

# Around the Bay in a Day<sup>®</sup> 2009

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## Training program for the 100km

If you have entered the 100km ride option, it is assumed that you are a training cyclist or fit rider and prepared to do 10-12hrs riding in a week

### Ridewiser Cycling < Mental Tip for 100Km >

100km 'Century' riding distance is about finding your tempo and becoming expert at it. Aim to break the 4hr barrier (avg. 25km/hr). The key is holding back on doing big exertions until after the  $\frac{3}{4}$  way point – even if you feel good!

100Km Event (10 -12hrs /wk riding)	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total Km
Week 1	Rest	15	30	15	(AR)	30	20	110
Week 2	Rest	15	30	15	(AR)	40	20	120
Week 3	Rest	15	30	15	(AR)	50	20	130
<b>Taper Week 4</b>	Rest	10	Rest	10	(AR)	20	(AR)	40
Week 5	Rest	15	45	15	(AR)	60	20	155
Week 6	Rest	15	45	15	(AR)	70	20	165
Week 7	Rest	15	45	15	(AR)	80	20	175
<b>Taper Week 8</b>	Rest	15	Rest	15	(AR)	30	(AR)	60
Week 9	Rest	20	60	20	(AR)	90	20	210
Week 10	Rest	20	60	20	(AR)	100	20	220
Week 11	Rest	20	60	20	(AR)	60	20	180
<b>Taper Week 12 (ATBD)</b>	Rest	30	Rest	30	(AR)	Rest	<b>100Km</b>	160

### Legend

**Rest** = Totally resting from all exercise

**Taper Week** = Low volume before the big ride day

**(AR)** = Active Recovery (low impact exercise 20-40mins)



This training program is provided by Rob Crowe, of Ridewiser.

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