

ALPS 2 OCEAN CYCLE TRAIL TRAINING PROGRAMME



This programme has been designed for the recreational rider with the goal of cycling the Alps 2 Ocean Cycle Trail over six days at a social pace. It's aimed at people who have completed at least one of the other Great Rides (or similar), and are keen to challenge themselves with a memorable multi-day journey like this. By the end of this program you will have increased fitness, endurance and the confidence to tackle your cycling adventure.

Check out the Alps 2 Ocean page on the New Zealand Cycle Trail website (if you haven't already) to whet your appetite before you embark on your training programme:

<https://nzcycletrail.com/find-your-ride/22-great-rides/alps-2-ocean/>

BEFORE YOU START

Bike & helmet checks

A good working bike and a well-fitting helmet will make all the difference to your riding, making your training and A2O journey far more enjoyable.

Complete a bike check before commencing; see link below for guidance:

<https://www.bikeready.govt.nz/adults/tips-for-everyday-bike-riding-beginners-to-advanced/how-to-check-your-bike/>

Is your bike comfortable to ride? You will be on the cycle trail for several hours each day. Being comfortable will help make your experience a great one. Over the next 12 weeks you will have the chance to adjust your bike if issues arise. Your local bike shop may offer a bike-fit check, or you could contact a local coach who offers this service.

Does your helmet fit you correctly? Check it for cracks and frayed straps.

Health check

If you haven't participated in a training plan or regular exercise recently, it is recommended you visit your doctor for a health check.

Recording your rides

Download a cycling App onto your phone (e.g. Strava, Relive, MapMyRide) to record all your rides. It keeps you honest with your training and is a great way to see how far you have come, and to record your Alps 2 Ocean Cycle Trail experience.

This article rates the best cycling apps:

<https://www.bikeradar.com/advice/buyers-guides/best-cycling-apps/>

Bike skills

This programme presumes you can balance on a bike, ride forwards, around corners, up and down a hill, brake with control, and are comfortable riding for approximately 45mins. You're ahead of the game if you have experience riding on easy mountain bike trails or gravel roads.

Are you hiring a bike?

Some riders prefer to hire a bike on the Alps 2 Ocean, meaning hassle-free travel to and from the trail. If you're hiring a bike, why not see if you can hire the same or similar bike in your hometown for a day or two? This will give you a head start on understanding how the bike feels and works. This is highly recommended if you have little experience riding different bikes, are not a regular cyclist or are trying out an e-bike for the first time.

Getting the most out of your training plan

Make this plan work for you by adjusting the training days to suit your weekly routine. The last thing you want to do is schedule your training rides on days you are getting home late or are rushing about. Consider when you will be riding the trail and count back 12 weeks. This way you know when to kick-start your training using this programme.

If you have more than 12 weeks, why not start increasing your riding now and get a head start on fitness and skills.

Booking your trip

If you haven't already, get online and book your Alps 2 Ocean trip. It's a popular trail so it's wise to plan ahead and book your shuttles, bike hire and accommodation in advance.

The A2O's *Plan Your Trip* section on the New Zealand Cycle Trail website will help you organise your adventure: <https://nzcycletrail.com/find-your-ride/22-great-rides/alps-2-ocean/>

Check out these links for a list of A2O services too:

<https://nzcycletrail.com/partner-directory/filter/?Ride=alps-2-ocean&Category=all>

<https://www.alps2ocean.com/>

Disclaimer & safety

This is a self-directed programme. Should injury occur as a direct result, you are to seek medical assistance immediately. You are 100% responsible for your own health and wellbeing.

Obey all road rules and make sure you can be seen by other road and trail users. Here's a short blog on *Biking Etiquette*: <https://nzcycletrail.com/need-to-know/biking-etiquette/>

And one on *Riding Safely*: <https://nzcycletrail.com/need-to-know/riding-safely/>

This is also a useful short clip on being visible on your bike: <https://youtu.be/6Z-CDydNHh0>

Most importantly don't forget to SMILE and enjoy yourself; this is meant to be FUN!

This program has been created by Cycle Coach Janet Stark www.cyclecoach.co.nz. If you require extra assistance with coaching or have a question please to contact me directly.

