



3 Peaks Challenge Training Program



Block One

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments	
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time					
1	Build	19-Dec-11 to 25-Dec-11	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		
			REST	30	010 - Hill climber Cadence Steps E3	REST	30	002 - E3 Strength Endurance Ergo	REST	70	HILL REPEATS @ BASE - Climb 750 vertical meters	30	XTMAS Day RECOVERY E1 100 rpm Cycles	160							
			REST	1.0	<p>Individual Time Trial Efforts to build strength specifically for Hill Climbing.</p> <p>Designed to improve aerobic endurance and leg strength for Hill Climbing</p> <p>This workout is a very efficient use of your training time.</p> <p>Done on a home trainer.</p>	REST	1.0	<p>Time Trial efforts to build strength for improving average speed on longer rides.</p> <p>Ideal for building good aerobic capacity, improving plasma volume, increasing mitochondrial enzymes, increasing VO2MAX and converting type IIb muscle fibres to type IIa.</p> <p>This workout is a very efficient use of your training time.</p> <p>Done on a home trainer.</p>	REST	2.3	<p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>	1.0	<p>E1 Ride 45 Mins @ 100 rpm.</p> <p>Every 5 mins change position by cycling through tops hoods and drops hand positions.</p> <p>Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM</p> <p>Keep it in E1</p>	5.3	160.0	5.8					
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		
			Stretch		Stretch		Matt Brindle Strength Training		Stretch		Matt Brindle Strength Training		Stretch		Stretch		0.5				
			Stretch		Stretch		0.3 Beginner Program One		Stretch		0.3 Beginner Program One		Stretch		Stretch						

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time				
2	Build	26-Dec-11 1-Jan-12	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		160	160.0	5.8	<p>Now is a good time to book your accommodation if you plan to stay in Bright.</p> <p>Now is also a good time to introduce a nutrition program that develops better energy metabolism efficiency.</p> <p>Please contact Cycling-Inform for more information regarding improving your energy metabolism efficiency.</p>
			REST	30	010 - Hill climber Cadence Steps E3	REST	30	002 - E3 Strength Endurance Ergo	REST	30	REST	70	HILL REPEATS @ BASE - Climb 750 vertical meters	30	New Year's Day RECOVERY E1 100 rpm Cycles	5.3	5.3	5.3		
			REST	1.0	Individual Time Trial Efforts to build strength specifically for Hill Climbing. Designed to improve aerobic endurance and leg strength for Hill Climbing This workout is a very efficient use of your training time. Done on a home trainer.	REST	1.0	Time Trial efforts to build strength for improving average speed on longer rides. Ideal for building good aerobic capacity, improving plasma volume, increasing mitochondrial enzymes, increasing VO2MAX and converting type IIb muscle fibres to type IIa. This workout is a very efficient use of your training time.	REST	1.0	REST	2.3	Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course. Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills. Climb to indicated height	1.0	E1 Ride 45 Mins @ 100 rpm. Every 5 mins change position by cycling through tops hoods and drops hand positions. Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Keep it in E1					
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		0.5			
			Stretch		Stretch		Stretch		Stretch		Stretch		Stretch		Stretch		0.5			
			Stretch		Stretch	0.3	Matt Brindle Strength Training		Stretch	0.3	Matt Brindle Strength Training		Stretch		Stretch					
							Beginner Program One				Beginner Program One									

Week	Phase	Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
3	Build	2-Jan-12 8-Jan-12	REST	30	REST	30	30	70	70	230	230.0	8.2	<p>Week three is your first big week designed to overload you.</p> <p>This is an important week to make sure that you are getting good quality sleep and not getting to stressed out with work and family commitments.</p> <p>At week three you may be riding slower than you did on week one. This indicates that you are training hard.</p> <p>If you are very tired leading into this week then don't increase your weekend KM's or climbing.</p>
			REST	1.0	REST	1.0	1.0	2.3	2.3	7.7			
			Stretch	Stretch	Matt Brindle Strength Training	Stretch	Matt Brindle Strength Training	Stretch	Stretch				
			Stretch	Stretch	0.3 Beginner Program One	Stretch	0.3 Beginner Program One	Stretch	Stretch	0.5			

