


















20 WEEK - ADVANCED *Training Guide*

20 WEEK - ADVANCED Training Guide

| WEEK | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|----|--------------------------|---|--------------------------|---|---|---|-------------------------|
| 1: WEEK COMMENCING 30 MAY BUILD 1 WEEK | am | 30 - 45min recovery ride | 60min ride inc. intervals | 30 - 45min recovery ride | 60min ride inc. intervals | Recovery 30 - 45min stretch | 90min intense ride | 2 hour endurance ride |
| | pm | 30min stretch |  | | | | | |
| 2: WEEK COMMENCING 6 JUNE BUILD 2 WEEK | am | 30 - 45min recovery ride | 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 | | |
| 3: WEEK COMMENCING 13 JUNE BUILD 3 WEEK | am | 30 - 45min recovery ride | 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 | | |
| 4: WEEK COMMENCING 20 JUNE MAXIMUM WEEK | am | 30 - 45min recovery ride | 90min ride inc. intervals | 30 - 45min recovery ride | 2 hour ride inc. intervals | Recovery 30 - 45min stretch | 2 hour intense ride | 3-4 hour endurance ride |
| | pm | 30min stretch | | Strength Program | | Recovery massage | | |
| 5: WEEK COMMENCING 27 JUNE BUILD 1 WEEK | am | 30 - 45min recovery ride | 60min ride inc. intervals | 30 - 45min recovery ride | 60min ride inc. intervals | Recovery 30 - 45min stretch | 90min intense ride | 2 hour endurance ride |
| | pm | 30min stretch | | | |  | | |
| 6: WEEK COMMENCING 4 JULY BUILD 2 WEEK | am | 30 - 45min recovery ride | 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 |  | |
| 7: WEEK COMMENCING 11 JULY BUILD 3 WEEK | am | 30 - 45min recovery ride | 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 | | |
| 8: WEEK COMMENCING 18 JULY MAXIMUM WEEK | am | 30 - 45min recovery ride | 90min ride inc. intervals | 30 - 45min recovery ride | 2 hour ride inc. intervals | Recovery 30 - 45min stretch | 2 hour intense ride | 3-4 hour endurance ride |
| | pm | 30min stretch | | Strength Program | | Recovery massage | | |
| 9: WEEK COMMENCING 25 JULY BUILD 1 WEEK | am | 30 - 45min recovery ride | 60min ride inc. intervals | 30 - 45min recovery ride | 60min ride inc. intervals | Recovery 30 - 45min stretch | 90min intense ride | 2 hour endurance ride |
| | pm | 30min stretch | | | |  | | |
| 10: WEEK COMMENCING 1 AUG BUILD 2 WEEK | am | 30 - 45min recovery ride | 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 |  | |

20 WEEK - ADVANCED Training Guide

| WEEK | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|----|--------------------------|---|--------------------------|---|---|--|-------------------------|
| 11: WEEK COMMENCING 8 AUG BUILD 3 WEEK | am | 30 - 45min recovery ride | 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 |  | |
| 12: WEEK COMMENCING 15 AUG MAXIMUM WEEK | am | 30 - 45min recovery ride | 90min ride inc. intervals | 30 - 45min recovery ride | 2 hour ride inc. intervals | Recovery 30 - 45min stretch | 2 hour intense ride | 3-4 hour endurance ride |
| | pm | 30min stretch |  | Strength Program | | Recovery massage | | |
| 13: WEEK COMMENCING 22 AUG BUILD 1 WEEK | am | 30 - 45min recovery ride | 60min ride inc. intervals | 30 - 45min recovery ride | 60min ride inc. intervals | Recovery 30 - 45min stretch | 90min intense ride | 2 hour endurance ride |
| | pm | 30min stretch | | | |  | | |
| 14: WEEK COMMENCING 29 AUG BUILD 2 WEEK | am | 30 - 45min recovery ride | 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 | | |
| 15: WEEK COMMENCING 5 SEPT BUILD 3 WEEK | am | 30 - 45min recovery ride | 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 |  | |
| 16: WEEK COMMENCING 12 SEPT MAXIMUM WEEK | am | 30 - 45min recovery ride | 90min ride inc. intervals | 30 - 45min recovery ride | 2 hour ride inc. intervals | Recovery 30 - 45min stretch | 2 hour intense ride | 3-4 hour endurance ride |
| | pm | 30min stretch | | Strength Program |  | Recovery massage | | |
| 17: WEEK COMMENCING 19 SEPT BUILD 1 WEEK | am | 30 - 45min recovery ride | 60min ride inc. intervals | 30 - 45min recovery ride | 60min ride inc. intervals | Recovery 30 - 45min stretch | 90min intense ride | 2 hour endurance ride |
| | pm | 30min stretch | | | |  | | |
| 18: WEEK COMMENCING 26 SEPT BUILD 2 WEEK | am | 30 - 45min recovery ride | 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 |  | |
| 19: WEEK COMMENCING 3 OCT BUILD 3 WEEK | am | 30 - 45min recovery ride | 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 | | |
| 20: WEEK COMMENCING 10 OCT EVENT WEEK | am | 60min recovery ride | 60min ride inc. intervals | 45min recovery ride | 45min ride inc. intervals | Recovery 30 - 45min stretch | RIDE EVENT  | |
| | pm | 30min stretch | | 30min stretch | | Recovery massage | | |

