

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

Get Sponsored for The Smith Family

## Training program for the 50km

If you have entered the 50km ride option, it is assumed that you are into commuting, novice or social riding and prepared to do up to 5hrs riding in one week.

### Ridewiser Cycling < Mental Tip for 50Km >

The 50km challenge ride is more easily done by taking it as 5 x 10km sections of road.

50Km Event (< 5hrs /wk riding)	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total Km
Week 1	Rest	10	15	10	(AR)	20	(AR)	55
Week 2	Rest	10	15	10	(AR)	25	(AR)	60
Week 3	Rest	10	15	10	(AR)	30	(AR)	65
<b>Taper Week 4</b>	Rest	5	Rest	5	(AR)	Rest	(AR)	10
Week 5	Rest	15	20	10	(AR)	30	(AR)	75
Week 6	Rest	15	20	10	(AR)	35	(AR)	80
Week 7	Rest	15	20	10	(AR)	40	(AR)	85
<b>Taper Week 8</b>	Rest	10	Rest	10	(AR)	Rest	(AR)	20
Week 9	Rest	15	25	15	(AR)	45	(AR)	100
Week 10	Rest	15	25	15	(AR)	50	(AR)	105
Week 11	Rest	15	25	15	(AR)	40	(AR)	95
<b>Taper Week 12 (ATBD)</b>	Rest	15	Rest	15	(AR)	Rest	<b>50Km</b>	80

### 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.

Ridewiser Consultancy | Ergo Venue - 1st Floor, Rear Entrance Laneway,  
30 Inkerman Street St Kilda 3182 VIC | 03 9534 7785 |  
(email) [info@ridewiser.com.au](mailto:info@ridewiser.com.au) | (web) [www.ridewiser.com.au](http://www.ridewiser.com.au)

Sunday 18 October

[www.aroundthebay.com.au](http://www.aroundthebay.com.au)



Bicycle Victoria. PO Box 426, Collins Street West, Victoria 8007.  
PH: (03) 8636 8888 or 1800 639 634 Fax: (03) 8636 8800

