

Week 3

The following program assumes you have already been doing some bike training, or have a good level of fitness from participating in other sports AND have done Weeks 1 and 2 of the program. If you don't have a good fitness base, Fitness2live recommends you aim to compete in a different event, or even start preparing for next year's event.

With two solid rides on the weekend, you will need to optimise your recovery between sessions. During and immediately after the Saturday ride, replace lost fluids and fuels.

Day	Warm up	Workout
MONDAY	REST DAY	
TUESDAY	Easy spinning (small gear, moderately high cadence) for 5 to 10 minutes.	Ride: approx. 40 min steady pace. Aim to cover 20 kilometres.
WEDNESDAY	REST DAY	
THURSDAY	Easy spinning (small gear, moderately high cadence) for 5 to 10 minutes.	Ride: approx. 75 min steady pace. Aim to cover 40 kilometres.
FRIDAY	REST DAY	
SATURDAY	Easy spinning (small gear, moderately high cadence) for 5 to 10 minutes.	Ride: 50-60 min steady pace. Aim to cover 30 kilometres.
SUNDAY	Easy spinning (small gear, moderately high cadence) for 5 to 10 minutes.	Ride: approx. 135-150 min steady pace. Aim to cover 80 kilometres.

See the full Training Program for 210k Portfolio Partners Around the Bay in a Day by becoming a Bicycle Victoria Member and registering for fitness2live.