

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Rest	30min easy ride	Rest	30min easy ride	Rest		20km very easy ride
<b>Week 2</b>	Rest	40min easy ride	Rest	30 min hilly ride	Rest		30km Very Easy ride
<b>Week 3</b>	Rest	20 min easy ride, 20 min tempo pace, 20 min easy	Rest	15 min warm up. 4X 1km hill up and down. 15min cool down	Rest	30min easy easy ride	30km Hilly ride
<b>Week 4</b>	Rest	20min easy warm up, 3X(10min tempo with 5 min rest), 20min easy recovery	Rest	20 min warm up, 6X1km hill up and down. 20min cool down	Rest	40min easy	40km Hilly ride

Week 5	Rest	1hr easy	Rest	1hr Easy	Rest	1hr easy spin	50km Hilly ride
Week 6	Rest	Warm up 30 min. 5 X 1min Hard with 90 sec easy. 10km@Tempo pace. 5X 30 sec jumps with 1min rest	Rest	30 min warm up spin. 10X90sec jumps with 90 sec rest. 30 min easy spin cool down.	Rest	3min easy spin	60km Hilly ride
Week 7	Rest	Warm up 30 min. 10 X 1min Hard with 90 sec easy. 20km@Tempo pace. 5X 1min jumps with 1min rest	Rest	30 min warm up spin. 5X3min jumps with 90 sec rest. 30 min easy spin cool down.	Rest	1hr easy spin	50km easy ride

<b>Week 8</b>	Rest	Warm up 30 min. 5 X 1min Hard with 90 sec easy. 10km@Tempo pace. 5X 30 sec jumps with 1min rest	Rest	30 min warm up spin. 10X90sec jumps with 90 sec rest. 30 min easy spin cool down.	Rest	30min easy spin	Race 60km
<b>Week 9</b>	Rest	Easy 1h30	Rest	Easy 1h30	Rest	Rest	Easy 2h30 ride
<b>Week 10</b>	Rest	30 min warm up. 10X90sec jumps with 90 sec recovery. 4X (5min Tempo with 3min Easy) 30 min easy recovery	Rest	1hr Easy, 10X90sec jumps with 3min recovery	Rest	1hr easy spin	3h30 Hilly ride

<b>Week 11</b>	Rest	30 min warm up. 10X90sec jumps with 90 sec recovery. 30km Time Trial. 30 min easy recovery	Rest	30 min warm up spin. 5X3min tempo with 90 sec rest. 30 min easy spin cool down.	Rest	1h30 easy ride	2h30 easy ride
<b>Week 12</b>	Rest	Warm up 30 min. 5 X 1min Hard with 90 sec easy. 10km@Tempo pace. 5X 30 sec jumps with 1min rest	Rest	30 min warm up spin. 10X90sec jumps with 90 sec rest. 30 min easy spin cool down.	Rest	30 min easy spin	Race 100km