BIKE GEAR

Bike gloves

Gloves protect your hands from sun, cold and branches/bushes. I highly recommended you have a pair for the Alps 2 Ocean Cycle Trail. On a cold day your hands will cool down quickly especially when riding downhill. In the summer months your hands can get sweaty causing them to slip on the grips. Full-finger, fingerless and waterproof gloves are all acceptable.

Padded cycle pants

These come in three different styles – Lycra with padding (body hugging), shorts with attached padding, or shorts with a separate padded liner. Find the style that works for you. I find shorts with attached padding can move forward while riding and aren't as cushioning.

I highly recommend having two pairs for your trip so you can alternate them. Wear one, wash one.

Wet-weather gear

A waterproof jacket that fits well is a must on the A2O, as you may encounter cold winds and rain, and snow in winter. If too long the jacket can get caught up on your bike seat when getting on or off the bike or catch on your back wheel. In winter, or when the weather forecast is looking a bit grim, consider purchasing waterproof riding pants. They make an amazing difference especially if you're someone who feels the cold or hates getting wet.

Layered clothing

Weather on the Alps 2 Ocean can change dramatically, and it's important to have the right clothing. Layering works well under your raincoat especially if there is a cold wind. Bulky clothes are harder to carry and less likely to fit well under a jacket. In summer, a long-sleeve UV-resistant shirt will keep the sun off your arms.

Shoes, pedals & socks

Having the right combination of shoe and pedal can make all the difference in trusting your ability to not slip when the trail gets a little rough. Try out your different shoes to see which combination works the best for you, and if you're still not happy consider replacing your pedals with a wider platform or buying some mountain bike shoes. Your local bike shop can help pick what's best for you.

The one thing that distracts me the most when cycling is having cold feet, and this can be quite common when biking as they don't move much on the pedals. I like wearing merino socks with a wind resistant fronts or shoe covers when it's super cold. Mountain biking shoes often have thick protective uppers, which keep your feet warmer and drier than sneakers.

Day bag

If you're using a bag-transfer service, you'll still need a day bag to carry items such as wet-weather gear and food. Make sure you try it on your last ride before heading away. Adjust the bag if it's uncomfortable e.g. if straps are digging in or the bag is shifting around.

Special bike bags attached to a carrier or your frame/handlebars are a great option, taking the weight off your shoulders, neck and back. As well as providing a far more comfortable riding experience, your back will get less sweaty too. If you're hiring a bike check to see whether it comes with a bike bag – many do.

Food

It's really important to keep fuelled while you're riding. Take easy-to-eat, high-energy foods. I love taking homemade bliss balls, dinosaur lollies, mandarin, banana, or small peanut butter sandwiches. I find eating something at least every hour works for me. Forgetting to eat, or not eating enough, will make you weak and affect your riding ability, and enjoyment. Everything can become a huge effort, especially hills!

Water

Take sufficient water on your ride and keep hydrated by drinking regularly. Practise taking your drink bottle out of the holder while biking, having a drink and then putting it back in the bottle cage without stopping. If you have a hydration backpack, consider putting less water in your bladder and using it in conjunction with a bottle on the bike. This will make your bag lighter and more comfortable.

Sunglasses

Looking after your eyes is super important. Risks to your eyes while riding include sunlight, rain, mud and dust, branches, bugs, refocusing at various distances, and changing light conditions. Sunglasses will help protect your eyes from some of these. If you wear glasses to aid your sight, prescription sunglasses are highly recommended; they're not cheap but worth it as your eyes are the only ones you've got.

Power banks

Are you using your phone to record your memorable ride, taking photos or videos along the way? This can drain your phone battery quicker than expected, and it's important you have enough battery life just in case you need to make an emergency call. Consider purchasing a compact portable power bank and don't forget your phone cord!

Packing for your trip

Write a list of the things you need to take, and use it to check things off when you pack. I like to spread all my kit out on the floor and then go through the piles again (at least twice) to get it down to the essentials, plus a special something extra.

Check out the *What to pack* blog on the NZCT website for some useful tips:

<https://nzcycletrail.com/need-to-know/what-to-pack/>.

