

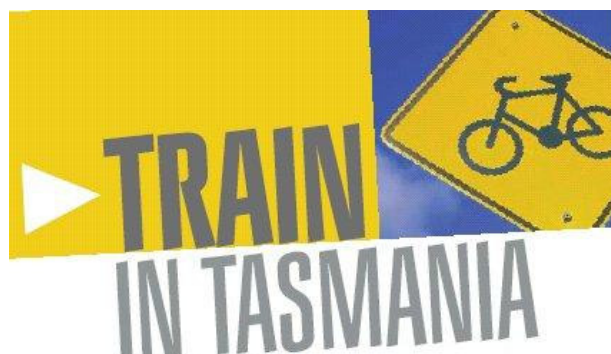
## Training program

The aim of the program is to help you build up to be able to cope with back to back 4-6 hours rides. This means we will help you get your bum and back used to being in the saddle that long and in this position. Essentially this means spend as much time riding as you can. To give you something to aim for though, here's a good plan of attack to try to stick to and you'll really feel the difference in your ability to get through each day.

Try to ride 3-4 days per week. It's not really that important whether you have a day in between or do 3-4 days straight. What will become important is how you spend your recovery time. Stretch for a good 10-15 minutes when you're done and eat and drink to replace the lost fluids/energy and to assist the body repair reducing aching the next day. Protein shakes will also help you recover quicker if you want to go this far, but the best thing to have that tastes good is a simple salad roll and a big drink, and you should aim to have it within an hour of completing your ride.

The plan below is not necessarily the BEST plan for everyone, but for most people's busy lifestyles, we think that a big ride on the weekend, and at least two mid-week will be a great start and easier fit into your schedule.

Remember in Tasmania, you'll be riding multiple 100km+ days and you don't want your body going in to shock when it realises what it's up against whilst you're here. To get the most out of your trip, give your body the best chance possible and you'll find each day is a lot easier than you thought!



### 6 weeks prior to departure

Try to do 2-3 shorter (40km or so)/easier rides during the week, whether this be in the morning before work, or after work. Don't push it this week; just get the rides under your belt. Try to fit in a big half day ride on the weekend, and if possible try to do a big and a small ride over the weekend.

### 3 weeks prior to departure

Start to increase the distance of each ride this week. Try to ride another 10-20km on top and see how you go. Or at least do a big ride of up to 100km on the weekend and make sure it's got a couple of good hills in it.

### 5 weeks prior to departure

Same as previous week, but try to include some climbing during this week, because that's what you need to expect in Tasmania. Start with a small climb, then build to a 5 minute climb this week.

### 2 weeks prior to departure

As well as your mid-week rides, this week try to do a couple of bigger rides back to back. This may mean two rides on Saturday of around 2 hours each; or one in the evening and one the next morning perhaps. The idea of this is to get your body used to getting on the bike when you're fatigued.

### 4 weeks prior to departure

See if you can find even more climbing this week, you don't need to increase the distances you travel, just try to find longer climbs of around 10-15 minutes or even more. When you're on the tour, you don't need to be able to race up the climbs; you just need to be able to get up them comfortably so this practise will be invaluable.

### Week prior to departure

Keep riding this week, but take it easy. You don't need to do more km's than you have been but do keep your body used to the routine you've got it in. Don't forget to have your bike checked at the shop to ensure it's as fit as you are! Get ready to ride!

**Notes:** throw a few massages in over this 6 week period. If this is outside your normal training regime, your body will benefit from some TLC from a professional to get some of the aches and pains out of your legs and back.

Don't hesitate to get in touch with us if you have any concerns or questions.