

# 2018 GREAT BRISBANE BIKE RIDE

## BEGINNER TRAINING PLAN



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> START 2 APRIL	REST / STRETCH <small>EASTER MONDAY</small> Finish those chocolates & get ready to ride!	RIDE <b>30 minutes</b> Pick a flat, steady route.	CROSS TRAINING <b>1 hour</b> Swimming or running are great cross training activities!	RIDE <b>30 minutes</b> Pick a flat, steady route.	REST / STRETCH	RIDE <b>30 minutes</b> Pick a flat, steady route.	CROSS TRAINING <b>1 hour</b>
<b>2</b> START 9 APRIL	REST / STRETCH	RIDE <b>45 minutes</b> Pick a flat, steady route.	CROSS TRAINING <b>1 hour</b>	RIDE <b>45 minutes</b> Pick a flat steady route. Increase pace.	REST / STRETCH	CROSS TRAINING <b>1 hour</b> Hydration is important. Drink every 10-15 minutes	RIDE <b>1 hour</b> Pick a rolling route with lots of short rises.
<b>3</b> START 16 APRIL	REST / STRETCH Mix in core strengthening activities like yoga or pilates with your cardio exercises	RIDE <b>1 hour</b> Pick a route with some inclines. Increase effort level in the middle 20 minutes.	CROSS TRAINING <b>1 hour</b>	RIDE <b>1 hour</b> Pick a route with some inclines. Increase effort level in the middle 20 minutes.	REST / STRETCH	CROSS TRAINING <b>1 hour</b>	RIDE <b>1.5 hours</b> Pick a route with some inclines. Increase pace.
<b>4</b> START 23 APRIL	REST / STRETCH	RIDE <b>1 hour</b> Pick a route with some inclines. Increase effort level in the middle 30 minutes.	CROSS TRAINING <small>ANZAC DAY</small> <b>1 hour</b> Think about a bike service this week so you're ready for Sunday!	RIDE <b>1 hour</b> Pick a route with some inclines. Increase effort level in the middle 30 minutes.	REST / STRETCH	RIDE <b>30 minutes</b> Relaxed ride / easy spin to loosen your legs ahead of tomorrow's ride.	

NOTE: A bike that fits you is the most important aspect of training for the GBBR. Your position on the bike should be comfortable and efficient. Some muscle soreness is normal when increasing training load, but if you are getting sharp pain (say in your knees), seek medical help. Not sure about your bike fit? See a physiotherapist who treats cycling injuries.

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