STRENGTH PROGRAM FOR Cancer 200

- 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. The best results will happen when you push your muscles
- Perform 1 repetition every 2 seconds. This timing seems to be most effective
- Rest for 1 minute or less between sets. Complete 3 sets of 10 repetitions for each exercise
- All exercises below can be completed in the home without formal gym equipment

Warm up / Activation



Bench squat with rotational chop.



Mini band crab walk

Warm up / 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 FOR *Cancer 200*

- 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
- Don't bounce when you stretch
- Stretch safely and stretch regularly



TRAINING PROGRAM GUIDELINES FOR *Cancer 200*



- Peak Preparation has provided a variety of different training programs and training guidelines for the Cancer 200 Ride.
 - These programs are simply a guideline and do not take individual circumstances into account.
 - If they are completed as written, Peak Preparation is confident you will be well prepared physically for the event. The training programs give the rider flexibility to move between programs as they see fit.
 - Peak Preparation recognises that life events sometimes get in the way of training. If you miss a training session then just let it go and don't try to make it up later in the week.
 - Peak Preparation suggests that you enter into these training programs with general caution and awareness of your own abilities.
 - Feel free to contact Peak Preparation for more specific, individualised programs. However, there will be a cost involved for these programs.
 - Peak Preparation recommends that all riders consider using indoor stationary bikes for training if the weather is particularly bad. Peak Preparation also recommends that Novice riders restrict their cycling to closed roads and/or bike paths.
- based on estimated experience and roughly the number of hours riders currently spend on the bike per week.
- If you consider yourself an experienced rider who rides regularly week in and week out then the Advanced training program will be the right fit for you. If you are a fair-weather weekend warrior rider who rides a couple of times each week then the Weekend Warrior training program will be the right fit for you. If you are a complete novice rider with little to no cycling experience then the Novice training program will be the right fit for you.
 - Peak Preparation recommends committing to the 20-week if possible as this will ensure you are best prepared for the event. If you hear about the event late and still want to participate the 10-week and 5-week training program options are designed to prepare you as best as possible.
 - The Novice training program has no specific goal for each training session. It is purely designed for the rider to build up time in the saddle to complete the ride.
 - For the Weekend Warrior and the Advanced training programs each cycling session has been specified as either:

CYCLING TRAINING PROGRAMS

- Peak Preparation has designed 9 separate cycling training programs for the Cancer 200 Ride.
 - There are 20-week, 10-week and 5-week training programs that have been designed for the advanced rider, the weekend warrior and the novice rider. The programs have been designed
1. Recovery ride – easy spinning to let the body recover from an intense ride the day before
 2. Interval ride – periods of hard riding alternated by periods of rest
 3. Intense ride – ride at a pace equalling about 80% of max for the whole ride
 4. Endurance ride – ride at a pace equalling about 60-70% of max for the whole ride.