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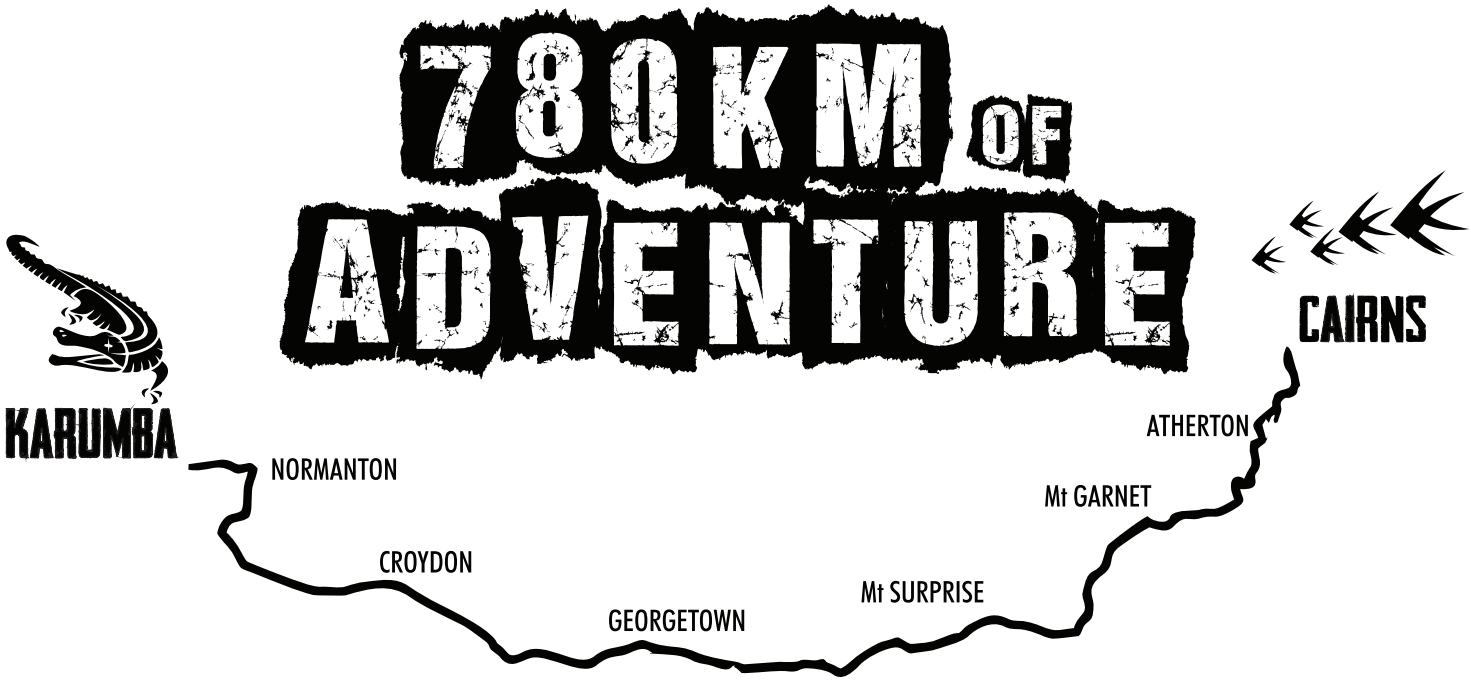
CAIRNS TO KARUMBA BIKE RIDE

giving bush kids a fair go!

START - JUNE 30 2018

FINISH - JULY 6 2018



Cairns to Karumba Bike Ride

12 Week Training Programme

Cyclinginform cycle coaching

Written by: Cycling Inform

Cairns to Karumba Bike Ride 12 Week Training Program

This training program can be used for either the 3 day or 7 day Cairns to Karumba Bike Ride - http://www.ridefnq.com/index.html.

We have provided basic information on the volume and intensity of each cycle ride. The volume is estimated in both kilometres and hours. No need to sweat the details. The hours are based on an average ride speed of 25km/h. The speed varies depending on the pack you are riding in for the Cairns to Karumba bike ride. Packs 5 & 6 will vary between 18-22km/hr and the faster packs 1 & 2 will average 28-35km/hr. The riders all get the opportunity to ride the full distance each day (except for day 1 up the Range) so the important thing in the training schedule below is the distance rather than time. The time estimates are provided as guidelines and will be affected by your fitness and the terrain that you'll be riding over. Ideally you'll want to use these guidelines and base your actual training around what we recommend in the program and your family and work commitments.

We recommend that you follow the program, but if you do have additional time to train then by all means get out there and ride. If you do so please remember to back off your training during the recovery weeks to ensure that you give your body time to rest and adapt. This is because the training load creates the stimulus in your body and triggers it to start improving but it is when you are recovering that your body actually makes the necessary physiological changes that make you fitter. This is why the recovery weeks are scheduled in on every fourth week.

