

## Training program for the 80km School Challenge Ride

If you have entered the 80km ride option, it is assumed that you are into challenge sport riding and prepared to do up to 10hrs riding in a week.

### Ridewiser Cycling < Mental Tip for 80km >

The 80km challenge is about becoming experienced over 3hrs of riding. 1<sup>st</sup> hour is settling in, 2<sup>nd</sup> hour is nibbling and sipping your fuels, the 3<sup>rd</sup> hour is where your preparation fitness shows.

<b>80Km Event</b> ( < 10hrs /wk riding)	Mon	Tue	Wed	Thur	Fri	Sat	Sun	<b>Total Km</b>
Week 1	Rest	10	15	10	(AR)	20	(AR)	55
Week 2	Rest	10	15	10	(AR)	30	(AR)	65
Week 3	Rest	10	15	10	(AR)	40	(AR)	75
<b>Taper Week 4</b>	Rest	5	Rest	5	(AR)	Rest	(AR)	10
Week 5	Rest	15	20	15	(AR)	50	(AR)	100
Week 6	Rest	15	20	15	(AR)	55	(AR)	105
Week 7	Rest	15	20	15	(AR)	60	(AR)	110
<b>Taper Week 8</b>	Rest	10	Rest	10	(AR)	Rest	(AR)	20
Week 9	Rest	15	30	15	(AR)	70	(AR)	130
Week 10	Rest	15	30	15	(AR)	80	(AR)	140
Week 11	Rest	15	30	15	(AR)	60	(AR)	120
<b>Taper Week 12 (ATBD)</b>	Rest	15	Rest	15	(AR)	Rest	<b>80km</b>	110

### Legend

**Rest** = Totally resting from all exercise

**Taper Week** = Low volume before the big ride day

**(AR)** = Active Recovery (low impact exercise 20-40mins)



This training program is provided by Rob Crowe, of Ridewiser.

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**Sunday 17 October** [www.aroundthebay.com.au](http://www.aroundthebay.com.au)