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#CANCER200RIDE

# 20 WEEK TRAINING GUIDE



HARRY PERKINS INSTITUTE  
OF MEDICAL RESEARCH



**CANCER200**

RIDE FOR THE PERKINS



# TRAINING PROGRAM GUIDELINES

**GEAR UP FOR THE ULTIMATE EXPERIENCE! BY PUTTING IN THE EFFORT TO TRAIN FOR THE RIDE, YOU'RE PRIMING YOURSELF TO CONQUER 200KM ON SAT 4 AND SUN 5 OCTOBER!**

These programs, originally designed by Peak Preparation, are simply a guideline and do not take individual circumstances into account.

If completed as outlined, you will be well prepared physically for the event. The training programs give the rider flexibility to move between programs as they see fit.

We recommend committing to the 20-week program to ensure you are best prepared for the event. However, it's never too late to start training. Choose either the 10-week or 5-week program to best prepare yourself for the Ride.

We get it, life happens. If you miss a training session, don't stress just move onto the next session.

Before starting any new training program, consider speaking to a health professional to determine your fitness capabilities.

Always use general caution and awareness of your abilities with any exercise.

Consider using indoor stationary bikes for training if the weather is particularly bad. Novice riders should also consider restricting their cycling to closed roads and/or bike paths.

## CYCLING TRAINING PROGRAMS

The 20-week, 10-week and 5-week training programs have been designed to best address the endurance required for the Ride.

The programs are specified with the following regimen:

**Recovery ride** – low intensity session to let the body recover from an intense ride.

**Interval ride** – periods of hard riding alternated by periods of rest.

**Intense ride** – riding at a pace equalling about 80% maximum output for the whole session.

**Endurance ride** – riding at a pace equalling about 60-70% output for the whole session.

By training consistently using this tailored training program, you'll be ready to conquer 200km with confidence and ease.


**LET'S RIDE!**



# 20 WEEK TRAINING GUIDE

WEEK		MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1: Commencing Mon 19 May Build 1 Week	AM		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	PM	30min stretch						
Week 2: Commencing Mon 26 May Build 2 week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 3: Commencing Mon 2 June Build 3 week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 4: Commencing Mon 9 June Maximum Week	AM		90min ride inc. intervals	30 - 45min recovery ride	90min ride inc. intervals	Recovery 30 - 45min stretch	2 hour intense ride	3 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 5: Commencing Mon 16 June Build 1 Week	AM		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	PM	30min stretch						
Week 6: Commencing Mon 23 June Build 2 Week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 7: Commencing Mon 30 June Build 3 Week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 8: Commencing Mon 7 July Maximum Week	AM		90min ride inc. intervals	30 - 45min recovery ride	90min ride inc. intervals	Recovery 30 - 45min stretch	2 hour intense ride	3 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 9: Commencing Mon 14 July Build 1 Week	AM		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	PM	30min stretch						
Week 10: Commencing Mon 21 July Build 2 Week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		

# 20 WEEK TRAINING GUIDE

WEEK		MON	TUES	WED	THUR	FRI	SAT	SUN
Week 11: Commencing Mon 28 July Build 3 Week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 12: Commencing Mon 4 Aug Maximum Week	AM		90min ride inc. intervals	30 - 45min recovery ride	90min ride inc. intervals	Recovery 30 - 45min stretch	2 hour intense ride	3 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 13: Commencing Mon 11 Aug Build 1 Week	AM		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	PM	30min stretch						
Week 14: Commencing Mon 18 Aug Build 2 Week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 15: Commencing Mon 25 Aug Build 3 Week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 16: Commencing Mon 1 Sept Maximum Week	AM		90min ride inc. intervals	30 - 45min recovery ride	90min ride inc. intervals	Recovery 30 - 45min stretch	2 hour intense ride	3 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 17: Commencing Mon 8 Sept Build 1 Week	AM		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	PM	30min stretch						
Week 18: Commencing Mon 15 Sept Build 2 Week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 19: Commencing Mon 22 Sept Build 3 Week	AM		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	PM	30min stretch		Strength Program		Recovery massage		
Week 20: Commencing Mon 29 Sept EVENT WEEK	AM		60min ride inc. intervals	45min recovery ride	45min ride inc. intervals	Recovery 30 - 45min stretch	<b>RIDE EVENT</b>  <b>CANCER 200</b> <small>RIDE FOR THE PERKINS</small>	
	PM	30min stretch		30min stretch		Recovery massage		

# STRENGTH PROGRAM

- Lift weights for at least 30 minutes at least once a week.
- Take breaks between weightlifting days. Stretch to recover from weight training.
- Aim for muscle fatigue. Pushing to failure can increase muscle strength.
- A good rule is performing 3-5 sets at 6-15 reps.
- Rest for at least 1-2 minutes between sets.
- Take 5 - 10 minutes to stretch before and after a strength session.

## WARM UP / ACTIVATION



Bench squat with rotational chop.



Mini band crab walk

## ACTIVATION



Dumbbell Bulgarian split squat.



Single leg Romanian dead lift.



Dumbbell step-up onto 20cm box.



Standing Machine Hip Adduction.



Standing shoulder cable raise.



Seated double calf raise.



Straight-arm plank with shoulder touch.



T-stabilization.



# FLEXIBILITY PROGRAM

- Weekly stretching is important for injury prevention and comfort.
- Stretch when your muscles are warm and aim to hold each stretch for 30 seconds.
- Consider stretches that target the glutes, quads, hamstrings, ITB, adductors, and calves.
- Complete stretches with controlled intention.
- Stretch before and after each session of training.

