

SPRING START 12 week Training Programme



	Date:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	27 Aug.	Malcolm's Meander	SPIN 45min /or 2 x 8min HARD	OTTO's and back	SPIN 45min /or HARD hills	REST	70km, 3hrs	40km Easy recovery ride
WEEK 2	1 Sep.	Malcolm's Meander	SPIN 45min /or 2 x 8min HARD	OTTO's and back	SPIN 45min /or HARD hills	REST	70km, 3hrs /or Vula Vula Race	40km Easy recovery ride
WEEK 3	8 Sep.	Malcolm's Meander	SPIN 45min /or 3 x 8min HARD	OTTO's and back	SPIN 45min /or HARD hills	REST	80km, 3½hrs /or Lentetrap Race	40km Easy recovery ride
WEEK 4	15 Sep.	Malcolm's Meander	SPIN 45min /or 3 x 8min HARD	OTTO's and back	SPIN 45min /or EASY hills	REST	100km, 4hrs and Safari Ride	50km Easy recovery ride
WEEK 5	22 Sep.	Malcolm's & Red Route	SPIN 45min /or 4 x 8min HARD	OTTO's and back	SPIN 45min /or HARD hills	REST	70km, 3hrs /or Fighter Town Chall	50km Easy recovery ride
WEEK 6	29 Sep.	Malcolm's & Red Route	SPIN 45min /or 4 x 8min HARD	OTTO's and back	SPIN 45min /or HARD hills	REST	100km, 4hrs /or MTB Time Trial	50km Easy recovery ride
WEEK 7	6 Okt	Malcolm's & Red Route	SPIN 45min /or 3 x 8min HARD	OTTO's and back	SPIN 45min /or EASY hills	REST	70km, 3hrs /or MTB Club Champs	50km Easy recovery ride
WEEK 8	13 Okt	Malcolm's & Red Route	SPIN 45min /or 4 x 8min HARD	OTTO's and back	SPIN 45min /or LONG climb	REST	100km, 4hrs /or Road Club Champs	50km Easy recovery ride
WEEK 9	20 Okt	Malcolm's & Red Route	SPIN 45min /or 5 x 6min HARD	OTTO's and back	SPIN 45min /or LONG climb	REST	70km, 3hrs /or Telkom Classic Race	50km Easy recovery ride
WEEK 10	27 Okt	Malcolm's & Red Route	SPIN 45min /or 4 x 8min HARD	OTTO's and back	SPIN 45min /or EASY hills	REST	100km, 4hrs /or Maroppa Race	50km Easy recovery ride
WEEK 11	3 Nov.	Malcolm's & Red Route	SPIN 45min /or 4 x 10min HARD	OTTO's and back	SPIN 45min /or LONG climb	REST	80km /or Club Time Trial	50km Easy recovery ride
WEEK 12	10 Nov.	Malcolm's & Red Route	SPRINTS 3 x 8min	OTTO's and back	SPIN 45min /or 5 x SPRINTS	rest /or 5 x sprints	100km club ride /or REST for 94.7	Recovery 40km /or 94.7 Challenge

MONDAYS

Easy rides with light gears and fast cadence

TUESDAYS

45min spinning at full effort / or

WEDNESDAYS

Intervals: 15min warm up, hard intervals (full effort), rest 2-3min between, 15m cool down

THURSDAYS

Easy rides with light gears and fast cadence

FRIDAYS

Hill climb drills - full effort

SATURDAYS

Rest

SUNDAYS

Hard ride - race rehearsal

SUNDAYS

Easy recovery social rides

Monday and Wednesday rides MUST be easy rides

Malcolm's can be done on your own. A Wednesday training

group normally starts 14:00 from the Circle or organise your

own groups for late afternoon

Tuesdays and Thursdays are high intensity rides with intervals

and climbing for the more serious & competitive riders. Others

can attend a 45min spinning class

Saturdays are club rides starting at 14:00 from Gerrie's Gym

Sundays are easy social rides. Make up your own group

or join the one starting around 11:00 from the Circle