WEEK ONE

Book your training rides into your calendar now so you don't get side-tracked and run out of time during the week. Missing the odd day is okay but the idea of this programme is to ride regularly. If the weather is unpleasant on a scheduled day consider going for a fast walk, gym session or spin class. Bum on seat is an expression often used – in other words, the only way you are going to get used to biking more is if you get on your bike and ride.

Coaching Tip #1 – Stretching

Look after your body by setting aside time to stretch, especially if you spend a lot of time sitting at a desk or in front of a computer. This will add value to your training, increasing your comfort and performance on the bike. Remember you will be on your bike for six days and we need to look after that body of yours. You can achieve this at yoga, pilates or a stretching class, with many free options available online that can be done at home. Small amounts of stretching are better than none!

This week's training

Explore your local neighbourhood finding the hills, pathways, trails, and quiet roads that you feel comfortable riding on.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<i>Ride 30 mins Getting Started</i> Easy Ride close to home		<i>Ride 45 mins Hill ride</i> Ride to a hill that is achievable Ride up & down it continue your ride		<i>Ride 75 mins Endurance ride</i> Undulating terrain (small hills & flat). Try and ride without stopping.	

Nothing compares to the simple pleasure of a bike ride.

WEEK TWO

Routine is the key to improving your fitness and endurance. You will find some days harder than others depending on if you have eaten enough, have had a good sleep, and how busy you've been.

Coaching Tip #2 – Looking

When riding your bike look where you want to go, not where you shouldn't go, i.e. off the edge of the path. Your bike will follow your eyes. Glancing at features along the way is okay, but don't let those eyes linger: bring your focus back to the direction you are heading.

This week's training

Find a Grade 2/Easy off-road trail as part of your weekend ride, and continue to use the local roads and pathway close to home for your weekday rides.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<i>Ride 30 mins</i> <i>Tempo Ride</i>		<i>Ride 45 mins</i> <i>Hill Ride</i>		<i>Ride 90 mins</i> <i>Endurance Ride</i>	
	5 mins warmup		5 mins warmup		5 mins warm up	
	Easy gear Spin the legs 3 mins		Find a couple of local hills and include them in your ride.		Include a Grade 2 trail Achievable, steady pace	
	Harder gear Push the legs 2 mins Repeat x 4		5 mins warm-down		One photo stop allowed	
	5 mins warm-down				5 mins warm-down	

Allow yourself to be a beginner. No one starts off being excellent

WEEK THREE

Don't be fooled by thinking there are no hills on the Alps 2 Ocean Cycle Trail. With its long stretches of gradual downhill riding, a hill climb can take you and your legs by surprise. To help you with these sections I have added hill-repeats into your training. Don't panic this doesn't mean hours of steep hill training – I promise.

Coaching Tip #3 – Breathing

When riding keep your airways open allowing your body to get sufficient air in and out. If you find your chin is starting to point down lift it up, and if your chest is tucked inwards, push your shoulders back and puff your chest forward. This will help keep your airways stay open.

This week's training

For your endurance ride pick somewhere you have never ridden before. This helps with giving you new experiences, keeping your training fresh and interesting, and also adds to your cycle skill base.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<i>30 mins Tempo Ride</i>		<i>Ride 45 mins Hill Ride</i>		<i>Ride 105 mins Endurance Ride</i>	
	5 mins warmup		5 mins warmup		Include a Grade 2 trail or gravel/ off-road	
	Easy gear Spin the legs 2.5 mins		Ride to hill steady pace		Add a hill	
	Harder gear Push the legs 2.5 mins Repeat x 4		Up & down the same hill x 2		Ride it at an achievable steady pace	
	5 mins warm-down		Continue to ride at a steady pace		One stop only	
			5 mins warm-down			

To bike, or not to bike: that is not a question.

WEEK FOUR

Active Rest – do not skip this week as we want the body to keep moving, just not work as hard allowing it to recover and rest, not stiffen and cease!

Coaching Tip #4 – Braking

Practise braking in different situations. Try squeezing both brakes gently and consistently to stop, instead of jamming them on or only using one brake. When riding down hills use your body to help you stop more effectively by shifting your weight back and pushing your feet into the pedals. Avoid any Superman braking where you could end up flying over the handlebars!

