

THE GREAT RACING WELFARE CYCLE

10 WEEK TRAINING PLAN

EFFORT 1-10 1=EASY 10=EXTREMELY HARD	WEEK 1 STEADY BUILD	WEEK 2 PUTTING IT TOGETHER	WEEK 3 RECOVERY TIME PHEW!!	WEEK 4 BUILD WEEK	WEEK 5 OVERLOAD OH NO!!	WEEK 6 MORE RECOVERY- EASY STREET	WEEK 7 2 ND BUILD WEEK	WEEK 8 CONSOLIDATION	WEEK 9 SOAK IT UP	WEEK 10 TAPER WEEK THIS IS IT, DON'T GET SCARED NOW!!
MON	2 X 30 MINS RIDING EASY. 20 MINS RECOVERY IN THE MIDDLE. EFFORT 3-4	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY
TUE	1HR 20 CONSTANT. INCREASE SPEED FROM YESTERDAY EFFORT - 5	2 X 45MINS BLOCKS REST 20 MINS BETWEEN. EACH BLOCK 15 MINS EFFORT 5 15 MINS EFFORT 3 15 MINS EFFORT 5	30 MINS RIDING EFFORT 3	2 X 45MINS BLOCKS REST 20 MINS BETWEEN. EACH BLOCK 15 MINS EFFORT 5 15 MINS EFFORT 3 15 MINS EFFORT 6	2 X 45MINS BLOCKS REST 20 MINS BETWEEN. EACH BLOCK 15 MINS EFFORT 5 15 MINS EFFORT 3 15 MINS EFFORT 5-7	30 MINS RIDING EFFORT 3	3 X 45MINS BLOCKS REST 10 MINS BETWEEN. EACH BLOCK 15 MINS EFFORT 5 15 MINS EFFORT 3 15 MINS EFFORT 5	2-HRS EASY TEMPO EFFORT 4	30 MINS RIDING EFFORT 3	1.5HRS EASY TEMPO EFFORT 4
WED	RECOVERY DAY	2HRS RIDING EFFORT 3-7 MIX THE RATE OF EFFORT	REST AND RECOVERY OR EASY RIDE OF CHOICE	1.5-2HRS 3-4 X 15 MINS EFFORT 3 10 MINS EFFORT 5 5 MINS EFFORT 7	2HRS RIDING EFFORT 3-7 MIX THE RATE OF EFFORT	REST AND RECOVERY OR EASY RIDE OF CHOICE	2.5 HRS RIDING EFFORT 3-7 MIX THE RATE OF EFFORT	4-5 X 25 MINS '10 MINS EFFORT 3 5 MINS EFFORT 7 10 MINS EFFORT 5' 10 MINS EASY	REST AND RECOVERY OR EASY RIDE OF CHOICE	2HRS 2 X 15 MINS EFFORT 3 10 MINS EFFORT 5 5 MINS EFFORT 7 WITH 1HR EFFORT 3
THU	2 X 45MINS BLOCKS EACH BLOCK 15 MINS EFFORT 5 15 MINS EFFORT 3 15 MINS EFFORT 5 REST 15 MINS BETWEEN BLOCKS	REST AND RECOVERY	1.5HRS 3 X 15 MINS EFFORT 3 10 MINS EFFORT 5 5 MINS EFFORT 7	REST AND RECOVERY	REST AND RECOVERY	2HRS 4 X 15 MINS EFFORT 3 10 MINS EFFORT 5 5 MINS EFFORT 7	REST AND RECOVERY	REST AND RECOVERY	1.5HRS 3 X 15 MINS EFFORT 3 10 MINS EFFORT 5 5 MINS EFFORT 7	REST & RECOVERY
FRI	2 X 30-45 MIN BLOCKS 10 MINS EFFORT 2-4 20-35 MINS EFFORT 5-7	2 X 45 MINS ALTERNATE-5 MINS EFFORT 3 5MINS EFFORT 6. FULL REST BETWEEN BLOCKS	2-2.5HRS SHOULD HAVE LOOP NOW START EASY, PUSH ON LITTLE CLIMBS. EASY FREEWHEEL DESCENTS	2.5HRS 5 X 12 MINS OF 1MIN EFFORT 7, MIN EFFORT 3. EASY RIDING BETWEEN	2 X 45 MINS ALTERNATE-5 MINS EFFORT 3 5MINS EFFORT 6. FULL REST BETWEEN BLOCKS	2.5HRS 5 X 12 MINS OF 1MIN EFFORT 7, MIN EFFORT 3. EASY RIDING BETWEEN	3 X 45MINS BLOCKS REST 15 MINS BETWEEN. EACH BLOCK 15 MINS EFFORT 5 15 MINS EFFORT 3 15 MINS EFFORT 5-7	3 X 45MINS BLOCKS REST 15 MINS BETWEEN. EACH BLOCK 15 MINS EFFORT 5 15 MINS EFFORT 3 15 MINS EFFORT 5-7	3HRS OR 2 X 2HRS EFFORT 6 THIS IS BREAD AND BUTTER NOW. ENJOY THE FITNESS	EASY RIDE 45 MINS
SAT	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY	REST AND RECOVERY OR EASY RIDE	REST AND RECOVERY	REST AND RECOVERY OR EASY RIDE	REST AND RECOVERY	REST AND RECOVERY OR EASY RIDE	REST AND RECOVERY	REST & RECOVERY
SUN	LONG RIDE. 2-3HRS EFFORT A MIX (IF FEELING TIRED EASY BACK AND JUST ENJOY)	2.5-3HRS INCREASE THE EFFORT FROM LAST WEEK. RIDE TO A PUB AND BACK	3HRS EFFORT 4 TRY TO DO THIS CONTINUOUSLY OR HAVE SHORT CAFÉ STOPS	LONG RIDE 3-5 HRS CAN DO THIS IN ONE OR PEPPER WITH SHORT STOPS	3-3.5 HRS INCREASE THE EFFORT FOR LONGER FROM LAST WEEK. TO PUB AND BACK	LONG RIDE 4-6 HRS CAN DO THIS IN ONE OR PEPPER WITH SHORT STOPS	6 HRS (3 X 2HRS) PICK 2 STOPS AND RIDE TO THESE. EFFORT- PUSH ON THROUGH 5-8	4-5 HRS CONSOLIDATE YOUR EFFORT, AIM FOR DISTANCE. RIDE TO A PUB AND BACK	3HRS RIDING- ENJOY JUST A RIDE. ONE OF YOUR FAVOURITE LOOPS	ENJOY THE RIDE YOU'LL SMASH IT!!!

THINGS TO REMEMBER

- ENJOY IT, USE WHAT TIME YOU HAVE
- MOVE DAYS TO FIT YOUR LIFESTYLE AND COMMITMENTS
- FUEL 'EAT'- LITTLE AND OFTEN
- WEAR PADDED SHORTS
- PUMP YOUR TYRES BEFORE EVERY RIDE
- INCLUDE FRIENDS AND FAMILY ON WEEKENDS
- CARRY SUPPLIES AND SPARES
- YOU'RE A STAR!!!!

RACINGWELFARE

SUPPORTING RACING'S WORKFORCE



The Great Racing Welfare Cycle is kindly sponsored by



Tattersalls

