

## Eight Week Cycle Queensland Training Program

31 Jan 2017

Of course you should start as soon as you can but this 8 week program should get you ready for anything the event will throw at you.

The important issues to consider when preparing for a Cycle Queensland adventure are your basic fitness and your cycling specific fitness.

You may think you are very fit if you walk or run often, but when you ride for longer distances you may soon find, by increasing soreness, that you really do have other muscles you didn't realise you had before.

The training program outlined below is a simple way to tune your body for multiple days in the saddle.

As you prepare for the ride please make sure you also maintain your general fitness and lead an active lifestyle. Regular stretching is also very useful for developing muscle flexibility. You don't have to go overboard. Just do what you can find time to do but make sure when you start you keep up a regular schedule.

The most essential aim of any training program is to set your goals and targets and to try consistently to achieve them.

To train for Cycle Queensland you will need to build up your general level of cycling fitness to allow you to comfortably cover the daily average of about 65km. To do this we recommend a series of training rides of varying distances building up to 104km (the longest day we expect to have on the ride) closer to the event.

This program assumes you are starting from zero. If you already cycle regularly then simply start at the point you are comfortable with and begin to stretch yourself.

Warm up before you start. Don't rush into strenuous riding on a cold body. Always stretch before exercising. Take it easy starting out on each ride as this gives your body a chance to settle into a comfortable rhythm and, where possible, save your maximum exertion for the hills. It's the mark of an inexperienced rider to ride too hard at the start and expend the energy needed for the end of the ride.

**DRINK, DRINK, DRINK!** The moisture you sweat out on the road has to be replaced so you must drink lots of water as you ride. Always carry at least two large water bottles and make sure these are refilled during your ride well before you run out.

Food is also important. For longer rides take some high-energy snack food with you to eat along the way.



Week	Number of days on which you ride	Consecutive days when you ride	Longest distance	Other distances	Difficulty and notes
1	3	2	20km	10 to 15km	Start easy with flat terrain and get your bike and body fully adjusted to each other.
2	4	2	30km	15 to 20km	Start to introduce some hills.
3	4	3	40km	15 to 20km	Try for 2 of the rides to be hilly.
4	5	3	50km	15 to 20km	Make one of the shorter rides a big hill - say a 1km climb without a break.
5	4	3	60km	30 to 40km	Keep the hills included in all your rides except one easy recovery ride. Try doing a decent hill twice early in a longer ride.
6	3	2	70km	30 to 50km	Include a 1km climb in your long ride.
7	3	3	80km	40 to 50km	Include a 1km climb twice in your long ride.
8	3	2	100km	50 to 60km	Bring it on!