This week's training

Stay close to home this week, making everything easy and therefore fitting in around your schedule.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>Bike check & clean</i>	<i>30mins Recovery Ride</i> <i>Easy, flat ride</i>		<i>30 mins Recovery Ride</i> <i>Undulating, easy ride</i>		<i>45 mins Active Recovery Ride</i> <i>Just enjoy</i>	

I just need to ride my bike.

WEEK FIVE

Whoop! You are one month down in your training plan and a month closer to your cycling holiday. I love cycling holidays! By sticking to your training plan, you will notice a difference in your riding ability, confidence, and fitness. Keep at it, you have totally got this.

Coaching Tip #5 – Confidence

Spending time on the bike and gaining experience will help you with trusting your decisions while riding. Here are some tips: ride with people you feel comfortable with; ride behind someone who is more skilled than you following their lines; ride new places and try riding on different surfaces. On the A2O you will be riding on sealed road, smooth shingle, gravel road, rough shingle, dirt and grass. Include these surfaces in your training schedule, if you can.

This week's training

Find a hill, not a short sharp steep one but a longer one that seems to go on forever. Add this into your training this week.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<i>30 mins Tempo Ride</i>		<i>Ride 45 mins Hill Ride</i>		<i>Ride 105 mins Endurance Ride</i>	<i>15 mins Recovery Ride</i>
	5 mins warmup		5 mins warmup		Include a gravel road and a hill	Spinning your legs
	5 mins Fast Pace		Longer Hill Up & down the same hill x 1		Ride it at a steady pace	Do not skip this ride short ride
	5 mins Easy Pace		Continue to ride at a steady pace		One rest stop only	
	Repeat x 2					
	5 mins warm-down		5 mins warm-down			

Life is like riding a bicycle, to stay balanced you must keep moving.

WEEK SIX

You may have noticed that as of last week I have snuck in two back-to-back rides. Expect a few more of these. It's all about increasing your endurance for your six-day A2O ride. Remember spending time on your bike = preparedness.

Coaching Tip #6

Join a cycling group

To keep things interesting and motivating consider joining a cycling group. They're great for finding new places to ride, meeting like-minded people and good company for your longer rides.

This week's training

Find a place that interests you and finish your endurance ride next to a cafe to reward your efforts.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<i>30 mins Tempo Ride</i> 5 mins warmup 7 mins Fast Pace 3 mins Easy Pace Repeat x 2 5 mins warm-down		<i>Ride 45 mins Hill Ride</i> 5 mins warmup Longer Hill Up & down the same hill x 2 Continue to ride at a steady pace 5 mins warm-down		<i>Ride 120 mins Endurance Ride</i> Include a Grade 2 trail or gravel/off road plus 2 hills Ride it at a steady pace Two rest stops	<i>30 mins Recovery Ride</i> Instead of taking the car to the supermarket or café, why not ride?

Life's a climb, but the view is great

WEEK SEVEN

This week is going to require a bit of grit. Having the right attitude before your training ride makes a big difference. If you start grumpy, I can tell you now it's not going to be pretty. Instead, let a smile creep out every now and then, I think you will be surprised by how it makes you feel.

Coaching Tip #7

Hill climbing

When riding up a hill and you have run out of gears, or hit a steeper section of road/trail, or your front wheel does not feel very connected to the ground, try shifting your body (bum) slightly forward on the bike seat. It's not a big movement. This will position your legs more directly over the pedals, allowing you to put in extra effort. Keep looking ahead and focus on what you are doing and where you're going.

This week's training

Ride in your favourite locations to keep you motivated this week or even better ride with a friend or two.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<i>30 mins Fast Ride</i> Fast pace or spin class		<i>45 mins Hill Ride</i> Ride a hill you haven't ridden up and down before		<i>135 mins Endurance Ride</i> Steady 'I can do this all day' pace Pick somewhere nice to ride, somewhere new	<i>45 mins Recovery Ride</i> Yep, on your bike again. How about ride to a friend's place for a visit and ride home?

I'm doing this for me!

