

Training Tip #3 - 8 Weeks To Go

Over the next three weeks, you should try to get out for the following road sessions although more likely you will continue with indoor turbo training midweek this month.

	Distance Ride	Turbo Training
Week 9	Weekend ride: <ul style="list-style-type: none"> 2hr 15min steady on rolly/hilly roads (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr 15min steady (RPE 4) or 60 min turbo Thursday: <ul style="list-style-type: none"> 1hr 15min steady or 60 min turbo 	Tuesday: <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 5 min RPE 7. Move position on the handlebars from tops to hoods to drops every minute. 3 min RPE 2 Repeat 5 min effort with 3 min easy for a total of 6 efforts 10 min warm down RPE 5>2 Thursday: <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 3 min RPE 8 3 min RPE 2 Repeat 3min effort with 3 min easy for a total of 6 efforts 10 min warm down RPE 3>2
Week 10	Easy week! Week-end ride: <ul style="list-style-type: none"> 1 hr 30min steady on flatter roads (RPE 3) Tuesday: <ul style="list-style-type: none"> 45min easy ride or 30min easy turbo Thursday: <ul style="list-style-type: none"> 45min easy ride or 30min easy turbo 	Easy Week! Tuesday: <ul style="list-style-type: none"> 30min easy turbo Thursday: <ul style="list-style-type: none"> 30min easy turbo
Week 11	Week-end ride: <ul style="list-style-type: none"> 2hour 30min steady on rolly/hilly roads (RPE 4) Tuesday:	Tuesday: <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 5 min RPE 7, move position on the handlebars from tops to hoods to drops every minute 3 min (RPE 2)

	<ul style="list-style-type: none"> 1hr 15min steady (RPE 4) or 60min turbo <p>Thursday:</p> <ul style="list-style-type: none"> 1hr 15min hilly route or 60min turbo 	<ul style="list-style-type: none"> Repeat 5 min effort with 3 min easy for total of 6 efforts 10 min warm down RPE 5>2 <p>Thursday:</p> <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 3 min RPE 8 3 min RPE 2 Repeat 3 min effort with 3 min easy for a total of 7 efforts 10 min warm down (RPE 3>2)
Week 12	<p>Week-end ride:</p> <ul style="list-style-type: none"> 2 hrs 50min steady on rolly/hilly roads (RPE 4) <p>Tuesday:</p> <ul style="list-style-type: none"> 1hr 30min steady (RPE 4) or 60 min turbo <p>Thursday:</p> <ul style="list-style-type: none"> 1hr 15min hilly route or 60 min turbo 	<p>Tuesday:</p> <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 5 min RPE7. Move position on the handlebars from tops to hoods to drops every minute 3 min RPE 2 Repeat 5 min effort with 3 min easy for total of 7 efforts 10 min warm down RPE 5>2 <p>Thursday:</p> <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 3 min RPE 8 3 min RPE 2 Repeat 3 min effort with 3 min easy for a total of 7 efforts 10 min warm down RPE 3>2