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time				
4	Build	9-Jan-12 15-Jan-12	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		160	160.0	5.8	<p>This is your recovery week.</p> <p>Well done on completing your first four weeks of training.</p> <p>Week four is about giving your body time to recharge and adapt to the training load over the previous three weeks.</p> <p>Good quality sleep and food is now critical to ensure that you get a full recovery before entering into your next four week block of training.</p>
			REST	REST	30	003 - Fruit Bowl VO2MAX Ergo	REST	REST	30	003 - Fruit Bowl VO2MAX Ergo	REST	REST	50	HILL REPEATS @ BASE - Climb 250 vertical meters	50	HILL REPEATS @ BASE - Climb 250 vertical meters	5.3			
			REST	REST	1.0	<p>Ideal for developing all aspects of your cycling. These intervals get shorter as you progress through this workout.</p> <p>You don't have a lot of recovery between efforts so they develop good LAT tolerance while dumping great VO2MAX power into the pedals.</p> <p>Done on a home trainer</p> <p>This workout is a very efficient use of your training time.</p>	REST	REST	1.0	<p>Ideal for developing all aspects of your cycling. These intervals get shorter as you progress through this workout.</p> <p>You don't have a lot of recovery between efforts so they develop good LAT tolerance while dumping great VO2MAX power into the pedals.</p> <p>Done on a home trainer</p> <p>This workout is a very efficient use of your training time.</p>	REST	REST	1.7	<p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>	1.7	<p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>				
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2					
			Stretch	Stretch		Stretch	Matt Brindle Strength Training	Stretch	Stretch		Stretch	Matt Brindle Strength Training	Stretch	Stretch	Stretch	Stretch				
			Stretch	Stretch		Stretch	0.3 Beginner Program One	Stretch	Stretch		Stretch	0.3 Beginner Program One	Stretch	Stretch	Stretch	Stretch	0.5			



3 Peaks Challenge Training Program



Block Two

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time				
5		16-Jan-12 22-Jan-12	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		230	230.0	8.2	<p>If your training load is correct you should now be noticing a big improvement in your cycling fitness.</p> <p>This week we step back onto another four week block of training and adding some important VO2MAX effort to the program. These will help turbo charge your training to the next level.</p> <p>We also increase the Matt Brindle Strength Program from Beginner program one to Beginner program two.</p>
			REST	30	010 - Hill climber Cadence Steps E3	30	REST	30	003 - Fruit Bowl VO2MAX Ergo	30	RECOVERY E1 100 rpm Cycles	70	HILL REPEATS @ BASE - Climb 750 vertical meters	70	HILL REPEATS @ BASE - Climb 750 vertical meters	7.7				
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2					
			Stretch		Stretch		Matt Brindle Strength Training		Stretch		Matt Brindle Strength Training		Stretch		Stretch		0.5			
			Stretch		Stretch	0.3	Beginner Program Two		Stretch	0.3	Beginner Program Two		Stretch		Stretch					

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time				
6		23-Jan-12 9 29-Jan-12	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		290	290.0	10.2	<p>Week six we continue the progressive building of your fitness.</p> <p>This week you'll be continuing on with the development of building hill climbing strength and VO2MAX speed to help you climb faster.</p>
			REST	30	010 - Hill climber Cadence Steps E3	30	RECOVERY E1 100 rpm Cycles	30	003 - Fruit Bowl VO2MAX Ergo	30	RECOVERY E1 100 rpm Cycles	100	HILL REPEATS @ BASE - Climb 1,000 vertical meters	70	HILL REPEATS @ BASE - Climb 750 vertical meters	9.7				
			REST	1.0	<p>Individual Time Trial Efforts to build strength specifically for Hill Climbing.</p> <p>Designed to improve aerobic endurance and leg strength for Hill Climbing</p> <p>This workout is a very efficient use of your training time.</p> <p>Done on a home trainer</p>	1.0	<p>E1 Ride 45 Mins @ 100 rpm.</p> <p>Every 5 mins change position by cycling through tops hoods and drops hand positions.</p> <p>Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM</p> <p>Keep it in E1</p>	1.0	<p>Ideal for developing all aspects of your cycling. These intervals get shorter as you progress through this workout.</p> <p>You don't have a lot of recovery between efforts so they develop good LAT tolerance while dumping great VO2MAX power into the pedals.</p> <p>Done on a home trainer</p> <p>This workout is a very efficient use of your training time.</p>	1.0	<p>E1 Ride 45 Mins @ 100 rpm.</p> <p>Every 5 mins change position by cycling through tops hoods and drops hand positions.</p> <p>Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM</p> <p>Keep it in E1</p>	3.3	<p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>	2.3	<p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>	0.5				
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2					
			Stretch		Stretch		Matt Brindle Strength Training		Stretch		Matt Brindle Strength Training		Stretch		Stretch		Stretch			
			Stretch		Stretch	0.3	Beginner Program Two		Stretch	0.3	Beginner Program Two		Stretch		Stretch		Stretch			

