

## Around the Bay in a Day Training Program 2008 (210 and 250km riders)

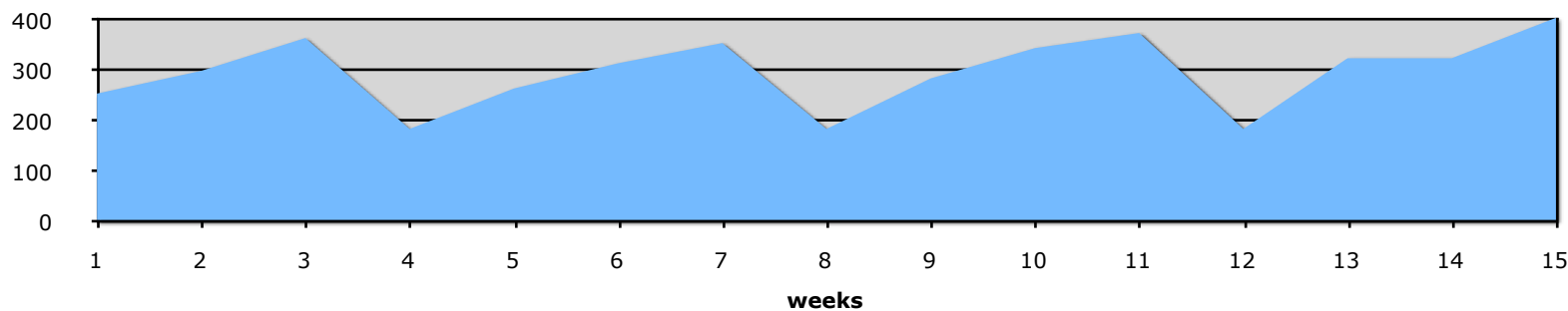
Around the Bay preparation Period	Dates		Sample Events & Weekend rides	Mo	Tu	We	Th	Fr	Sa	Su	Hours	Weekly riding distance*	Weekend riding distances	
Base 1	7-Jul-08	13-Jul-08	250	<b>Audax Whittlesea 120km</b>	Rest	30	50	50	0	50	70	8.9	<b>250</b>	<b>120</b>
Base 1	14-Jul-08	20-Jul-08	295		Rest	30	50	50	25	60	80	10.5	<b>295</b>	<b>140</b>
Base 1	21-Jul-08	27-Jul-08	360		Rest	40	60	70	25	70	95	12.9	<b>360</b>	<b>165</b>
Recovery	28-Jul-08	3-Aug-08	180		Rest	30	40	30	0	30	50	6.4	<b>180</b>	<b>80</b>
Base 2	4-Aug-08	10-Aug-08	260	<b>SRAM Whittlesea Challenge 110km</b>	Rest	30	50	50	0	50	80	9.3	<b>260</b>	<b>130</b>
Base 2	11-Aug-08	17-Aug-08	310		Rest	30	50	50	20	60	100	11.1	<b>310</b>	<b>160</b>
Base 2	18-Aug-08	24-Aug-08	350		Rest	40	60	40	20	80	110	12.5	<b>350</b>	<b>190</b>
Recovery	25-Aug-08	31-Aug-08	180		Rest	30	40	30	Rest	30	50	6.4	<b>180</b>	<b>80</b>
Base 3	1-Sep-08	7-Sep-08	280	<b>Degani Kinglake Ride 120km</b>	Rest	30	50	40	Rest	50	110	10.0	<b>280</b>	<b>160</b>
Base 3	8-Sep-08	14-Sep-08	340		Rest	30	50	50	20	60	130	12.1	<b>340</b>	<b>190</b>
Base 3	15-Sep-08	21-Sep-08	370		Rest	40	60	40	20	60	150	13.2	<b>370</b>	<b>210</b>
Recovery	22-Sep-08	28-Sep-08	180		Rest	30	40	30	Rest	30	50	6.4	<b>180</b>	<b>80</b>
Build 1	29-Sep-08	5-Oct-08	320	<b>Around the Bay in a Day</b>	Rest	30	40	50	20	50	130	11.4	<b>320</b>	<b>180</b>
Build 1	6-Oct-08	12-Oct-08	320		Rest	30	40	50	20	50	130	11.4	<b>320</b>	<b>180</b>
Recovery	13-Oct-08	19-Oct-08	400		Rest	40	40	60	20	40	200	14.3	<b>400</b>	<b>240</b>

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.

**10 hours per week on average**  
\* assumes average training speed of 28 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**



Team MONASH™