

City of Sydney Spring Cycle – 10 Week Training Guide

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1 - Ease into it	Easy ride 20min or 8km	AL 30min	Ride inc. hill 30min	AL 30min	Rest day	Ride inc. hills 1hr	Rest day
2 - Ease into it	Easy ride 20min or 10km	AL 30min	Ride inc. hill 30min	AL 30min	Rest day	Ride inc. hills 1hr	Rest day
3 - Building up	Easy ride 30min or 10km	AL 30min	Intervals easy 15min, then hard 3 min x 2	AL 30min	Rest day	Ride inc. hills 1.5hr	Easy ride 30min
4 - Building up	Easy ride 30min or 10km	AL 30min	Ride inc. hill 40min	AL 30min	Rest day	Ride inc. hills 1.5hr	Easy ride 30min
5 - Getting fitter	Easy ride 40min or 12km	AL 30min	Intervals easy 10min, then hard 5 min x 3	AL 30min	Rest day	Ride inc. hills 2-2.5hrs	Easy ride 45min
6 - Getting fitter	Easy ride 40min or 12km	AL 30min	Intervals easy 10min, then hard 5 min x 3	AL 30min	Rest day	Ride inc. hills 2-2.5hrs	Easy ride 45min
7 - Peak week	Easy ride 50min or 15km	AL 30min	intervals easy 5min, then hard 5min x 5	AL 30min	Rest day	Ride inc. hills 2.5-3hrs	Easy ride 60min
8 - Peak week, also have bike checked	Easy ride 60min or 20km	AL 30min	Ride inc. hills 60min	AL 30min	Rest day	Ride inc. hills 3-3.5hrs	Rest day
9 - Peak/taper week	Easy ride 60min or 20km	AL 30min	Easy ride 60min	AL 30min	Rest day	Ride inc. hills 2.5hrs	Rest day
10 - Taper week	Easy ride 45min	AL 30min	Ride inc. hill 45min	AL 30min	Easy ride 45min	Rest day	EVENT DAY