Week	Phase	Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
7		30-Jan-12 5-Feb-12	REST	010 - Hill climber Cadence Steps E3	RECOVERY E1 100 rpm Cycles	003 - Fruit Bowl VO2MAX Ergo	RECOVERY E1 100 rpm Cycles	HILL REPEATS @ BASE - Climb 1,000 vertical meters	HILL REPEATS @ BASE - Climb 1,000 vertical meters	320			Week seven is your second big week designed to overload you. Again, this is an important week to make sure that you are getting good quality sleep and not get to stressed out with work and family commitments. Again, at week seven you may be riding slower than you did on week one. This indicates that you are training hard. If you are very tired leading into this week then don't increase your weekend KM's or climbing.
			REST	Individual Time Trial Efforts to build strength specifically for Hill Climbing. Designed to improve aerobic endurance and leg strength for Hill Climbing. Done on a home trainer This workout is a very efficient use of your training time.	E1 Ride 45 Mins @ 100 rpm. Every 5 mins change position by cycling through tops hoods and drops hand positions. Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Keep it in E1	Ideal for developing all aspects of your cycling. These intervals get shorter as you progress through this workout. You don't have a lot of recovery between efforts so they develop good LAT tolerance while dumping great VO2MAX power into the pedals. Done on a home trainer This workout is a very efficient use of your training time.	E1 Ride 45 Mins @ 100 rpm. Every 5 mins change position by cycling through tops hoods and drops hand positions. Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Keep it in E1	Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course. Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills. Climb to indicated height	Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course. Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills. Climb to indicated height	10.7	10.7	320.0	11.2
			Stretch	Stretch	Matt Brindle Strength Training	Stretch	Matt Brindle Strength Training	Stretch	Stretch				
			Stretch	Stretch	0.3 Beginner Program Two	Stretch	0.3 Beginner Program Two	Stretch	Stretch	0.5			



3 Peaks Challenge Training Program



Block Three

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time				
6		13-Feb-12 19-Feb-12 9	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		320	320.0	11.2	<p>In block three we start finishing off your peak and taper.</p> <p>This week we have another big week four weeks out from the event. This is the last week where we have a heavy week so this week is critical to your training success.</p> <p>We increase the Matt Brindle Strength program to Intermediate program one and transition from strength training to speed training to help improving your climbing speed.</p>
			REST	30	013 - Over Threshold Intervals	30	RECOVERY E1 100 rpm Cycles	30	013 - Over Threshold Intervals	30	RECOVERY E1 100 rpm Cycles	100	HILL REPEATS @ BASE - Climb 1,000 vertical meters	100	HILL REPEATS @ BASE - Climb 1,000 vertical meters	10.7				
			REST	1.0	<p>Individual Time Trial Efforts to build strength specifically for Hill Climbing.</p> <p>Designed to improve aerobic endurance and leg strength for Hill Climbing.</p> <p>Done on a home trainer</p> <p>This workout is a very efficient use of your training time.</p>	1.0	<p>E1 Ride 45 Mins @ 100 rpm.</p> <p>Every 5 mins change position by cycling through tops hoods and drops hand positions.</p> <p>Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Hoods @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM</p> <p>Keep it in E1</p>	1.0	<p>Individual Time Trial Efforts to build strength specifically for Hill Climbing.</p> <p>Designed to improve aerobic endurance and leg strength for Hill Climbing.</p> <p>Done on a home trainer</p> <p>This workout is a very efficient use of your training time.</p>	1.0	<p>RECOVERY E1 100 rpm Cycles</p> <p>Every 5 mins change position by cycling through tops hoods and drops hand positions.</p> <p>Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM</p> <p>Keep it in E1</p>	3.3	<p>HILL REPEATS @ BASE - Climb 1,000 vertical meters</p> <p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>	3.3	<p>HILL REPEATS @ BASE - Climb 1,000 vertical meters</p> <p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>	0.5				
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2					
			Stretch		Stretch		Matt Brindle Strength Training		Stretch		Matt Brindle Strength Training		Stretch		Stretch					
			Stretch		Stretch	0.3	Intermediate Program One		Stretch	0.3	Intermediate Program One		Stretch		Stretch					

