

12 Week Intermediate Bike Program (Sub 200 km Race)

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Bike</p> <p>1:00 hrs</p> <p>Easy pace</p> <p>With 6 x 20s pickups in the middle</p> <p>Pick ups are short increases in intensity</p>	OFF	<p>Bike</p> <p>1:00 min</p> <p>Variable pace</p> <p>Play around with your gearing, trying different cadences</p>	OFF	<p>Bike</p> <p>1:45 min</p> <p>Easy with last 15 min steady</p>	<p>40 min</p> <p>Easy Pace</p>	<p>Bike: 4:25</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike 50 min easy with 6x15s pickups</p>	<p>Bike 1:00 hrs as 15 min easy 6 x 3min hard, 2 Recovery 15 min easy The hard pace should be a challenge, while the recovery should allow you to catch your breath.</p>	<p>OFF</p>	<p>Bike 1:00 min Light hills Find a route that has some small hill. Don't race up them, but try and keep a steady pace.</p>	<p>OFF</p>	<p>Bike 2:00 hr with 2x8min steady, 3min recoveries in the middle</p>	<p>Bike 40 min very easy</p>	<p>Bike: 5:30 Conditioning: 1:00</p>
	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike 50 min easy with 6x15s pickups</p>	<p>Bike 70 min as 15 min easy 10 x 2 min hard, 2 min recovery 15 min easy The hard sets should be challenging, take the recovery sets very easy.</p>	<p>OFF</p>	<p>Bike 1:15 hrs Variable pace Get some hills in and push the pace as you feel</p>	<p>OFF</p>	<p>Bike 1:45 hrs with 3 x 8min, 2 min easy Rolling hills</p>	<p>Bike 40 min Very Easy</p>	<p>Bike: 6:25 Conditioning: 1:00</p>
	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike 45 min easy with 8x15s pickups</p>	<p>Bike 1:05 hr as 20 Easy 5 x 4 min Steady, 2 min easy 15 Easy</p>	<p>OFF</p>	<p>Bike 1:30 hrs Steady</p>	<p>OFF</p>	<p>Bike 2:00 Easy Include all the hills you can find ☺</p>	<p>Bike 40 min Very easy</p>	<p>Bike: 5:30 Conditioning: 1:00</p>
	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike 1:00 hr Easy with 8 x 15s pick ups</p>	<p>Run 1:20 min Hard HILLS!!!! Find all the hills you can and climb them hard. Go steady on the flats.</p>	<p>OFF</p>	<p>Bike 1:30 min as 20 min easy 7x5min hard, 2 min easy 20 min easy</p>	<p>OFF</p>	<p>Bike 2:30 as 35 min easy 5 x 10 min steady, 3 min easy 20 min easy</p>	<p>Bike 40 min Very Easy</p>	<p>Bike: 7:00 Conditioning: 1:00</p>
	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike</p> <p>1:00 hr</p> <p>Easy with 8 x 15s pick ups</p>	<p>Bike</p> <p>2:00 hrs as</p> <p>30 min easy</p> <p>6x6 min uphill, downhill recoveries</p> <p>20 min easy</p>	<p>OFF</p>	<p>Bike</p> <p>1:40 hr as</p> <p>25 min easy</p> <p>10 x 4 min hard, 2 min steady</p> <p>15 min easy</p> <p>Push the hard sets. Your recovery should still be a strong pace.</p>	<p>OFF</p>	<p>Bike</p> <p>3:00 hrs as</p> <p>50 min easy</p> <p>4 x 15 min Hard/steady, 5 easy/steady</p> <p>50 min easy</p> <p>Steady</p> <p>The hard sets should be a challenging but maintainable pace, on a route with rolling hills</p>	<p>Bike</p> <p>40 min</p> <p>Very Easy</p>	<p>Bike: 8:20</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike 1:00 hr Easy with 8 x 15s pick ups</p>	<p>Bike 2:10 hrs as 30 min easy 8x5 min uphill, downhill recoveries 20 min easy</p>	<p>OFF</p>	<p>Bike 1:40 hr as 25 min easy 5 x 8 min Hard, 3min easy 20min easy</p>	<p>OFF</p>	<p>Bike 3:00 hrs with 3 x20 min Steady, 5 min easy in the middle</p>	<p>Bike 40 min Very Easy Recovery Ride</p>	<p>Bike: 9:00 Conditioning: 1:00</p>



