



TRAINING PROGRAM

SUNDAY, 5 APRIL 2020

CHOOSE YOUR CHALLENGE

ex.
inst.

exercise
institute



5 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

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 2-3 sessions across the week. On one day during the week please ride for 3hrs, again at 7/10 intensity
- WEEK 2** As above, yet increase the training volume by 10% this week, aim to ride for 2-3 sessions across the week. On one day during the week please ride for 3.5hrs, again at 7/10 intensity
- WEEK 3** As above, increasing the training volume by 10% again, aim to ride for 2-3 sessions across the week. On one day during the week please ride for 3.5hrs, again at 7/10 intensity
- WEEK 4** Taper/Recovery week (no long ride) 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 the Kalamunda 100 event a great early fitness hit out to test the endurance for the main event.

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 8 times in total. On one day during the week please ride for 3.5hrs, again at 7/10 intensity
- 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 x10 intervals in total on this one day. On one day ride for 4hrs 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 of 3mins in duration at a 9/10 intensity, with 3mins recovery, yet complete x 6 intervals in total on this one day. On one day ride for 4.5hrs in total at a 7/10 pace
- WEEK 8** RECOVERY WEEK, this means riding every second day at 7/10 pace for just 1-1.5 hours, 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 6 in total. On one day ride for 4.5hrs + in total at a 7/10 pace and complete 6 x 3min 9/10 efforts with 3mins recovery between during this same ride.
- WEEK 10** Taper into the event, consider reducing the training to just 1-1.5hr every second day during the week at a 7/10 intensity....

EVENT DAY | 5 APRIL 2020

2020 DAMS CHALLENGE PARTNERS



Subaru
Wangara

