

Mark Connelley and EFM Health Club

12 Week Bike Fit. Training Program

This is a 12 week training program designed for a wide range of road cyclists, mountain bikers etc. This program can be used just as it is. Read the instructions, adjust to suit you fitness and start.

Even better: There are great options for customization. Thus, you can plan your workouts based on your own test results with your heart rate monitor or power meter. If you need advice on how to customize your training program, feel free to contact Mark Connelley -0408 134 214.

This training program , is a guide and will prepare you for road cycling or Mountain Bike riding with an average training amount of 6~12hours / week.

Interval sessions are based on your own indoor training programs. Interval training can be done on a home trainer, spinning bike, road bike, track bike or even mountain bike. Use the gym for core strength work and general conditioning.

For further information contact mark.connelley@efm.net.au.

Remember it is **consistency** that makes you a stronger rider, not just one hard week of cycling, small adjustments over time will help you to become a better cyclist.

Frequency, Intensity and Duration.

These are the main three ways to change the total work load in a training week. E.g.1) if you train more frequently, 2) ride with a higher intensity (more racing, more intervals) and 3) simply just ride more, you will force your body to adapt to these challenges.

This way you can reach a higher level of fitness, but your body will not allow you to increase the total workload too fast.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 5hours		1hr -- (Physical Test)		1hr -- Aerobic		2 hrs Endurance Group ride	1 hr Speed session
Week 2 5.5hours		1hr -- Aerobic		1½hrs -- Aerobic		2hrs Endurance group ride	1hrs Speed session
Week 3 6.5hours		1hr -- Aerobic	1hr -- Easy ride	1½hrs -- Aerobic		2hrs Endurance group ride	1hrs Speed session, racing
Week 4 6hours		1hr -- Aerobic		1½hrs -- Aerobic		2hrs Endurance group ride	1 ½ easy training
Week 5 7hours		1hr -- Aerobic	1hr -- Easy ride	1½hrs -- Aerobic		2 ½ hrs Endurance group ride	1½ hour intervals
Week 6 6.5hours		1hr aerobic	1hr -- Easy ride	1½hrs -- Aerobic		2hrs Endurance group ride	1hr racing
Week 7 8hours		1½hrs Aerobic	1½hrs -- Easy ride	1½hrs -- Aerobic		2 ½ hrs Endurance group ride	1hr racing
Week 8 7hours		1½hrs -- Aerobic		1½hrs -- Aerobic		2 hrs Endurance group ride	2hrs easy ride
Week 9 10hours		1½hrs -- Aerobic	2hrs -- Easy ride	1½hrs -- Aerobic		3½ Endurance group ride	1 ½ hr easy ride or race
Week 10 10hours		1½hrs -- Aerobic	2hrs -- Easy ride	1½hrs -- Aerobic		3½ Endurance group ride	1 ½ hr easy ride Or race
Week 11 9hours		1½hrs -- Aerobic	1hr -- Easy ride	1 ½hrs -- Aerobic		3hrs endurance group ride	2hrs racing
Week 12 8hours		1½hrs -- Aerobic	1hr -- Easy ride	1½hrs -- Aerobic		2 ½ hrs endurance group ride	1 ½ easy ride or race

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