WEEK EIGHT

Whoop, another active-rest week – your reward for all your training you have done!. Remember, just like Week 4 we don't want you to stop and do nothing.

Coaching Tip #8

Light hands heavy feet

When riding practise getting off your seat and pressing your feet into the pedals with your hands in a neutral position i.e. wrist not bent and no death grip. Start changing your position by bending your knees, elbows and hips, keeping in mind the saying, 'light hands heavy feet'. Practise on different surfaces and see how your bike handles, it's best to do this on the flat or a slight downhill.

This week's training

Stay close to home this week, making everything easy so you have time to catch up on things.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>Bike Check & Clean</i>	<i>30 mins Recovery Ride</i>		<i>30 mins Recovery Ride</i>		<i>45 mins Recovery Active Ride</i>	<i>15 mins Recovery Ride</i>
	Easy pace		Easy pace		Steady pace	Spin those legs

It's the unknown around the corner that keep my wheels turning

WEEK NINE

As we start to get closer to your trip away let's try something different with your weekend ride to replicate what it will be like on the A2O. Back-to-back weekend rides for the same amount of time.

Coaching Tip #9

Seat height

Seat height is very important for cycle body function and efficiency. If your seat is too low, you will find your knees coming up high, therefore, not using your legs to their full potential. This can lead to sore and injured knees.

If you have the seat too high you will find yourself moving from side to side on the seat making it hard to press down on the pedals properly and mashing yourself between the legs (ouch!). Get someone to take a photo of you side on and check your position and how bent your knees are. Adjust the seat height, if needed.

This week's training

Ride in two different locations for your weekend rides. I like choosing destinations you can ride to and back from, giving you a clear purpose and goal. Cafes are often involved!

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<i>30 mins Fast Ride</i> Fast pace or spin class		<i>45 mins Hill Ride</i> Ride your favourite hill that has a great downhill section		<i>90 mins Endurance Ride</i> Gravel or off-road pathway with a hill	<i>90 mins Endurance Ride</i> Similar ride to Saturdays one. Ride two days in a row like you would on the trip

I don't ride a bike to add days to my life, I ride a bike to add life to my days

WEEK TEN

Whoop, you're almost there! It's time to start getting excited and dream about your holiday. Make sure you take a moment to check your bike (if you're not hiring one) and make sure you have everything you need for packing. It's not too late to borrow something from a biking buddy or head to the shops.

Coaching Tip #10

Posture check

1. Are you clenching your jaw?
2. Are you holding onto your handlebars with a death grip?
3. Do you have your shoulders up around your ears?
4. Are you failing to engage your core so your lower back is rounded rather than straight?
5. Are your arms straight instead of being slightly bent?

RELAX, and don't stay tense – you are wasting energy and, over time, you'll become uncomfortable or sore.

This week's training

This week is all about ticking the boxes – you are almost done! Don't be tempted to skip a ride...

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<i>30 mins Fast Ride</i> Fast pace or spin class		<i>45 mins Hill Ride</i> Ride a hill you found hard at the start of this training program Feel the difference		<i>60 mins Endurance Ride</i> A gravel road ride or off road	<i>60 mins Endurance Ride</i> Anywhere that takes your fancy!

Don't limit your challenges, challenge your limits.

WEEK ELEVEN

Nice one -you have completed all the hard work in your training program! I am so stoked for you and super excited about your trip next week. Let's unwind and get ready for your cycling holiday.

Coaching Tip #11

Be honest with yourself

You're the one who knows your cycling pace, how far you can go, and when you need food or a comfort stop. If you're with a group of friends or family it's a good idea to understand each other's strengths and weaknesses. This way there are no surprises along the way, and you can support each other when needed.

This week's training

Ride close to home for these two short rides.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>Bike check & clean</i>	<i>30 mins Fast Ride</i> <i>Fast pace or spin class</i>		<i>30 mins Recovery Ride</i> <i>Ride to your favourite local hill Celebrate by how good you feel.</i>	<i>Pack</i>	<i>Pack</i>	<i>Travel</i>

When I ride my bike, I feel _____

WEEK TWELVE

Congratulations it is now time to RIDE! There's so much to love about this trail, make sure you breath in the fresh air, take time to absorb the sights, stopping along the way and making the most of your adventure.

