



Welcome to your training plan for 2025's event.

3 days, 490 kms, 2,638 m of climbing (P1).

(P2 and P3 will do around 100 to 135 k a day)

It's time to get you ready to take on the challenge.

WELCOME

Hello and welcome to your training plan for the 2024 FDC Ride to Give.

Entoure has been engaged to run the on-road logistics for this year's tour and part of our role is to ensure all participants in the event understand what's required when it comes to rider preparedness. These events are fully supported and it's important for all participants to reach an agreed base level of fitness and experience to be able to ride safely in a peloton handle bar to handle bar. As the event gets closer you will hear me talk a lot about our footprint and a key factor in what our footprint looks like depends largely on people's ability to ride as a team, look after each other and to be able to ride a consistent and collective pace. For this event, the base level has been set at around 24 k an hour; this is the target base level average speed riders should aim for when preparing for this event. A comment we often say to riders is "make the time or pay the crime" and we say this simply because fitness on the bike isn't something anyone can fake for long.

We have been engaging Sarah Anne Evans from KARMEA for several years now to assist our clients meet their objectives and we strongly recommend and support the need for training plans; especially, if you're new to the sport and looking to ride in this event. A structured training plan with clear and measureable goals will get you to the level you need to be at and throughout the process hold you to account and help us identify where we can best help you along the way. The event has time commitments that are important for us to meet along the route hence the need for consistency in riding and a base level target speed. So, take a peek at what Sarah has developed below and come prepared for the best 3 days of your life knowing you have done the work so as to keep yourself and those around you safe and to get the most out of the ride.

Kent Williams - Entoure Cycle Event Management.

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YOUR TRAINING PLAN

Your body will need to get used to backing up day after day AND dealing with back to back vertical meter gains. Recovery is EVERYTHING. Weekday sessions are best completed on a trainer or indoor bike for consistency and maximum gains, but they are also easily achievable outside if you have the right environment. Long rides should be completed on the road, trying to match the longest distance and elevation you will face on the event.

Riding in a bunch will be a part of the event so ensure you are aware of bunch ride etiquette and safety, and practice this in training. If you are taking on this challenge with friends, then make sure you plan training rides as a group, so you get to know each other's strengths.

To easily help you, here is a quick guide to some of the terminology you will see in your plan:

CADENCE/RPM

Start paying attention to your cadence on long rides. You need to ensure you are riding at 80-90rpm so that you don't load your legs when riding. This also helps with your recovery, and your ability to back up day after day. All your long rides should be focused on this higher cadence. Hill work forms an essential part of your training plan, so learn to love the hills.

Hill work translates well to power on the flats, increasing your strength and endurance. To enable you to maximise the strength gains from your hill sessions, all your specific hill work should be completed at 60-65rpm, seated. Focus on relaxed hands and upper body, working from a strong core and driving forwards into the hill with your glutes rather than your quads. If you don't have a cadence sensor either get yourself one or just count the revolutions of one leg for 15secs, it should be 15.

STRENGTH/FLEXIBILITY

These sessions should form an important part of your training. Stretch after each session, focus on your tightest muscles, and dedicate 20mins every day to stretching.

Building strength enables you to increase power, reduce the risk of injury, and become an all-round more balanced rider. If you are working with a trainer, attending classes or taking yourself to the gym, the main thing to focus on is single leg work that simulates muscle recruitment during cycling. Look to strengthen your glutes, quads, calves but don't leave out your upper body as this also plays an important part in riding. Neck, and upper back are also important. Your lower back may need strength, but you will gain more benefits from focussing on key core stability work and increasing your flexibility in your lower back muscles.

NUTRITION GUIDE

As a very simple guide, you want to be consuming your body weight in kgs, in grams of carbs PER HOUR on the bike. So, if you weigh 70kg, you need to be eating 70gms per hour. For multi day riding we suggest eating real food rather than loading up with too many sugary gels! Sports hydration is essential as it contains carbs alongside key electrolytes. You will be stopping for morning tea and lunch during the event so practice this in training. When you are on the bike, try to eat

or drink something every 10mins, it often works well to alternate. One of the bottles on your bike should contain ONLY WATER whilst the other should contain electrolytes. Drink WATER ONLY with food. If you feel sick, don't sweat it, skip a feed and switch to water until it settles down.

