

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

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## Training program for the 250km Ride

### Melbourne – Queenscliff – Ferry - Sorrento - Melbourne

If you have entered the 250km ride option, it is assumed that you are an elite, ultra-trained or competitive rider, and prepared to do over 15+hrs riding in a week.

#### **Ridewiser Cycling < Mental Tip for 250Km >**

Riding over 250km is an ultra-endurance challenge, using all of the body's fitness and drawing on deeper physical and mental reserves. Learn how to continue riding when the mind and body seem depleted, but revive with patience, food and water.

<b>250Km Event</b>	Mon	Tue	Wed	Thur	Fri	Sat	Sun	<b>Total Km</b>
(>15hrs /wk riding)								
Week 1	Rest	30	50	30	(AR)	80	30	220
Week 2	Rest	30	50	30	(AR)	100	30	240
Week 3	Rest	30	50	30	(AR)	120	30	260
<b>Taper Week 4</b>	Rest	30	Rest	30	(AR)	30	(AR)	90
Week 5	Rest	30	60	30	(AR)	140	30	290
Week 6	Rest	30	60	30	(AR)	160	30	310
Week 7	Rest	30	60	30	(AR)	180	30	330
<b>Taper Week 8</b>	Rest	30	Rest	30	(AR)	60	(AR)	60
Week 9	Rest	30	70	30	(AR)	190	30	350
Week 10	Rest	30	80	30	(AR)	220	30	390
Week 11	Rest	30	60	30	(AR)	100	30	250
<b>Taper Week 12 (ATBD)</b>	Rest	30	Rest	50	(AR)	Rest	<b>250Km</b>	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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