

Around the Bay in a Day[®] 2009

Get Sponsored for The Smith Family

Training program for the 210km Ride

If you have entered the 210km ride option, it is assumed that you are an advanced, trained or competitive rider and prepared to do up to 15hrs riding in a week.

Ridewiser Cycling < Mental Tip for 210Km >

Riding over 210km is an advanced endurance challenge, mentally and physically. Training up to 190km can be sufficient for this event course because the final flat sections allow someone to complete extra distance on pure motivation and emotions.

210Km Event (15hrs /wk riding)	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total Km
Week 1	Rest	30	40	30	(AR)	80	30	210
Week 2	Rest	30	40	30	(AR)	100	30	230
Week 3	Rest	30	40	30	(AR)	120	30	250
Taper Week 4	Rest	30	Rest	30	(AR)	30	(AR)	90
Week 5	Rest	30	50	30	(AR)	130	30	270
Week 6	Rest	30	50	30	(AR)	145	30	285
Week 7	Rest	30	50	30	(AR)	160	30	300
Taper Week 8	Rest	30	Rest	30	(AR)	60	(AR)	60
Week 9	Rest	30	60	30	(AR)	175	30	325
Week 10	Rest	30	60	30	(AR)	190	30	340
Week 11	Rest	30	60	30	(AR)	100	30	250
Taper Week 12 (ATBD)	Rest	30	Rest	50	(AR)	Rest	210Km	290

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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Sunday 18 October

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