



## RACV Great Vic 2011 – Training Program

***Before you commence a training program it is highly recommended that you participate in a pre-exercise screening/health appraisal in order to identify any health / medical concerns or risk factors that could be affected by participation in any exercise program. This can be administered by your local GP.***

This training program you may find beneficial in your preparation for the RACV Great Victorian Bike Ride 2011, however if you are not comfortable or unable to perform some of the suggested training, there are many different training programs available and using alternate forms of exercise that you would prefer is also beneficial ie. Swimming, gym, circuit training etc.

This program was designed with an intermediate level rider in mind and the heart rates ( $HR_{max}$ ) are suggestions and by no means essential to follow. If you cannot perform to that level then take it down to a level that you can.

The key thing to remember in the lead up to the Ride is that time on the bike is one of the most important things, as getting used to riding a bike on the road presents many new experiences, in particular saddle sores! So get out there on your bike and start riding!

### **WARM UP**

With every training / exercise session it is highly recommended that you participate in a 10-15 minute active warm up in order to increase joint flexibility, metabolic functions / processes and  $O_2$  consumption (to reduce the amount of  $O_2$  deficit(lack) when you begin training at a higher intensity). Warm up should mimic (be similar to) the session you are about to participate in.

### **COOL DOWN**

Cool down is essential and should go for 5-10 minutes with the aim of slowly bringing the HR back down to normal levels. For example, cycling slowly in a low gear, keeping the legs moving and dynamic stretching are good. It helps reduce the buildup of lactic acid in the muscles and reduce soreness felt the next day, enhancing mobility and helping to prevent injury.

### **STRETCHING**

With regards to stretching, static or dynamic is best and it is recommended that you do so *after* a session during the cool down at a low intensity ( $>64\% HR_{max}$ ). This allows for best results to keep joint mobility / flexibility on the bike. Evidence does not support whether stretching helps or hinders when performed before a training session.

### **SUGGESTED GYM / CIRCUIT EXERCISES**

- Squats
- Calf Raises
- Step Ups
- Skipping
- Run up & down stairs.
- Sit ups / Crunches
- Dynamic and static stretches
- Push Ups

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### Weeks 4 to 6

#### DEFINITIONS:

- **HR<sub>max</sub>** – Heart Rate Max (to calculate your Heart Rate Max take 220 minus your age. Ie. If you are 40 years old your HR<sub>max</sub> is 220 – 14 = 180bpm)
- **BPM** – Beats per minute
- **LSD** – Long Slow Distance
- **Fartlek** – Bursts of fast, high intensity activity followed by slower, lower intensity bursts
- **RPM** – Revolutions per minute
- **Cadence** – same as revolutions

#### Week 4

DAY	DISTANCE	TYPE	INTENSITY
Monday			
Tuesday			
Wednesday	1hr	walk	Power walk at fast pace where you can still have a conversation (~65-70%HR <sub>max</sub> )
Thursday			
Friday			
Saturday			
Sunday	35km	LSD	70-75%HR <sub>max</sub>

#### Week 5

DAY	DISTANCE	TYPE	INTENSITY
Monday			
Tuesday	5-8km	run	Aim for 7mins/km
Wednesday	1hr	walk	Power walk at fast pace where you can still have a conversation (~65-70%HR <sub>max</sub> )
Thursday			
Friday	30km	High Intensity	Ride at a consistent pace (~80%HR <sub>max</sub> ) for 10km, then 20 km at a slower pace (~65%HR <sub>max</sub> )
Saturday			
Sunday	40km	LSD	70-75%HR <sub>max</sub>

#### Week 6

DAY	DISTANCE	TYPE	INTENSITY
Monday			
Tuesday	5-8km	run	Aim for 7mins/km
Wednesday	35km	LSD	75-80%HR <sub>max</sub>
Thursday			
Friday	1hr	Hill Training	Find a route that has sufficient hills/undulating terrain to practice going up in a middle gear and free spinning down as well as getting the feeling for riding on a route, not just one hill.
Saturday			
Sunday	50km	LSD	70-75%HR <sub>max</sub>