

## Around the Bay in a Day Training Program 2008 (100km riders)

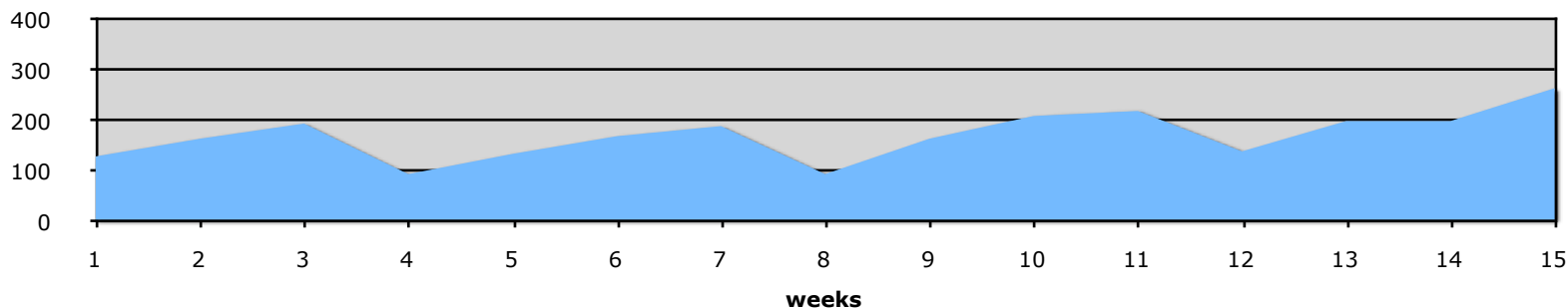
Around the Bay preparation Period	Dates		Sample Events & Weekend rides	Mo	Tu	We	Th	Fr	Sa	Su	Hours	Weekly riding distance*	Weekend riding distances
Base 1	7-Jul-08	13-Jul-08	Audax Whittlesea 120km	Rest	15	25	25	Rest	25	35	4.8	125	60
Base 1	14-Jul-08	20-Jul-08		Rest	15	25	25	25	30	40	6.2	160	70
Base 1	21-Jul-08	27-Jul-08		Rest	20	25	35	25	35	50	7.3	190	85
Recovery	28-Jul-08	3-Aug-08		Rest	15	20	15	Rest	15	25	3.5	90	40
Base 2	4-Aug-08	10-Aug-08	SRAM Whittlesea Challenge 110km	Rest	15	25	25	Rest	25	40	5.0	130	65
Base 2	11-Aug-08	17-Aug-08		Rest	15	25	25	20	30	50	6.3	165	80
Base 2	18-Aug-08	24-Aug-08		Rest	20	30	20	20	40	55	7.1	185	95
Recovery	25-Aug-08	31-Aug-08		Rest	15	20	15	Rest	15	25	3.5	90	40
Base 3	1-Sep-08	7-Sep-08	Degani Kinglake Ride 120km	Rest	15	25	40	Rest	25	55	6.2	160	80
Base 3	8-Sep-08	14-Sep-08		Rest	15	25	50	20	30	65	7.9	205	95
Base 3	15-Sep-08	21-Sep-08		Rest	20	30	40	20	30	75	8.3	215	105
Recovery	22-Sep-08	28-Sep-08		Rest	30	20	30	Rest	30	25	5.2	135	55
Build up	29-Sep-08	5-Oct-08	Around the Bay in a Day	Rest	15	20	50	20	25	65	7.5	195	90
Build up	6-Oct-08	12-Oct-08		Rest	15	20	50	20	25	65	7.5	195	90
Recovery	13-Oct-08	19-Oct-08		Rest	20	20	60	20	40	100	10.0	260	140

July & August: Basic cycling familiarisation month where all intensity is done in 1-2X mid week efforts possibly during indoor sessions. Building basic endurance and training consistency. Handling and cornering.

**6 hours per week on average**  
\* assumes average training speed of 26 km/hr

September/October: Speed and bunch riding month, where more and more your skills as a bunch rider are developed. Rotating turns in all weather conditions. Practice your smooth transition onto wheels and around other riders.

**Training Volume (kms)**



Team MONASH™