

40km Classic Ride

Week:	MON	TUES	WED	THUR	FRI	SAT	SUN
1	30min: easy ride		20min: easy ride		20min: easy ride		
2	30min: 3 x 2min FAST pedaling 2min easy between		20min: easy ride		30min: 3 x 2min FAST pedaling 2min easy between		1hr: easy ride
3	30min: 3 x hills recover down hill		20min: easy ride		30min: 3 x 2min FAST pedaling 2min easy between		1.5hr: easy ride
4	45min: 3 x 3min FAST pedaling 3min easy between		30min: easy ride		45min: 3 x 3min HARD pedaling 3min easy between		1h45: easy ride
5	45min: 5 x hills recover down hill		20min: easy ride		45min: 3 x 3min FAST pedaling 3min easy between		2hr: easy ride
6	30min: easy ride		20min: easy ride		20min: easy ride		

INFORMATION:

Consistency is key. This basic program is a guide for you to prepare for your chosen distance in the Gear Up Girl Ride, 12th March, 2017. The days of the week are not imperative, all that matters is hitting the pedals 3 - 4 times a week. If the weather does not permit; take to an indoor bike at a cycle studio or nearest gym.

Warm Up/Stretch	Always ride for at least 10-15min before beginning set interval work outs. Light stretch after riding, especially legs/quads.
Hydrate/Fuel	A general guide is to drink one bottle (~600ml) per hour of riding. Be sure to eat, especially carbohydrates before your rides and during your rides if they are longer than 1hr.
Easy riding	This means riding at a leisurly and enjoyable pace, have a conversation and take in the freedom of bike riding.
Fast pedaling	Move those legs at a fast rate that gets a sweat and a puff going on a medium gear.
Hard pedaling	Your legs should feel a bit of resistance against the pedals, not fast but hard so use a bigger gear if you can and feel a little leg burn.
Hills	Find a local hill of a couple hundred meters or longer to zip up and down. If indoors, swap to the hard pedaling session.