



# TRAINING PROGRAM

SUNDAY, 5 APRIL 2020

CHOOSE YOUR CHALLENGE



**exercise  
institute**



# 2 DAMS | 10 WEEK TRAINING PROGRAM



**STEP 1:** Sign up for our training information group on Facebook – [Dams Challenge Training Group](#)

**STEP 2:** Feel free to ask any training related questions in the group. Our training partner – Exercise Institute will be there to answer all those burning questions you've got or get in touch with [training@exerciseinstitute.com.au](mailto:training@exerciseinstitute.com.au)

## PHASE 1: WEEKS 1 - 4

**GOAL:** BUILD A TRAINING BASE OF FITNESS TO LAUNCH YOUR FUTURE TRAINING QUALITY ON. WE BUILD THE TRAINING VOLUME FIRST, THEN INCREASE SOME INTENSITY AS FITNESS IMPROVES. WE ALSO INCLUDE A TARGET TEST EVENT IN THE KALAMUNDA 100, A CHALLENGING HILLY EVENT OF DIFFERENT DISTANCES.

WEEK 1

Ride every second day of the week at an intensity of 7/10, or moderate intensity, so you can still talk to someone beside you. Aim to ride 1-1.5hrs each session for 3-4 sessions across the week.

WEEK 2

As above, yet increase the training volume by 10% this week, aim to ride for 3-4 sessions across the week.

WEEK 3

As above, increasing the training volume by 10% again, aim to ride for 3-4 sessions across the week.

WEEK 4

Target test Event, as above yet aim to ride 1.5hrs a day (or 10% more than the previous week), aim for 3-4 sessions across the week. Consider riding the Kalamunda 100

## PHASE 2: WEEKS 5 - 8

**GOAL:** CONTINUE TO BUILD SOME TRAINING VOLUME, BUT INTRODUCE SOME INTENSITY AS THE PROGRAM PROGRESSES TOWARD THE FINAL 2 WEEK PHASE.

WEEK 5

Ride every second day of the week for 1-1.5hrs at a 7/10 pace, on two days complete the following 'interval set': after a warm up of 10-20mins, find a small hill, or head wind section of road, ride at a 9/10 intensity for 2mins, then recover at a VERY easy pace for 2mins, repeat this x 6 times in total

WEEK 6

Ride every second day of the week for 1-1.5hrs at a 7/10 pace, on one day complete an interval the same as above, yet complete x8 intervals in total on this one day. On one day ride for 2hrs in total at a 7/10 pace

WEEK 7

Ride every second day of the week for 1-1.5hrs at a 7/10 pace, on one day complete an interval the same as above, yet complete x 10 intervals in total on this one day. On one day ride for 2.5hrs in total at a 7/10 pace

WEEK 8

RECOVERY WEEK, this means riding every second day at 7/10 pace for just one hour, completing 3-4 sessions across the week

## PHASE 3: WEEKS 9 - 10

**GOAL:** FINAL EVENT PREPARATION FOR THE BIG EVENT, THIS MEANS REPLICATING THE HARDEST PARTS OF THE EVENT ALONG WITH A CLOSER TRAINING REPLICATION TO THE DURATION OF RIDING REQUIRED ON EVENT DAY

WEEK 9

Ride every second day of the week for 1-1.5hrs at a 7/10 pace, on one day complete an interval set on a hill, or head wind as follows: 3mins riding at a 9/10 pace, 3mins recovery complete x 5 in total. On one day ride for 3hrs in total at a 7/10 pace and complete 6 x 2min 9/10 efforts with 2mins recovery between during this same ride.

WEEK 10

Taper into the event, consider reducing the training to just 1hr every second day during the week at a 7/10 intensity....

EVENT DAY | 5 APRIL 2020

### 2020 DAMS CHALLENGE PARTNERS



Subaru  
Wangara