Coaching Tip #12

Getting off your seat

Staying seated for the whole trip and in the same position will make you tire and become uncomfortable. Make a conscious effort to change your position throughout your ride. On slight downward slopes give your body a rest by standing on the pedals in a level position and wiggling your body around to ease any stiffness.

This week's training

The best week of your training program is about to begin and end on a total high. Shout out a wahoo for me along the trail.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>Alps to Ocean Day 1</i>	<i>Alps 2 Ocean Day 2</i>	<i>Alps to Ocean Day 3</i>	<i>Alps to Ocean Day 4</i>	<i>Alps 2 Ocean Day 5</i>	<i>Alps 2 Ocean Day 6</i>	<i>Travel & dreaming of next trip</i>

May you have a totally awesome trip. You can share your trail stories & photos here at <https://nzcycletrail.com/your-stories/>.

Why not head back to <https://nzcycletrail.com/> and start planning your next cycling adventure? There's so much choice.

For more mountains head further south and complete the Around the Mountains Cycle Trail (<https://nzcycletrail.com/find-your-ride/22-great-rides/around-the-mountains-cycle-trail/>), or for a food and drink bonanza, and awesome coastal scenery, check out Tasman's Great Taste Trail (<https://nzcycletrail.com/find-your-ride/22-great-rides/tasmans-great-taste-trail/>).

Cycle Coach & Educator Janet Stark

A bicycle journey starts with one pedal stroke

WEEK-BY-WEEK TRAINING SUMMARY

WEEK ONE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<p><i>Ride 30 mins</i> <i>Getting Started</i></p> <p>Easy Ride close to home</p>		<p><i>Ride 45 mins</i> <i>Hill ride</i></p> <p>Ride to a hill that is achievable Ride up & down it continue your ride</p>		<p><i>Ride 75 mins</i> <i>Endurance ride</i></p> <p>Undulating terrain (small hills & flat). Try and ride without stopping.</p>	

WEEK TWO

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<p><i>Ride 30 mins</i> <i>Tempo Ride</i></p> <p>5 mins warmup</p> <p>Easy gear Spin the legs 3 mins</p> <p>Harder gear Push the legs 2 mins Repeat x 4</p> <p>5 mins warm-down</p>		<p><i>Ride 45 mins</i> <i>Hill Ride</i></p> <p>5 mins warmup</p> <p>Find a couple of local hills and include them in your ride.</p> <p>5 mins warm-down</p>		<p><i>Ride 90 mins</i> <i>Endurance Ride</i></p> <p>5 mins warm up</p> <p>Include a Grade 2 trail Achievable, steady pace</p> <p>One photo stop allowed</p> <p>5 mins warm-down</p>	

WEEK THREE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<p><i>30 mins Tempo Ride</i></p> <p>5 mins warmup</p> <p>Easy gear Spin the legs 2.5 mins</p> <p>Harder gear Push the legs 2.5 mins Repeat x 4</p> <p>5 mins warm-down</p>		<p><i>Ride 45 mins Hill Ride</i></p> <p>5 mins warmup</p> <p>Ride to hill steady pace</p> <p>Up & down the same hill x 2</p> <p>Continue to ride at a steady pace</p> <p>5 mins warm-down</p>		<p><i>Ride 105 mins Endurance Ride</i></p> <p>Include a Grade 2 trail or gravel/ off-road</p> <p>Add a hill</p> <p>Ride it at an achievable steady pace</p> <p>One stop only</p>	

WEEK FOUR

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p><i>Bike check & clean</i></p>	<p><i>30mins Recovery Ride</i></p> <p>Easy, flat ride</p>		<p><i>30 mins Recovery Ride</i></p> <p>Undulating, easy ride</p>		<p><i>45 mins Active Recovery Ride</i></p> <p>Just enjoy</p>	

