



Training plan



Plan to spend 12 weeks immediately prior to the event building your fitness. During the Sydney to Surfers Robbo's Ride, you'll be riding 7 days in a row for between 120 and 160+ kilometres - it's important to spend time before the event specifically building your fitness for the distances you will be riding.

Fitness is something that takes time to develop, and there are unfortunately no shortcuts around this. While the seasoned rider can "ride themselves into some fitness" during the event, it's still important that everyone riding the Sydney to Surfers Robbo's Ride prepares their body for the physical demands that they will experience during the event.

By correctly preparing your body for the event, you'll ensure that you get the most enjoyment while participating in the ride. Our friends at [Cycling-Inform](#) have prepared a 9 week Training Plan specifically designed to help you build your fitness and be perfectly primed for the start of the Sydney to Surfers Robbo's Ride.

The key to this program is getting out there regularly on the bike to build your base fitness for the event. We hope it helps you and we look forward to seeing you on the ride.

We have provided basic information on the volume and intensity of each cycle ride. The volume is estimated in both kilometres and hours. No need to sweat the details. The hours are based on an average ride speed of 25km/h. The time estimates are provided as guidelines and will be affected by your fitness and the terrain that you'll be riding over. Ideally you'll want to use these guidelines and base your actual training around what we recommend in the program and your family and work commitments.

We recommend that you follow the program, but if you do have additional time to train then by all means get out there and ride. If you do so please remember to back off your training during the recovery weeks to ensure that you give your body time to rest and adapt. This is because the training load creates the stimulus in your body and triggers it to start improving but it is when you are recovering that your body actually makes the necessary physiological changes that make you fitter. This is why the recovery weeks are scheduled in on every fourth week.

We also recommend that you do the training specified on the specific days of the week as the program describes but if you do have other commitments that get in the way of this then you can swap around the sessions during the week to suit. Just try to complete all the sessions prescribed by the end of the week. Avoid doubling up two sessions in the one day where possible. If for whatever reason you are unable to perform all the sessions during the week then never try to "catch it up" the following week. A missed session is a missed session. Start each training week fresh.

If you use a heart rate monitor to measure training intensity then the training zones for the easy days are done in around the REC and E1 heart rate zones or 55-74% of your max heart rate while the medium intensity days are done in around E2-E3 heart rate zones or 75-91% of your max heart rate. On the medium days you can also spend brief periods in your



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VO2MAX heart rate zone if you wish. This is above 91% of your max heart rate. There is also no issue spending brief periods in the higher heart rate zones on the easy days too.

A full description of heart rate zones can be found here: <https://www.cycling-inform.com/how-to-use-heart-rate-monitor-and-zones-to-improve-your-cycling>

As you build your fitness you may find that you are tired on weeks two and three. This is normal and for that reason week four is a recovery week. Ensure that you keep your cycle training volume and intensity low during these recovery weeks by closely following the program so that you to give your body time to adapt and build your fitness.

Here are some simple tips that you can use to help you with your cycle training leading up to Sydney to Surfers Bike Ride:

- You can't cram your training into a few weeks like an exam as it takes time for your body to get fit. Train consistently and build your fitness progressively over many weeks to get the best results.
- Let your family and workmates know that you are training for the Sydney to Surfers Bike Ride and ask them for your support. We call it stakeholder buy-in and by doing so you help them to understand and make allowance for the fact that you can focus on your training for a short time in preparation for the event.
- Develop good pedaling technique and aerobic fitness by keeping your cadence around 90-100 rpm when riding on the flat and no lower than 65 rpm when climbing.
- If the weather is bad train indoors either at home or take indoor cycle training classes at a gym.
- It's important to get use to riding on the bike for over four hours and on consecutive days.
- Do your medium intensity training where indicated on Tuesdays and Thursdays to help build your aerobic fitness. These are slightly harder rides and can be supplemented with indoor training sessions done either on your home trainer or in the gym using cycle spin classes. We have a huge range of indoor training workouts to choose from so check them out here: <https://www.cycling-inform.com/products>
- During the event ensure that you eat around 30-60 grams of carbohydrate per hour and drink regularly, especially if it is hot.

The 12 week training program can be started at any time. As there is climbing, undulating roads and the potential for headwinds remember to incorporate hills into your training during the weekends.



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Training Program Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total Km	Est. Total Hours
Week 1	Stretch	25	Stretch	25	Stretch	25	25	100	4
Intensity		Easy		Easy		Easy			
Week 2	Stretch	25	Stretch	25	Stretch	50	50	150	6
Intensity		Easy		Easy		Easy	Med		
Week 3	Stretch	25	Stretch	25	Stretch	50	75	175	7
Intensity		Med		Med		Easy	Med		
Week 4 Recovery	Stretch	25	Stretch	25	Stretch	Stretch	25	75	3
Intensity		Easy		Med			Easy		
Week 5	Stretch	25	Stretch	25	Stretch	50	50	150	6
Intensity		Med		Med		Easy	Med		
Week 6	Stretch	25	Stretch	25	Stretch	50	75	175	7
Intensity		Med		Med		Easy	Easy		
Week 7	Stretch	25	Stretch	25	Stretch	75	100	225	9
Intensity		Med		Med		Easy	Easy		
Week 8 Recovery	Stretch	25	Stretch	25	Stretch	50	50	150	6
Intensity		Easy		Easy		Easy	Easy		
Week 9	Stretch	25	Stretch	25	Stretch	50	75	175	7
Intensity		Med		Med		Med	Med		
Week 10	Stretch	25	25	25	Stretch	50	75	200	8
Intensity		Med	Easy	Med		Easy	Easy		
Week 11	Stretch	25	Stretch	25	Stretch	50	50	150	6
Intensity		Easy		Easy		Easy	Easy		
Week 12 Taper	Stretch	25	Stretch	25	Stretch	S2S Ride			2
Intensity		Easy		Easy					

Intensity Guide
sentences

Easy: Able to hold a conversation

Med: Able to talk in short