

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	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)	Rest Day Or Cross Training/strength and mobility	Long Outdoor Ride 60km	
Week 2	Rest Day	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	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 Tempo session Gap creek road 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 6-7 cadence between 80/90 rpm 5 mins recovery X 4 10 min cool down (80 mins)	Rest Day Or Cross Training/strength and mobility		Long Outdoor Ride 60/70km

<p>Week 4</p>	<p>Rest Day</p>	<p>Strength Endurance 10 min warm up 6 mins @60 RPM 4 mins recovery Spin @90 RPM X 5 10 min cool down.</p> <p>(70 mins)</p>	<p>Outdoor ride Choice ride/ easy spin, 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 5-6 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><u>Long Outdoor Ride</u> 80/90km</p>	<p>Recovery Easy spin Walk swim</p>
<p>Week 5</p>	<p>Rest Day</p>	<p>Strength Endurance 10 min warm up 8 mins @60/70 RPM 4 mins recovery Spin @90 RPM X 4 10 min cool down.</p> <p>(68 mins)</p>	<p>Outdoor ride Mt Cootha loop Or flat loop 30/40 km 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 8 mins @RPE 6-7 cadence between 80/90 rpm 2 mins recovery X 5 10 min cool down</p> <p>(70 mins)</p>			<p>Long Outdoor Ride 70/80km</p>

<p>Week 6</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>(80 mins)</p>	<p>Outdoor ride Gap creek Tempo session 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 10 mins @RPE 7-8 cadence between 80/90 rpm 2mins recovery X 5 10 min cool down</p> <p>(70 mins)</p>	<p>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 80km</p>
<p>Week 7</p>	<p>Rest Day</p>	<p>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</p> <p>(60 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>Rest Day</p> <p>Or Cross Training/strength and mobility</p>	<p>Long Outdoor Ride 80km</p>	<p>Outdoor Ride Flat loop/easy spin 30/40km</p>
<p>Week 8</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>(80 mins)</p>	<p>Outdoor ride Flat loop/easy spin 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>Outdoor Ride Flat loop/easy spin 30/40km</p>	<p><u>GGH</u> <u>Long Outdoor Ride</u> @ Toowoomba 100/110km</p>

<p>Week 9</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>(80 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>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 10</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>(80 mins)</p>	<p>Outdoor ride Tempo session 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 9 mins @RPE 7-8 cadence between 80/90 rpm 1 min recovery X 6 10 min cool down</p> <p>(80 mins)</p>	<p>Rest Day</p> <p>Or Cross Training/strength and mobility</p>	<p>Long Outdoor ride 80/90km</p>	<p>Outdoor ride Flat loop/easy spin 30/40km</p>

<p>Week 11</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>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</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</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>(80 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>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>(80 mins)</p>	<p>Rest Day</p> <p>Or Cross Training/strength and mobility</p>	<p>Outdoor ride Flat loop/easy spin 40km</p>	<p>Long Outdoor Ride 90km</p>

Week 14	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 (70 mins)	Outdoor ride 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 8 cadence between 80/90 rpm 3 mins recovery X 4 10 min cool down (80 mins)	Rest Day	<u>Long Outdoor Ride</u> 110/120km	Recovery Spin Walk swim
Week 15	Rest Day	Strength Endurance 10 min warm up 12 mins @70 RPM 8 mins recovery Spin @90 RPM X 3 10 min cool down. (80 mins)	Outdoor ride 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 13 mins @RPE 8 cadence between 80/90 rpm 2 mins recovery X 4 10 min cool down (80 mins)	Rest Day	Outdoor ride Flat loop/easy spin 40/50km	Long Outdoor Ride 90km
Week 16	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 (70 mins)	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 9 mins @RPE 7-8 cadence between 80/90 rpm 1 min recovery X 6 10 min cool down (80 mins)	Rest Day	<u>Long Outdoor Ride</u> 150km	Outdoor ride Flat loop/easy spin 40/50km

<p>Easy Week</p>	<p>Rest Day</p>	<p>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</p> <p>(60 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 5 min cool down</p> <p>(60 mins)</p>	<p>Rest Day</p> <p>Or Cross Training/strength and mobility</p>	<p>Outdoor ride Flat loop/easy spin 30/40km</p>	<p>Rest Day</p>
<p>Event Week (example) 'Ride with Heart 2019'</p>	<p>Ride Day 1 Brisbane – Toowoomba</p>	<p>Ride Day 2 Toowoomba – Dalby</p>	<p>Ride Day 3 Dalby – Condamine</p>	<p>Ride Day 4 Condamine – Roma</p>	<p>Ride Day 5 Roma – Meandarra</p>		