

## Team Relay 40 km - 16 weeks

This programme is intended for those people who have not ridden 40 kilometres before. It is their first attempt at the distance and they are over 16 years of age, have had a full medical check up, and are able to ride their bicycles for at least 30 minutes comfortably on the road once a week. Their bicycles can be either commuter style/Mountain bike style or road bicycles, with a cycle computer with cadence. One on one personal coaching for skill development is recommended.

Training Zones	Intensity Rating	Intensity rating descriptions
Recovery	1 to 3	Very easy and can chat away to anyone, and you are hardly putting any pressure into the pedals. Almost "floating" or soft pedalling along. You are breathing easily, and hardly sweating.
Aerobic Endurance	4 to 5	Easy, but putting some pressure into the pedals. You can still easily talk to those riding with you, if with others. If not, you are still comfortable, but definitely not soft pedalling. Breathing is still easy, but you are sweating a little.
Aerobic Capacity/Tempo	6 to 7	Slightly outside of your comfort zone, sweating, but no burning sensations in your legs. Puffing a little, but can still talk.
Speed/Threshold	8 to 9	Legs are on fire! Going hard, breathing hard, but making sure your pace is consistent and does not progressively decline.
Maximum	10	Maximum effort! Every thing hurts!

### Key

WU = warm up

WD = warm down

IR = intensity rating above

All flat rides can be done on the trainer if the weather is awful

Time = total session time in minutes

	Time	Specifics of the session	Terrain	Technique and Other notes
<b>Week 1</b>	<b>0.9</b>	<b>Hours total time</b>		
Wed	20	Easy at IR 1-3, at 80+ rpm	Flat	Body WOF, including Iron test
Sat	35	Easy at IR 1-3, at 80+ rpm	Flat	
<b>Week 2</b>	<b>1.3</b>	<b>Hours total time</b>		
Tues	20	Easy at IR 1-3, at 80+ rpm	Flat	Muscle balance assessment
Thurs	20	Easy at IR 1-3 for your WU then complete 5mins at IR 6-7 at 90+rpm, then rest of ride easy, at 80+ rpm at IR 1-3	Flat	
Sat	40	Easy ride at mostly IR 1-3 practicing cadence at 85+rpm, and include 2 hills of 0.5-1km in length in this ride	Variable	
<b>Week 3</b>	<b>0.8</b>	<b>Recovery week</b>		
Wed	20	Easy at IR 1-3, at 80+ rpm	Flat	Book in for a bike skills session with a cycling coach to check your technique
Sat	30	Easy at IR 1-3, at 85+rpm	Flat	
<b>Week 4</b>	<b>1.6</b>	<b>Hours total time</b>		
Tues	20	Easy at IR 1-3, at 85+rpm	Flat	
Thurs	30	WU easy then complete 5mins at IR 4-5 at 85+rpm, then 5mins at IR 6-7 at 90+rpm, WD easy	Flat	
Sat	45	WU easy then complete 30mins at IR 4-5, and include 3 hills of 0.5-1km in length	Variable	On each of the hills practice spinning at 70+rpm so use easy gears
<b>Week 5</b>	<b>1.9</b>	<b>Hours total time</b>		
Tues	25	Easy at IR 1-3, at 85+rpm	Flat	
Thurs	35	WU easy then complete 5mins at IR 4-5, at 90rpm, then 10mins at IR 6-7 at 90+rpm. In each minute time break of the 10mins increase you cadence up to 100+rpm for 10sec, then ease back down to 90rpm. WD easy	Flat	In each 10sec acceleration up to 100+rpm keep your upper body still and abdominal muscles tight so all work is being done by your hips down

