

2020 TCBR 12 Week Training Program

Training program is designed for those new to cycling and those wanting to work on maintaining their fitness in preparation for the long days in the saddle in late July for the TCBR.

It is the role of individual Group Leaders to liaise with members of their team to ensure that each members is at the expected fitness level and team speed. For team members who are struggling with their fitness it is the responsibility of the team leader to discuss strategies with the member(s), and on some occasions it may be necessary to have the tough discussion with the person in relation to perhaps dropping a speed rating, if efforts to achieve the required fitness at the teams allocated speed is not being achieved.

Please contact your allocated Group Leader for further details, or email training@tcb.org.au for contact information.

TCBR 12 Week Training Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Km	Est. Total Hours
Week 1 Intensity	Stretch April 27	25 Easy April 28	Stretch April 29	25 Easy April 30	Stretch May 1	30 Hills May 2	25 Easy May 3	105	4
Week 2 Intensity	Stretch May 4	25 Easy May 5	Stretch May 6	25 Med May 7	Stretch May 8	50 Med *May 9	25 Easy *May 10	125	5
Week 3 Intensity	25 Easy *May 11	Stretch *May 12	25 Med *May 13	25 Easy *May 14	Stretch *May 15	50 Hills *May 16	50 Easy *May 17	175	7
Week 4 (rec week) Intensity	Stretch *May 18	25 Easy *May 19	Stretch May 20	25 Easy May 21	Stretch May 22	75 Med *May 23	Stretch May 24	125	5
Week 5 Intensity	Stretch May 25	25 Med May 26	Stretch May 27	25 Easy May 28	Stretch May 29	75 Hills May 30	50 Med May 31	175	7
Week 6 Intensity	50 Easy June 1	Stretch June 2	Stretch June 3	25 Easy June 4	Stretch June 5	75 Med *June 6	75 Med June 7	225	9
Week 7 Intensity	Stretch June 8	25 Med June 9	Stretch June 10	25 Easy June 11	Stretch June 12	75 Med June 13	75 Hills June 14	200	8
Week 8 (rec week) Intensity	Stretch June 15	25 Easy June 16	Stretch June 17	25 Easy June 18	Stretch June 19	50 Easy *June 20	50 Easy June 21	150	6
Week 9 Intensity	Stretch June 22	25 Med June 23	Stretch June 24	25 Med June 25	Stretch June 26	75 Hills June 27	75 Med June 28	200	8
Week 10 Intensity	25 Easy June 29	25 Med June 30	Stretch July 1	25 Med July 2	Stretch July 3	125 Med *July 4	75 Hills July 5	275	11
Week 11 Intensity	25 Easy July 6	Stretch July 7	25 Easy July 8	Stretch July 9	25 Med July 10	50 Med July 11	25 Easy July 12	150	6
Week 12 (Taper week) Intensity	Stretch July 13	25 Easy July 14	Stretch July 15	25 Easy July 16	Stretch July 17	25 Med *July 18	Stretch July 19	75	3
Week 12.5 Intensity	Stretch July 20	25 Easy July 21	Stretch July 22	Townsville to Cairns Bike Ride ~ 365 July 23 July 24 July 25			REST July 26	390	

Intensity Guide

Easy: Able to hold a conversation

Med: Able to talk in short sentences

***Unavailable**