1hr Ride 1 hr push in the middle for 20min	30-60min 30-60 minutes Cross Training or Rest	1hr Ride 1 hr push in the middle for 20min	30-60min 30-60 minutes Cross Training or Rest	Rest	2hr Ride 2 hr

WEEK 5 Recovery

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

WEEK 6 Building on hills

M	T	W	T	F	S	S
Rest	1hr Ride 1hr - 3x5min hill climbs	30-60min 30-60 minutes Cross Training or Rest	1hr Ride 1hr push in the middle for 25min	30-60min 30-60 minutes Cross Training or Rest	Rest	2hr 30min Ride 2 hr 30 minutes

WEEK 7 Active easing down

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

WEEK 8 Ease off for the big day!

M	T	W	T	F	S
Rest	30-60min 30-60 minutes 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 type of 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.

Hills

This effort is around 8-9 out of 10 so working hard, shorter periods of exercise.