Sat	55	WU easy then complete 35mins at IR 4-5, and include 4 hills of 0.5-1km in length	Variable	On each of the hills spin at 70+rpm, and also practice looking up the road to the top of the hill the entire way up the hill
<b>Week 6</b>	<b>1.1</b>	<b>Recovery week</b>		
Wed	25	Easy at IR 1-3, at 85+rpm	Flat	Enjoy taking it easy this week!
Sat	40	Easy at IR 1-3, at 90+rpm	Flat	
<b>Week 7</b>	<b>2.25</b>	<b>Hours total time</b>		
Tues	30	WU easy at IR 1-3, at 90+rpm, then complete 5mins at IR 6-7, at 90+rpm, WD easy	Flat	
Thurs	40	Repeat last Thursday, but complete 15mins at IR 6-7, and still accelerating every minute up to 100+rpm	Flat	
Sat	65	WU easy then complete 40mins at IR 4-5, focusing on 90-95rpm during the 40min block, and include 2 hills of 1-2km in length	Flat	Keep your upper body still at the high cadences
<b>Week 8</b>	<b>2.8</b>	<b>Hours total time</b>		
Tues	30	Easy ride, at IR 1-3, at 90+rpm	Flat	
Thurs	40	WU easy then complete 2 hills of 1-2km in length focusing on spinning at 75+rpm up each of them. Total session intensity at IR 4-5, and on the flat roads focus on 90+rpm	Variable	
Sat	75	WU easy then complete 45mins at IR 4-5, and include 3 hills of 1-2km in length	Hills	On each hill focus on spinning at 75+rpm
Sun	20	Easy ride, at IR 1-3, at 90+rpm	Flat	
<b>Week 9</b>	<b>3.1</b>	<b>Hours total time</b>		
Tues	35	WU easy at IR 1-3, at 90+rpm, then complete 5mins at IR 6-7, at 90+rpm, WD easy	Flat	Ideal week for a practice event
Thurs	40	Repeat last Thursday	Variable	
Sat	90	Practice Event OR WU and complete 50mins @ IR 4-5, and include 4 hills of 1-2km in length	Variable	Spin at 75+rpm on the hills, focusing on a straight back and still upper body
Sun	20	Easy ride, at IR 1-3, at 90+rpm	Flat	Ideal coffee ride!
<b>Week 10</b>	<b>1.3</b>	<b>Recovery week</b>		
Wed	30	Easy ride, at IR 1-3, at 90+rpm	Flat	
Sat	50	Easy ride, at IR 1-3, at 90+rpm	Flat	
<b>Week 11</b>	<b>3.1</b>	<b>Hours total time</b>		
Tues	40	Easy ride, at IR 1-3, at 95+rpm	Flat	
Thurs	50	WU easy then complete 5mins at IR 4-5 at 90+rpm, then x3(4mins at IR 6-7, at 95-100rpm/4mins easy recovery at IR 1-3). WD easy	Flat	
Sat	95	Group ride, or WU easy then complete 60mins easy IR 4-5, and include 4 hills of 1-2km in length	Variable	Group ride preferable! Get in/out of your seat often on the hills
<b>Week 12</b>	<b>3.6</b>	<b>Hours total time</b>		
Tues	40	WU easy at IR 1-3, at 90+rpm, then complete 10mins at IR 6-7, at 90+rpm, WD easy	Flat	Have another Iron test
Thurs	45	WU easy then complete 5mins @ IR 4-5 at 90+rpm, then complete x3(3mins at IR 6-7 at 95-100rpm, then 2mins at IR 8-9 at 100+rpm/3mins easy). WD easy	Flat	

Sat	105	Group ride, or WU easy then complete a solid 50min block @ IR 4-5, including 4 hills of 1-2km in length	Variable	On the hills get in/out of your seat often
Sun	25	Easy ride, at IR 1-3, at 95+rpm	Flat	
<b>Week 13</b>	<b>4.0</b>	<b>Hours total time</b>		
Tues	40	Easy ride, at IR 1-3, at 95+rpm	Flat	Ideal week for a practice event
Thurs	55	WU easy then complete 5mins at IR 4-5, at 90+rpm, then complete x3(3mins at IR 6-7 @ 95-100rpm, then 3mins at IR 8-9 at 100+rpm/2mins easy at IR 1-3). WD easy	Flat	
Sat	120	Group ride, or WU and complete 10mins at IR 4-5 at 90+rpm, then x3(10mins at 95+rpm at IR 6-7/10mins easy at IR 1-3). WD easy	Flat	
Sun	25	Easy ride, at IR 1-3, at 95+rpm	Flat	
<b>Week 14</b>	<b>1.6</b>	<b>Recovery week</b>		
Wed	35	Easy ride, at IR 1-3, at 95+rpm	Flat	Book your bike in for a check
Sat	60	Easy ride, at IR 1-3, at 95+rpm	Flat	
<b>Week 15</b>	<b>3</b>	<b>Tapering starts</b>		
Tues	35	WU easy at IR 1-3, at 90+rpm, then complete 10mins at IR 4-5, at 90+rpm, WD easy	Flat	Plan your Taupo nutrition
Thurs	45	WU easy then complete 5mins at IR 4-5, at 90+rpm, then complete x3(2mins at IR 6-7 @ 95-100rpm, then 4mins at IR 8-9 at 100+rpm/1mins easy at IR 1-3). WD easy	Flat	
Sat	100	WU easy then complete 60mins at IR 4-5, and complete 4 hills of 1-2km in length	Hills	On the hills get in/out of your seat often
<b>Week 16</b>				
Tues	30	WU easy at IR 1-3, at 90+rpm, then complete 5mins at IR 6-7, at 90+rpm, WD easy	Flat	
Thurs	20	Easy ride, at IR 1-3, at 95+rpm	Flat	
Sat		<b>Have fun!</b>		<b>TAUPO!</b>