We also recommend that you do the training specified on the specific days of the week as the program describes but if you do have other commitments that get in the way of this then you can swap around the sessions during the week to suit. Just try to complete all the sessions prescribed by the end of the week. Avoid doubling up two sessions in the one day where possible. If for whatever reason you are unable to perform all the sessions during the week then never try to "catch it up" the following week. A missed session is a missed session. Start each training week fresh.

If you use a heart rate monitor to measure training intensity then the training zones for the easy days are done in around the REC and E1 heart rate zones or 55-74% of your max heart rate while the medium intensity days are done in around E2-E3 heart rate zones or 75-91% of your max heart rate. On the medium days you can also spend brief periods in your VO2MAX heart rate zone if you wish. This is above 91% of your max heart rate. There is also no issue spending brief periods in the higher heart rate zones on the easy days too.

A full description of heart rate zones can be found here: www.cycling-inform.com/how-to-use-heart-rate-monitor-and-zones-to-improve-your-cycling

As you build your fitness you may find that you are tired on weeks two and three. This is normal and for that reason week four is a recovery week. Ensure that you keep your cycle training volume and intensity low during these recovery weeks by closely following the program so that you to give your body time to adapt and build your fitness.

Here are some simple tips that you can use to help you with your cycle training leading up to Cairns to Karumba Bike Ride:

- You can't cram your training into a few weeks like an exam as it takes time for your body to get fit. Train consistently and build your fitness progressively over many weeks to get the best results.
- Let your family and workmates know that you are training for the Cairns to Karumba Bike Ride and ask them for your support. We call it stakeholder buy-in and by doing so you help them to understand and make allowance for the fact that you can focused on your training for a short time in preparation for the event.
- Develop good pedalling technique and aerobic fitness by keeping your cadence around 90-100 rpm when riding on the flat and no lower than 65 rpm when climbing.
- If the weather is bad train indoors either at home or take indoor cycle training classes at a gym.
- It's important to get use to riding on the bike for over four hours and on consecutive days.
- Do your medium intensity training where indicated on Tuesdays and Thursdays to help build your aerobic fitness. These are slightly harder rides and can be supplemented with indoor training sessions done either on your home trainer or in the gym using cycle spin classes. We have a huge range of indoor training workouts to choose from so check them out here: http://www.cycling-inform.com/product-category/cycling-inform-indoor-training-workouts-electronic-download/

- During the event ensure that you eat around 30-60 grams of carbohydrate per hour and drink regularly, especially if it is hot.

The 12 week training program commences 6th April. You can start your training earlier, if you do so, repeat weeks 5-8 and remember recovery weeks are very important. Even though some riders will obtain a lift up some of the steeper climbs there are some undulating roads and always the potential for a headwind so it is important to incorporate hills into your training.

Cairns to Karumba Bike Ride 12 Week Training Program	**Mon**	**Tue**	**Wed**	**Thru**	**Fri**	**Sat**	**Sun**	**Total Km**	**Est. Total Hours**
Week 1	Stretch	25	Stretch	25	Stretch	50	50	150	6
Intensity		Easy		Easy		Easy	Easy		
Week 2	Stretch	25	Stretch	25	Stretch	75	50	175	7
Intensity		Easy		Easy		Easy	Easy		
Week 3	25	25	Stretch	25	Stretch	75	75	225	9
Intensity	Easy	Med		Easy		Hills	Easy		
Week 4 (rec week)	Stretch	25	Stretch	25	Stretch	Stretch	50	100	4
Intensity		Easy		Easy			Easy		
Week 5	Stretch	25	Stretch	25	Stretch	75	50	175	7
Intensity		Med		Easy		Hills	Med		
Week 6	Stretch	25	Stretch	25	Stretch	75	75	200	8
Intensity		Med		Med		Med	Med		
Week 7	Stretch	25	Stretch	25	Stretch	75	100	225	9
Intensity		Med		Med		Med	Hills		
Week 8 (rec week)	Stretch	25	Stretch	25	Stretch	50	50	150	6
Intensity		Easy		Easy		Easy	Easy		
Week 9	Stretch	25	Stretch	25	Stretch	75	75	200	8
Intensity		Med		Med		Hills	Med		
Week 10 (Queens b'day)	25	25	Stretch	25	Stretch	100	75	250	10
Intensity	Med	Easy		Med		Med	Hills		
Week 11	Stretch	25	Stretch	25	Stretch	50	25	125	5
Intensity		Easy		Easy		Easy	Easy		
Week 12 (Taper week)	Stretch	25	Stretch	25	Stretch	94	105	249	10
Intensity		Easy		Easy		C2K	C2K		

Intensity Guide *Easy: Able to hold a conversation* *Med: Able to talk in short sentences*

This information is provided by Jodie Batchelor and David Heatley from Cycling-Inform. Both are Accredited Cycling Australia Cycling Coaches. Cycling-Inform provides cycle coaching services, runs training camps and has a website full of excellent advice to help you get the best out of your cycling.

Please visit their website www.cycling-inform.com