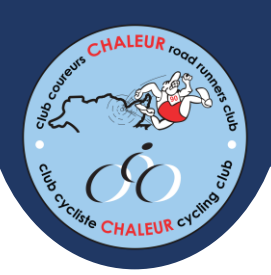




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 4 sets of: (30 sec @ RPE 7, 30 sec @ RPE 2) x 4 min, 3 min RPE 3 – 5 b/w sets 15 min CD @ RPE 3 – 5	Aerobic Capacity 50 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 45 min @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 1 hr 30 min @ RPE 3 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 1 hr 15 min @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 2	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 5 sets of: (30 sec @ RPE 7, 30 sec @ RPE 2) x 4 min, 3 min RPE 3 – 5 b/w sets 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 45 min @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 2 hr @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 1 hr 30 min @ RPE 4 – 5 w/ 3 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 3	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 5 sets of: (30 sec @ RPE 7, 30 sec @ RPE 2) x 4 min, 3 min RPE 3 – 5 b/w sets 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 15 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 45 min @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 2 hr 30 min @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 1 hr 45 min @ RPE 4 – 5 w/ 3 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 4	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 3 sets of: (30 sec @ RPE 7, 30 sec @ RPE 2) x 4 min, 3 min RPE 3 – 5 b/w sets 15 min CD @ RPE 3 – 5	Aerobic Capacity 45 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 45 min @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 1 hr 45 min @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 large gear efforts of 2 – 3 minutes	Aerobic Endurance 1 hr 15 min @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 5	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 3 sets of: (2 min @ RPE 7 – 8, 1 min @ RPE 2) x 9 min, 4 min RPE 3 – 5 b/w sets 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 15 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 3 hr @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 4 – 6 large gear efforts of 4 minutes	Aerobic Endurance 2 hr @ RPE 4 – 5 w/ 4 x 4 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 6	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 4 sets of: (2 min @ RPE 7 – 8, 1 min @ RPE 2) x 9 min, 4 min RPE 3 – 5 b/w sets 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 30 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 3 hr 15 min @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 4 – 6 large gear efforts of 5 minutes	Aerobic Endurance 2 hr 15 min @ RPE 4 – 5 w/ 5 x 4 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 7	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 3 sets of: (2 min @ RPE 7 – 8, 1 min @ RPE 2) x 12 min, 4 min RPE 3 – 5 b/w sets 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 30 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 3 hr 30 min @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 4 – 6 large gear efforts of 5 minutes	Aerobic Endurance 2 hr 30 min @ RPE 4 – 5 w/ 6 x 4 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 8	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 2 sets of: (2 min @ RPE 7 – 8, 1 min @ RPE 2) x 12 min, 4 min RPE 3 – 5 b/w sets 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 2 hr 15 min @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 large gear efforts of 4 minutes	Aerobic Endurance 1 hr 30 min @ RPE 4 – 5 w/ 4 x 4 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 9	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 4 x 5 min @ RPE 7, 5 min @ RPE 4 b/w 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 15 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 45 min @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 3 hr @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 2 hr @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 10	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 5 x 5 min @ RPE 7, 5 min @ RPE 4 b/w 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 30 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 3 hr 30 min @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 2 hr 30 min @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 11	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 6 x 5 min @ RPE 7, 5 min @ RPE 4 b/w 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 30 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 4 hr 15 min @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 3 hr @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 12	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 3 x 5 min @ RPE 7, 5 min @ RPE 4 b/w 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 15 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 2 hr 45 min @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 1 hr 45 min @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 13	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 6 x 6 min @ RPE 7, 5 min @ RPE 4 b/w 15 min CD @ RPE 3 – 5	Aerobic Capacity 2 hr+ @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 5 hr+ @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 3 hr+ @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 14	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 8 x 4 min @ RPE 7, 4 min @ RPE 4 b/w 15 min CD @ RPE 3 – 5	Aerobic Capacity 2 hr+ @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 5 hr 15 min+ @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 3 hr+ @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 15	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 6 x 4 min @ RPE 7, 4 min @ RPE 4 b/w 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr 45 min @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 1 hr @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 4 hr @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Aerobic Endurance 2 hr 30 min @ RPE 4 – 5 w/ 2 x 5 min @ RPE 6 – 7, 5 min Easy Spin b/w sets, near the end of the ride
Week 16	Rest	Aerobic Power 20 min WU @ RPE 3 – 5 3 x 4 min @ RPE 7, 4 min @ RPE 4 b/w 15 min CD @ RPE 3 – 5	Aerobic Capacity 1 hr @ RPE 4 – 5, vary RPM b/w 85 - 100	Recovery 45 min @ RPE 3 – 4, light gear, easy pedaling	Rest	Aerobic Endurance 1 hr @ RPE 4 – 5, ride a hilly route today, if hills are not available, add 3 – 5 large gear efforts of 2 – 3 minutes	Rest

This 16 week training program is designed for intermediate and advanced cyclists that are preparing for a multi-day cycling tour, or multi-day charity ride. Completing the program in full, will ensure that you are capable of completing several long days of cycling, back to back, over a period of multiple days.

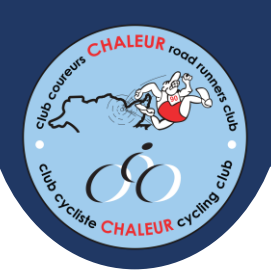
Common terms:

RPE- Rating of Perceived Exertion = The Borg Rating of Perceived Exertion is a way of measuring physical activity intensity level. Perceived exertion is how hard you feel that your body is working.

RPM- Revolutions per Minute = The number of pedal revolutions that one leg makes in one minute. If you do not have a RPM computer, count the number of revolutions that one leg makes for 15 seconds, then multiply by 4 to get an RPM estimate.

B/W = Between.

Heart Rate Percentage % = A percentage of your Maximum Heart Rate, used as a measure of intensity.



RPE	DESCRIPTION	HEART RATE %
1	Very easy/ relaxed effort	40 %
2	Still easy, can maintain a conversation	50 %
3	Easy paced recreational riding, slight feeling of exertion	60%
4	All-day paced riding, not easy but sustainable, able to maintain a full uninterrupted conversation	70%
5	Riding consciously quicker but still able to talk easily	75%
6	Upping the effort, only able to talk in short sentences	80%
7	Building on Level 6, you could probably just about respond "I'm fine!" if someone asked you how you felt	85%
8	Riding hard, you can only sustain this for a couple of minutes and only communicate with a single word	90%
9	Almost as hard as you can possibly push your pedals	95 – 100%
10	100% sprint for the line	100%