

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intro week							1st GGH Long Outdoor Ride 60km April 14th
Week 1 April 15-21	Rest Day	Strength Endurance 10 min warm up 5 mins @50/60 RPM 3 mins recovery Spin @90 RPM X 5 10 min cool down. (60 mins)	Outdoor ride River loop 30/40 km keeping a steady pace with cadence between 80/90 rpm Or Cross Training/strength and mobility	Speed Endurance 10 min warm up 6 mins @RPE 5-6 cadence between 80/90 rpm 4 mins recovery X 5 10 min cool down (70 mins)	Good Friday Rest Day Or Cross Training/strength and mobility	Easter Saturday Long Outdoor Ride 60km	Easter Sunday
Week 2 April 22-28	Rest Day Easter Monday	Term 2 Strength Endurance 10 min warm up 5 mins @60 RPM 3 mins recovery Spin @90 RPM X 5 10 min cool down. (60 mins)	Outdoor ride River loop Keeping a steady pace with cadence between 80/90 rpm Or Cross Training/strength and mobility	Speed Endurance 10 min warm up 6 mins @RPE 5-6 cadence between 80/90 rpm 4 mins recovery X 6 10 min cool down (80 mins)	Rest Day Or Cross Training/strength and mobility		Long Outdoor Ride 60/70 km
Week 3 April 29- May 5	Rest Day	Strength Endurance 10 min warm up 6 mins @60 RPM 4 mins recovery Spin	Outdoor ride Tempo session Gap creek road Or flat loop 30/40km	Speed Endurance 10 min warm up 10 mins @RPE 6-7 cadence between	Rest Day		Long Outdoor Ride 60/70km

		@90 RPM X 5 10 min cool down. (70 mins)	keeping a steady pace with cadence between 80/90 rpm Or Cross Training/strength and mobility	80/90 rpm 5 mins recovery X 4 10 min cool down (80 mins)	Or Cross Training/strength and mobility		
Week 4 May 6-12	Rest Day	Strength Endurance 10 min warm up 6 mins @60 RPM 4 mins recovery Spin @90 RPM X 5 10 min cool down. (70 mins)	Outdoor ride Choice ride/easy spin, flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm Or Cross Training/strength and mobility	Leg speed /recovery 10 min warm up 10 min @RPE 5-6 cadence between 80/90 rpm 5 min recovery X 3 10 min cool down (65 mins)	Rest Day Or Cross Training/strength and mobility	2nd GGH Long Outdoor Ride 80/90km	Recovery Easy spin Walk swim
Week 5 May 13-19	Rest Day	Strength Endurance 10 min warm up 8 mins @60/70 RPM 4 mins recovery Spin @90 RPM X 4 10 min cool down.	Outdoor ride Mt Cootha loop Or flat loop 30/40 km keeping a steady pace with cadence between 80/90 rpm	Speed Endurance 10 min warm up 8 mins @RPE 6-7 cadence between 80/90 rpm 2 mins recovery X 5 10 min cool down	Girls Got Heart Annual lunch 'Hearts on the River 2019'		Long Outdoor Ride 70/80km

		(68 mins)	Or Cross Training/strength and mobility	(70 mins)			
Week 6 May 20-26	Rest Day	Strength Endurance 10 min warm up 12 mins @60/70 RPM 8 mins recovery Spin @90 RPM X 3 10 min cool down.	Outdoor ride Gap creek Tempo session Or flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm Or Cross Training/strength and mobility	Speed Endurance 10 min warm up 10 mins @RPE 7-8 cadence between 80/90 rpm 2mins recovery X 5 10 min cool down	Rest Day Or Cross Training/strength and mobility	Outdoor Ride Flat loop/easy spin 30/40km	Long Outdoor Ride 80km
Week 7 May 27- June 2	Rest Day	Strength Endurance 10 min warm up 10 min @80 RPM 5 min @60 RPM 10 min @90 RPM 5 min @60 RPM 10 min @80 RPM 10 min cool down	Outdoor ride River loop Or flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm Or Cross Training/strength and mobility	Speed Endurance 10 min warm up 12 mins @RPE 7-8 cadence between 80/90 rpm 3 mins recovery X 4 10 min cool down	Rest Day Or Cross Training/strength and mobility	Long Outdoor Ride 80km	Outdoor Ride Flat loop/easy spin 30/40km
Week 8 June 3-9	Rest Day	Strength Endurance 10 min warm up 12 mins @60/70 RPM 8 mins recovery Spin @90 RPM X 3 10 min cool down.	Outdoor ride Flat loop/easy spin 30/40km keeping a steady pace with cadence between 80/90	Leg speed /recovery 10 min warm up 10 min @RPE 6 cadence between 80/90 rpm 5 min recovery	Rest Day	Outdoor Ride Flat loop/easy spin 30/40km	GGH Long Outdoor Ride @ Toowoomba 100/110km

			rpm	X 3 10 min cool down			
		(80 mins)	Or Cross Training/strength and mobility	(65 mins)	Or Cross Training/strength and mobility		
Week 9 June 10-16	Rest Day	Strength Endurance 10 min warm up 12 mins @60/70 RPM 8 mins recovery Spin @90 RPM X 3 10 min cool down.	Outdoor ride River loop Or flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm	Speed Endurance 10 min warm up 12 mins @RPE 7-8 cadence between 80/90 rpm 3 mins recovery X 4 10 min cool down	Rest Day	Outdoor ride Flat loop/easy spin 30/40km	Long Outdoor ride 80/90km
		(80 mins)	Or Cross Training/strength and mobility	(80 mins)	Or Cross Training/strength and mobility		
Week 10 June 17-23	Rest Day	Strength Endurance 10 min warm up 12 mins @60/70 RPM 8 mins recovery Spin @90 RPM X 3 10 min cool down.	Outdoor ride Tempo session Or flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm	Speed Endurance 10 min warm up 9 mins @RPE 7-8 cadence between 80/90 rpm 1 min recovery X 6 10 min cool down	Rest Day	Long Outdoor ride 80/90km	Outdoor ride Flat loop/easy spin 30/40km
		(80 mins)	Or Cross Training/strength and mobility	(80 mins)	Or Cross Training/strength and mobility		

