



Gentle Annie Training

If you've been riding regularly—a couple of rides per week, a club race on Saturday and/or a longer Sunday group ride of 2 or more hours you're ready to take the next step and build toward that big hilly ride. Here's an 8-week program from Dylan Stewart, experienced cycling coach and founder of Trainingwheels Coaching that will get you over those hills and feel strong on event day.

Zones we will use explained:

Zone 1: Active Recovery: Very easy ride usually no longer than an hour just turning the legs over

Zone 2: Aerobic Capacity: This is minimal-effort riding. Judge by your breathing: It should be steady, but relaxed, able to carry on a conversation.

Zone 3: Tempo Rides This is quicker breathing, harder pace. On a scale of 1 to 10, this effort would rate about a 7.

Zone 4: Threshold: Just less than all-out. Quick breathing, your legs are likely to be burning. On a scale of 1 to 10, this effort would be an 8 or 9.

All workouts include at least 10 min warm up and cool down.

If you have any questions about this program or any other coaching enquiry please contact Dylan at trainingwheels@xtra.co.nz

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	1:15 Zone 2, with 3x15 min@ Zone 3 Hilly	1:00 Zone 2	1:15 Zone 2, with two 20 min. efforts (15 min@ Zone 3 then 5 min @ Zone 4. Repeat.)	Easy ride Zone 1 or rest day	2:00 Zone 2 with 20 min @ Zone 3 and 3x10 min@ Zone 4 or Club Race	3:00 Long ride/group ride Zones 1-3
2	Rest Day	1:30 Zone 2, with 2x 25min@ Zone 3 Hilly	1:00 Zone 2	1:30 Zone 2, with two 25 min. efforts (18 min@ Zone 3 then 7 min @ Zone 4. Repeat.)	Easy ride Zone 1 or rest day	2:30 Zone 2 with 30 min@ Zone 3 and 3x15 min@ Zone 4 or Club Race	3:15 Long ride/group ride Zones 1-3
3: Max time/effort week.	Rest Day	1:30 Zone 2 with 4 x 15 min@ Zone 3 Hilly	1:00 Zone 2	1:30 Zone 2 with two 30 min. efforts (20 min@ Zone 3, 10 min@ Zone 4. Repeat.)	Easy ride Zone 1 or rest day	2:30 Zone 2 with 30 min@ Zone 3 and 3x15 min@ Zone 4 or Club Race	3:30 Long ride/group ride Zones 1-3
4: Recovery Week	Rest Day	1:00 Zone 2	45 min. Zone 1	1:00 Zone 2	Rest Day	1:30 Zone 2	2:00 Long ride/group ride Zones 1-3

5	Rest Day	1:30 Zone 2 with 2 x 25 min. Zone 3 Hilly	1:00 Zone 2	1:30 Zone 2 with two 25 min. efforts (15 min@ zone 3, 10 min@ Zone 4 Repeat.)	Easy ride Zone 1 or rest day	2:30 Zone 2 with 30 min@ Zone 3 and 3x15 min@ Zone 4 or Club Race	3:30 Long ride/group ride Zones 1-3
6 Max time/ effort week.	Rest Day	1:30 Zone 2 with 3 x 20 min@ Zone 3 Hilly	1:15 Zone 2	1:30 Zone 2 with two 30 min. efforts (20 min@ Zone 3, 10 min@ Zone 4. Repeat).	Easy ride Zone 1 or rest day	2:30 Zone 2 with 30 min@ Zone 3 and 3x15 min@ Zone 4 or Club Race	4:00 Long ride/group ride Zones 1-3
7:	Rest Day	1:30 Zone 2 with 2 x 30 min. Zone 3 Hilly	1:15 Zone 2	1:30 Zone 2 with two 30 min. efforts. (15 min Zone 3 and 15 min@ zone 4 Repeat.)	Easy ride Zone 1 or rest day	2:00 Zone 2 with 50 min@ Zone 3 and 4x10 min@ Zone 4	3:00 Long ride/group ride Zones 1-3
8 Recovery/ Event Week	Rest Day	1:00 Zone 2 with 2 x 10 min@ Zone 3	Rest Day	1:00 Zone 2 with 2x5 min@ Zone 3 and 2x5 min@ Zone 4	Rest Day	Gentle Annie Time Good Luck	Well earned day off