



## Beginners - 8 Week Training Guide

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### Medium Course - 35 kms +

Welcome to the Sub training Guide. Hopefully this will give you some helpful training ideas and make your Cycling Fun...!

See Sarah's 'Training Tips' or 'Coaches Messages' on the website for any further training advice... And enjoy...!

This program can still be done with friends...even better if you're all on the same program!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weeks Totals
<b>8 weeks to go</b>	Rest day	30 mins easy	Rest day	Rest day	40 mins flat	Rest day	45 mins easy	<b>(3x) 1 hr 55 mins</b>
<b>7 weeks to go</b>	Rest day	35 mins flat	Rest day	30 mins easy	20 mins hills	Rest day	60 mins flat	<b>(4x) 2 hrs 25 mins</b>
<b>6 weeks to go</b>	Rest day	Session #1	Rest day	40 mins hills	30 mins easy	Rest day	60 mins hills	<b>(4x) 2 hrs 40 mins</b>
<b>5 weeks to go</b>	Rest day	30 mins easy	Rest day	Session #1	Rest day	30 mins easy	45 mins easy	<b>(4x) 2 hrs 15 mins</b>
<b>4 weeks to go</b>	Rest day	Session #2	Rest day	30 mins easy	Rest day	35 mins easy	70 mins flat	<b>(4x) 2 hrs 55 mins</b>
<b>3 weeks to go</b>	Rest day	Session #2	20 mins flat	40 mins easy	Rest day	Session #1	70 mins hills	<b>(5x) 3 hrs 20 mins</b>
<b>2 weeks to go</b>	Rest day	Session # 3	Rest day	Session #1	Rest day	60 mins easy	30 mins easy	<b>(4x) 2 hrs 40 mins</b>
<b>Final week...!</b>	Rest day	Session #1	Rest day	Session # 3	20 mins easy	Rest day	<b>Ride Day...!</b>	<b>(4x) 1 hr 30 mins + Fun Ride...!</b>

#### Sessions Key

**Session # 1** (30 mins) = **Power Pole Spins:** On flat road. Spin quickly in medium gear from one Power pole to the next. 3mins rest, repeat twice!

**Session #2** (40 mins) = **Up Hill Spins:** During ride, find a small hill. Select a gear at the bottom of the hill so that you spin quickly until you reach the top...ride slowly to recover. Depending on fitness...repeat 1-2 times on similar hill.

**Session # 3** (40 mins) = **Down Hills Spins:** During ride, find a small downhill. Select a gear that you will be able to spin your legs quickly, but still maintain control until you reach the bottom of the hill. Recover and repeat 1 - 3 times more...!

**Flat** = Flat Roads, good for Recovery

**Hills** = Rolling Roads, the occasional long hill, good for aerobic fitness and technique