Conditioning

As you feel

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Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Bike</p> <p>2:00 hr as</p> <p>30 min easy, 1:00 hr hard Hill repeats, 30 min easy</p> <p>Find a longer hill (10 min+ to the top), use the descents as your recovery. Do as many as you can.</p>	OFF	<p>Bike</p> <p>2:00 as</p> <p>30 min easy</p> <p>5 x 12 min steady, 3 min easy</p> <p>15 min easy</p>	Off	<p>Bike</p> <p>3:00</p> <p>group ride</p> <p>If you don't have a lot of group riding experience try and find a local group to join.</p> <p>Your local bike shop will be able to tell you about available rides.</p>	<p>Bike</p> <p>50 min</p> <p>Very Easy</p>	<p>Bike: 7:30</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike 1:20 easy with 10x20sec pickups in the middle</p>	<p>Bike 2:00 min as Mix of easy and steady Attack every hill you can find</p>	<p>OFF</p>	<p>Bike 2:00 as 30 min easy 8 x 5 min hard, 3 min easy 25 min easy</p>	<p>OFF</p>	<p>Bike 3:30 hrs Group Group ride for as much as you can. You will probably have to do some extra on your own. They aren't as hardcore as you ☺</p>	<p>Bike 50 min very easy</p>	<p>Bike: 9:40 Conditioning: 1:00</p>
	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike 1:00 hr Easy with 10x20sec pickups in the middle</p>	<p>Bike 2:00 hr as Steady Find as many hills as you can but don't push the pace up them. Push the pace up the hills</p>	<p>Bike 40 min Easy</p>	<p>Bike 1:30 hr as 25 min easy 10x3min hard, 2min easy/steady 15 min easy</p>	<p>OFF</p>	<p>Bike 4:00 Group Group ride for as much as you can. You will probably have to do some extra on your own. Find some hills when you are on your own They aren't as hardcore as you ☺</p>	<p>Bike 50 min Very Easy</p>	<p>Bike: 10:00 Conditioning: 1:00</p>
	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Bike 1:30 hr Easy with 10x20sec pickups in the middle</p>	<p>Bike 2:00 hr Hard/Steady In the middle On a route with rolling hills (20 min warm up, 20 min cool down)</p>	<p>OFF</p>	<p>Bike 2:00 as 30 min easy 6 x 10 min hard, 2 min steady 20 min easy</p>	<p>OFF</p>	<p>Bike 4:00 hrs Steady Group Ride</p>	<p>Run 1:00 hrs Easy Relaxing ride!</p>	<p>Bike: 10:30 Conditioning: 1:00</p>
	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

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Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p style="text-align: center; color: blue;">Bike</p> <p style="text-align: center;">40 min</p> <p style="text-align: center; color: blue;">Easy with 6x20sec pickups in the middle</p>	<p style="text-align: center; color: blue;">Bike</p> <p style="text-align: center;">1:00</p> <p style="text-align: center; color: blue;">Easy</p> <p style="text-align: center;">Rolling hills</p>	<p>OFF</p>	<p style="text-align: center; color: blue;">Bike</p> <p style="text-align: center;">1:00 min</p> <p style="text-align: center; color: blue;">Easy with last 15-20 steady</p>	<p style="text-align: center; color: green;">OFF</p>	<p style="text-align: center; color: blue;">Bike</p> <p style="text-align: center;">30 min</p> <p style="text-align: center; color: blue;">easy with 4x10s pickups</p> <p style="text-align: center;">just to keep the legs moving</p>	<p style="text-align: center; color: blue;">Bike</p> <p style="text-align: center; color: blue;">RACE DAY!!!!!!!!!!</p> <p style="text-align: center; color: blue;">☺</p> <p style="text-align: center;">Good luck and remember you have worked hard and you are ready!</p>	<p style="text-align: center; color: blue;">Bike: 2:30 plus race</p> <p style="text-align: center; color: orange;">Conditioning: 1:00</p>
	<p style="text-align: center; color: orange;">Conditioning</p> <p style="text-align: center; color: orange;">As you feel</p> <p style="text-align: center;">This is at your discretion</p> <p style="text-align: center;">I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p style="text-align: center; color: orange;">Conditioning</p> <p style="text-align: center; color: orange;">As you feel</p> <p style="text-align: center;">This is at your discretion</p> <p style="text-align: center;">I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program</p>				