<p>Week 11 June 24-30</p>	<p>Rest Day</p>	<p>Strength Endurance 10 min warm up 10 min @80 RPM 10 min @60 RPM 10 min @90 RPM 10 min @60 RPM 10 min @80 RPM 10 min cool down</p> <p>(70 mins)</p>	<p>Outdoor ride River loop Or flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm</p> <p>Or Cross Training/strength and mobility</p>	<p>Speed Endurance 10 min warm up 12 mins @RPE 7-8 cadence between 80/90 rpm 3 mins recovery X 4 10 min cool down</p> <p>(80 mins)</p>	<p>End of Term 2 Rest Day</p> <p>Or Cross Training/strength and mobility</p>	<p>Outdoor ride Flat loop/easy spin 30/40km</p>	<p>Long Outdoor ride 80/90km</p>
<p>Week 12 July 1-7</p>	<p>Rest Day</p>	<p>Strength Endurance 10 min warm up 10 mins @70 RPM 5 mins recovery Spin @90 RPM X 3 10 min cool down.</p> <p>(65 mins)</p>	<p>Outdoor ride Flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm</p> <p>Or Cross Training/strength and mobility</p>	<p>Leg speed /recovery 10 min warm up 10 min @RPE 6 cadence between 80/90 rpm 5 min recovery X 3 10 min cool down</p> <p>(65 mins)</p>	<p>Rest Day</p> <p>Or Cross Training/strength and mobility</p>	<p>Long Outdoor Ride 90km</p>	<p>Outdoor ride Flat loop/easy spin 40km</p>
<p>Week 13 July 8-14</p>	<p>Rest Day</p>	<p>Strength Endurance 10 min warm up 12 mins @60/70 RPM 8 mins recovery Spin @90 RPM X 3 10 min cool down.</p>	<p>Outdoor ride Flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm</p>	<p>Speed Endurance 10 min warm up 8 mins @RPE 8 cadence between 80/90 rpm 2 mins recovery X 6 10 min cool down</p>	<p>Rest Day</p>	<p>Outdoor ride Flat loop/easy spin 40km</p>	<p>Long Outdoor Ride 90km</p>

		(80 mins)	Or Cross Training/strength and mobility	(80 mins)	Or Cross Training/strength and mobility		
Week 14 July 15-21	Rest Day Term 3	Strength Endurance 10 min warm up 10 min @80 RPM 10 min @60 RPM 10 min @90 RPM 10 min @60 RPM 10 min @80 RPM 10 min cool down	Outdoor ride Flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm	Speed Endurance 10 min warm up 12 mins @RPE 8 cadence between 80/90 rpm 3 mins recovery X 4 10 min cool down	Rest Day	3rd GGH Long Outdoor Ride 110/120km	Recovery Spin Walk swim
		(70 mins)	Or Cross Training/strength and mobility	(80 mins)	Or Cross Training/strength and mobility		
Week 15 July 22- July 28	Rest Day	Strength Endurance 10 min warm up 12 mins @70 RPM 8 mins recovery Spin @90 RPM X 3 10 min cool down.	Outdoor ride Flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm	Speed Endurance 10 min warm up 13 mins @RPE 8 cadence between 80/90 rpm 2 mins recovery X 4 10 min cool down	Rest Day	Outdoor ride Flat loop/easy spin 40/50km	Long Outdoor Ride 90km
		(80 mins)	Or Cross Training/strength and mobility	(80 mins)	Or Cross Training/strength and mobility		
Week 16 July 29- Aug 4	Rest Day	Strength Endurance 10 min warm up 10 min @80 RPM 10 min @60 RPM 10 min @90 RPM 10 min @60 RPM 10 min @80 RPM 10 min cool down	Outdoor ride River loop Or flat loop 30/40km keeping a steady pace with cadence between 80/90	Speed Endurance 10 min warm up 9 mins @RPE 7-8 cadence between 80/90 rpm 1 min recovery X 6	Rest Day	4th GGH Long Outdoor Ride 150km	Outdoor ride Flat loop/easy spin 40/50km

			rpm	10 min cool down			
		(70 mins)	Or Cross Training/strength and mobility	(80 mins)	Or Cross Training/strength and mobility		
Easy Week Aug 5 - 11	Rest Day	Leg speed /recovery 10 min warm up 10 min @RPE 6 cadence between 80/90 rpm 5 min recovery X 3 5 min cool down	Outdoor ride Flat loop 30/40km keeping a steady pace with cadence between 80/90 rpm	Leg speed /recovery 10 min warm up 10 min @RPE 6 cadence between 80/90 rpm 5 min recovery X 3 5 min cool down	Rest Day	Outdoor ride Flat loop/easy spin 30/40km	Rest Day
		(60 mins)	Or Cross Training/strength and mobility	(60 mins)	Or Cross Training/strength and mobility		
Event Week	Ride Day 1 Brisbane – Toowoomba	Ride Day 2 Toowoomba – Dalby	Ride Day 3 Dalby – Condamine	Ride Day 4 Condamine – Roma	Ride Day 5 Roma – Meandarra	Travel Home	Congratulations!!!
'Ride with Heart 2019'			Ekka Holiday		Party time!!!		