

# BRIGADOON SUPER CHALLENGE

**8 WEEK  
TRAINING  
PROGRAM**

**SUNDAY, 27 APRIL 2025**



choose your challenge



This training program is designed to help you prepare  
for the 50km Rapids Challenge.

## WEEK 1-3 GOAL

*Establish a solid fitness foundation to support future high-quality training.  
We focus on building training volume first, then gradually introduce  
intensity as fitness improves.*

**MAR  
3-9**

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.

**MAR  
10-16**

As above, but increase the training volume by 10% this week. Aim for 3-4 sessions across the week.

**MAR  
17 - 23**

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.



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# WEEK 1

## DAY 1

**MON**  
Ride 1-1.5 hr  
7/10 intensity  
(You can still talk  
to someone)

## DAY 2

**TUES**

Rest

## DAY 3

**WED**

Rest

## DAY 4

**THUR**  
Ride 1-1.5 hr  
7/10 intensity

## DAY 5

**FRI**  
Rest

## DAY 6

**SAT**  
Ride 1-1.5 hr  
7/10 intensity

## DAY 7

**SUN**

Rest



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# WEEK 2

## DAY 1

**MON**  
Ride 1-1.5 hr  
7/10 intensity  
Increase by 10%

## DAY 2

**TUES**  
Rest

## DAY 3

**WED**  
Rest

## DAY 4

**THUR**  
Ride 1-1.5 hr  
7/10 intensity  
Increase by 10%

## DAY 5

**FRI**  
Rest

## DAY 6

**SAT**  
Ride 1-1.5 hr  
7/10 intensity  
Increase by 10%

## DAY 7

**SUN**  
Rest



choose your challenge

# WEEK 3

## DAY 1

Ride 1 hr  
8/10 intensity  
(You can still talk  
to someone)

## DAY 2

TUES

## DAY 3

WED

## DAY 4

Ride 1 hr  
8/10 intensity

## DAY 5

FRI

## DAY 6

SAT

## DAY 7

Ride 1 hr  
8/10 intensity

This training program is designed to help you prepare  
for the 50km Rapids Challenge.

## WEEK 4-6 GOAL

*Continue to build training volume, but introduce some intensity as the program progresses toward the final 2 week phase.*

**MAR  
24 - 30**

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

**MAR  
31 -  
APR 6**

Ride every second day of the week for 1-1.5hrs at 7/10 pace. On one day complete an interval the same as above, but up the volume to 10 intervals. This is one of the hardest sessions you will do! You've got this!  
On one day ride for 2hrs in total at 7/10 pace.

**APR  
7 - 13**

RECOVERY WEEK. After last week's exertions, ride every second day at 7/10 pace for just 1 hour, completing 3-4 sessions across the week.



choose your challenge



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# WEEK 4

## DAY 1

Ride 1.5 hr  
7/10 intensity

## DAY 2

TUES

## DAY 3

Ride 1.5 hr  
7/10 intensity  
Complete 6x 9/10  
intensity intervals

## DAY 4

THUR

## DAY 5

Ride 1.5 hr  
7/10 intensity

## DAY 6

SAT

## DAY 7

Ride 1.5 hr  
7/10 intensity  
Complete 6x 9/10  
intensity intervals



choose your challenge

# WEEK 5

**DAY 1**

MON

**DAY 2**

Ride 1.5 hr  
7/10 intensity

**DAY 3**

WED

**DAY 4**

Ride 1.5 hr  
7/10 intensity  
Complete 10x 9/10  
intensity intervals

**DAY 5**

FRI

**DAY 6**

Ride 2 hr  
7/10 intensity

**DAY 7**

SUN





choose your challenge

# WEEK 6

## DAY 1

Ride 1 hr  
7/10 intensity

## DAY 2

TUES

## DAY 3

WED

## DAY 4

Ride 1 hr  
7/10 intensity

## DAY 5

FRI

## DAY 6

SAT

## DAY 7

Ride 1 hr  
7/10 intensity



# 50KM RAPIDS CHALLENGE | 8 WEEK TRAINING PROGRAM

This training program is designed to help you prepare  
for the 50km Rapids Challenge.

## WEEK 7-8 GOAL

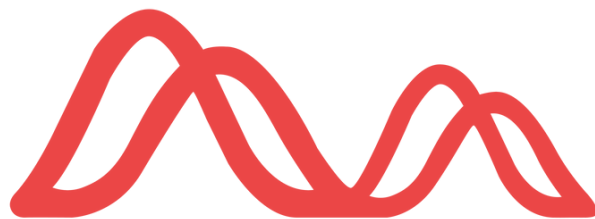
***Final prep for the big event! Here we are seeking to replicate the event's  
challenging sections and overall duration.***

**APR  
14 - 20**

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 headwind as follows: 3mins riding at 9/10 pace, 3mins recovery. Repeat 5 times. On one day ride for 3hrs in total at 7/10 pace. Include 6 x 2min 9/10 efforts with 2mins recovery between during the ride.

**APR  
21 - 27**

Taper into the event, consider reducing the training to just 1hr every second day during the week at 7/10 intensity. You've made it to Event Day - enjoy the Brigadoon Super Challenge!



choose your challenge

**EVENT DAY | SUNDAY 27 APRIL 2025**



choose your challenge

# WEEK 7

**DAY 1**

**MON**

**DAY 2**

Ride 1.5 hr  
7/10 intensity  
Complete 5x9/10  
intensity intervals

**DAY 3**

**WED**

**DAY 4**

**THUR**

**DAY 5**

Ride 1.5 hr  
7/10 intensity

**DAY 6**

Ride 3hrs  
7/10 intensity  
Complete 6x9/10  
intensity intervals

**DAY 7**

**SUN**



choose your challenge

# WEEK 8

**DAY 1**

**MON**

**DAY 2**

**TUES**  
Ride 1 hr  
7/10 intensity

**DAY 3**

**WED**

**DAY 4**

**THUR**

**DAY 5**

**FRI**  
Ride 1 hr  
7/10 intensity

**DAY 6**

**SAT**

**DAY 7**

**SUN**  
**EVENT DAY**



# OUR PARTNERS

## BRIGADOON SUPER CHALLENGE

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Department of  
Local Government, Sport  
and Cultural Industries



society

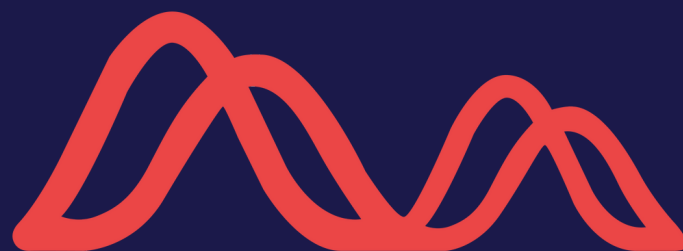
*Winners*



city of swan



SEAMLESSAV



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