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time				
10		20-Feb-12 26-Feb-12 9	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		260	260.0	9.2	<p>This is the last big ish week and the start of your taper leading up to the event.</p> <p>We back off the weekend training while boosting the intensity in the indoor training sessions.</p> <p>It's important that you focus your attention on getting logistically ready for the 3 Peaks Challenge.</p> <p>Finalise your check list detailing equipment, nutrition, travelling arrangement and schedule.</p>
			REST	30	013 - Over Threshold Intervals	30	RECOVERY E1 100 rpm Cycles	30	013 - Over Threshold Intervals	30	RECOVERY E1 100 rpm Cycles	70	HILL REPEATS @ BASE - Climb 750 vertical meters	70	HILL REPEATS @ BASE - Climb 750 vertical meters					
			REST	1.0	<p>Individual Time Trial Efforts to build strength specifically for Hill Climbing.</p> <p>Designed to improve aerobic endurance and leg strength for Hill Climbing.</p> <p>Done on a home trainer</p> <p>This workout is a very efficient use of your training time.</p>	1.0	<p>E1 Ride 45 Mins @ 100 rpm.</p> <p>Every 5 mins change position by cycling through tops hoods and drops hand positions.</p> <p>Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM</p> <p>Keep it in E1</p>	1.0	<p>Individual Time Trial Efforts to build strength specifically for Hill Climbing.</p> <p>Designed to improve aerobic endurance and leg strength for Hill Climbing.</p> <p>Done on a home trainer</p> <p>This workout is a very efficient use of your training time.</p>	1.0	<p>RECOVERY E1 100 rpm Cycles</p> <p>E1 Ride 45 Mins @ 100 rpm.</p> <p>Every 5 mins change position by cycling through tops hoods and drops hand positions.</p> <p>Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM</p> <p>Keep it in E1</p>	2.3	<p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>	2.3	<p>Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course.</p> <p>Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills.</p> <p>Climb to indicated height</p>	8.7				
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		0.5			
			Stretch		Stretch		Matt Brindle Strength Training		Stretch		Matt Brindle Strength Training		Stretch		Stretch					
			Stretch		Stretch	0.3	Intermediate Program One		Stretch	0.3	Intermediate Program One		Stretch		Stretch					

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time				
11		27-Feb-12 4-Mar-12 9	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		160	160.0	5.3	<p>This week we start the final taper into the 3 Peaks Challenge.</p> <p>Have your bike serviced by your local bike shop and get brand new tyres and inner tubes installed. Also replace your brake and gear cables and break pads. Make sure that your gears are not worn and replace them if they are.</p> <p>We recommend a more robust tyre for the 3 Peaks Challenge than a racing tyres due to the road conditions.</p>
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		5.3	5.3	5.3	
			REST	REST	30	013 - Over Threshold Intervals	REST	REST	30	003 - Fruit Bowl VO2MAX Ergo	REST	REST	50	HILL REPEATS @ BASE - Climb 250 vertical meters	50	HILL REPEATS @ BASE - Climb 250 vertical meters				
						Individual Time Trial Efforts to build strength specifically for Hill Climbing. This indoor training workout develops excellent over threshold power to help you bridge gaps, and climb short hills with explosive power. Done on a home trainer This workout is a very efficient use of your training time.				Ideal for developing all aspects of your cycling. These intervals get shorter as you progress through this workout. You don't have a lot of recovery between efforts so they develop good LAT tolerance while dumping great VO2MAX power into the pedals. Done on a home trainer This workout is a very efficient use of your training time.				Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course. Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills. Climb to indicated height		Ride along flattish course at E1 @ 100 rpm for 15 mins to a hilly course. Do hills at preferred climbing cadence (75+ RPM) alternating between seated and standing in E3 with recovery @ E1 in between hills. Climb to indicated height				
			Stretch	Stretch		Stretch	Stretch	Stretch		Stretch	Stretch	Stretch		Stretch		Stretch				
						Stretch	Stretch	Stretch		Stretch	Stretch	Stretch		Stretch		Stretch				

Week	Phase	Week	Mon		Tue		Wed		Thurs		Fri		Sat		Sun		Total Km	Total Weekly Km	Total Weekly Time	Weekly Comments
			Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time	Km	Time				
12		5-Mar-12 9 11-Mar-12	Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		Exercise 1		325	325.0	10.8	<p>Check weather conditions prior to the event and make a decision on your clothing selection.</p> <p>Go through final item checklist for the event to make sure you have everything.</p> <p>Pack the night before the event and make sure that you have suitable clothing and nutrition.</p> <p>Ensure that you do not over inflate your tyres. 100-110 PSI is recommended for the 3 Peaks Challenge Course</p>
			REST	30	Event Taper Ergo	30	Event Taper Ergo	REST	30	Event Taper Ergo	REST	30	RECOVERY E1 100 rpm Cycles	235	2012 Three Peaks Challenge					
			REST	1.0	Cycling-Inform's special Indoor training session designed specifically for event tapering. Done on the home trainer.	REST	1.0	REST	1.0	Cycling-Inform's special Indoor training session designed specifically for event tapering. Done on the home trainer.	REST	1.0	E1 Ride 45 Mins @ 100 rpm. Every 5 mins change position by cycling through tops hoods and drops hand positions. Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Tops @ 100 RPM Hoods @ 100 RPM Drops @ 100 RPM Keep it in E1	7.8	Well done on completing the program. Enjoy the event	10.8				
			Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2		Exercise 2					
			Stretch		Stretch		Stretch	Stretch		Stretch		Stretch		Stretch		Stretch				
			Stretch		Stretch		Stretch	Stretch		Stretch		Stretch		Stretch		Stretch				