WEEK FIVE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<p><i>30 mins Tempo Ride</i></p> <p>5 mins warmup</p> <p>5 mins Fast Pace</p> <p>5 mins Easy Pace</p> <p>Repeat x 2</p> <p>5 mins warm-down</p>		<p><i>Ride 45 mins Hill Ride</i></p> <p>5 mins warmup</p> <p>Longer Hill Up & down the same hill x 1</p> <p>Continue to ride at a steady pace</p> <p>5 mins warm-down</p>		<p><i>Ride 105 mins Endurance Ride</i></p> <p>Include a gravel road and a hill</p> <p>Ride it at a steady pace</p> <p>One rest stop only</p>	<p><i>15 mins Recovery Ride</i></p> <p>Spinning your legs</p> <p>Do not skip this ride short ride</p>

WEEK SIX

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<p><i>30 mins Tempo Ride</i></p> <p>5 mins warmup</p> <p>7 mins Fast Pace</p> <p>3 mins Easy Pace</p> <p>Repeat x 2</p> <p>5 mins warm-down</p>		<p><i>Ride 45 mins Hill Ride</i></p> <p>5 mins warmup</p> <p>Longer Hill Up & down the same hill x 2</p> <p>Continue to ride at a steady pace</p> <p>5 mins warm-down</p>		<p><i>Ride 120 mins Endurance Ride</i></p> <p>Include a Grade 2 trail or gravel/off road plus 2 hills</p> <p>Ride it at a steady pace</p> <p>Two rest stops</p>	<p><i>30 mins Recovery Ride</i></p> <p>Instead of taking the car to the supermarket or café, why not ride?</p>

WEEK SEVEN

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<p><i>30 mins Fast Ride</i></p> <p>Fast pace or spin class</p>		<p><i>45 mins Hill Ride</i></p> <p>Ride a hill you haven't ridden up and down before</p>		<p><i>135 mins Endurance Ride</i></p> <p>Steady 'I can do this all day' pace</p> <p>Pick somewhere nice to ride, somewhere new</p>	<p><i>45 mins Recovery Ride</i></p> <p>Yep, on your bike again.</p> <p>How about ride to a friend's place for a visit and ride home?</p>

WEEK EIGHT

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p><i>Bike Check & Clean</i></p>	<p><i>30 mins Recovery Ride</i></p> <p>Easy pace</p>		<p><i>30 mins Recovery Ride</i></p> <p>Easy pace</p>		<p><i>45 mins Recovery Active Ride</i></p> <p>Steady pace</p>	<p><i>15 mins Recovery Ride</i></p> <p>Spin those legs</p>

WEEK NINE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<p><i>30 mins Fast Ride</i></p> <p>Fast pace or spin class</p>		<p><i>45 mins Hill Ride</i></p> <p>Ride your favourite hill that has a great downhill section</p>		<p><i>90 mins Endurance Ride</i></p> <p>Gravel or off-road pathway with a hill</p>	<p><i>90 mins Endurance Ride</i></p> <p>Similar ride to Saturdays one. Ride two days in a row like you would on the trip</p>

WEEK TEN

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<p><i>30 mins Fast Ride</i></p> <p>Fast pace or spin class</p>		<p><i>45 mins Hill Ride</i></p> <p>Ride a hill you found hard at the start of this training program</p> <p>Feel the difference</p>		<p><i>60 mins Endurance Ride</i></p> <p>A gravel road ride or off road</p>	<p><i>60 mins Endurance Ride</i></p> <p>Anywhere that takes your fancy!</p>

WEEK ELEVEN

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p><i>Bike check & clean</i></p>	<p><i>30 mins Fast Ride</i></p> <p>Fast pace or spin class</p>		<p><i>30 mins Recovery Ride</i></p> <p>Ride to your favourite local hill Celebrate by how good you feel.</p>	<p><i>Pack</i></p>	<p><i>Pack</i></p>	<p><i>Travel</i></p>

WEEK TWELVE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p><i>Alps 2 Ocean Day 1</i></p>	<p><i>Alps 2 Ocean Day 2</i></p>	<p><i>Alps 2 Ocean Day 3</i></p>	<p><i>Alps 2 Ocean Day 4</i></p>	<p><i>Alps 2 Ocean Day 5</i></p>	<p><i>Alps 2 Ocean Day 6</i></p>	<p><i>Travel & dreaming of next trip</i></p>

WAHOO YOU DID IT!