OTHER HINTS AND TIPS FOR MULTI DAY RIDES & TRAINING

1. Practice loading your jersey pockets with on road food. Get used to consuming it whilst riding. A handy tip is to open your bars etc before you start your ride so it's easier to get into them. Don't try this with gels!
2. Practice stopping for morning tea or lunch during your longer rides, so you can get used to the feeling of kicking your legs over after a break. This will be a norm throughout the event.
3. Practice changing a flat if you aren't confident and ensure you carry tubes and bits when you head out. During the event your mechanical team will manage this for you, but during your training it's all on you.
4. Ensure you are running the right tyre pressure. Pre-event, it's always a good idea to replace any worn tubes or tyres to minimise chances of flats. PSI advice varies, we recommend min 90 to around 100.
5. Stretch each day post ride. This is important for your recovery and will prevent future injuries and stiffness.
6. Ensure you eat and hydrate after your rides. This will speed up your recovery and allow you to replenish your energy. Aim for your bodyweight in grams of carbs (i.e 70kg=70gms) within 45mins of stopping.
7. Study the route when it is made public, simulating this in training where possible with the same elevation and distance.
8. Massage!! Book them often to help your muscles stay supple, injury free and ready to ride.

TRAINING TO HEART RATE AND EFFORT

Training in targeted heart rate or power zones allows you to get maximum gains from your sessions. We find many riders work to low in key sessions, and train to high on long distance rides, desperate to get the miles in! Planned recovery or easy spin sessions should be completed at a very comfortable pace. You can keep it simple with easy, medium and hard as your guides, or dial into HR Zones or power.

EASY (50-70% MAX HR. Zone1/2 PWR)

A pace you can easily talk at (recovery, warm up, steady state, and cool down).

MEDIUM (70-80% MAX HR. Zone 3 PWR) = pace talking becomes a little breathless, you are applying yourself in these sessions (hill and endurance work).

HARD (80-90% MAX HR. Zone 4/5 PWR) = efforts are more of a yes/no answer level because talking is a challenge (intervals, hills).

SESSION TYPES & TERMINOLOGY

All of the sessions contained in this program have one purpose, to get you fit and strong enough to complete this event.

None are more important than the other, each needs to be given time and dedication. The sessions are explained below, so lap them up and work hard. A positive mind set is important for this event. Remember your motivation to sign up, why you are raising money, and why you are testing yourself with such an amazing goal.

STRENGTH = these sessions are geared towards getting your legs stronger for the hills but also translate to more power on flat roads. Hill are climbed seated at a low cadence of 60-65rpm.

ENDURANCE = interval sessions set at a harder effort level to increase your overall aerobic fitness

TEMPO = designed to make you work at a harder consistent effort for a long time these will increase your aerobic fitness

POWER = these sessions get your legs stronger by working at a lower 70-75rpm cadence

BUILD RIDE = staged the day before and/or after your long ride, these sessions get you used to riding on tired legs and prepare you to ride consecutive days in the saddle

LONG RIDE = your meat and veg! Aimed at getting you used to riding longer days and building endurance

SPIN OUT = an easy recovery ride day, these are done for the love of riding!

CROSS TRAIN = anything but a bike day. Enjoy a swim, gentle run, gym or core strength session.

REST = complete rest if you need it or enjoy an unloaded session like a swim or yoga class

STRETCH & ROLL = while these sessions aren't in the plan, you should aim to focus on this for 20min daily

ROUTE OVERVIEW

Here is a brief overview of the daily distances, elevation and terrain you can expect over the 3 days. Each day of the ride you will be faced with a mix of undulating terrain, climbs, descents and flat terrain. It's incredibly important your training mirrors the terrain you will face or you will struggle.

DAY	DISTANCE	ELEVATION
1	169 km	+ 1137 m
2	176 km	+ 872 m
3	145 km	+ 629 m

Day 1

<https://ridewithgps.com/routes/48459464>

Day 2

<https://ridewithgps.com/routes/48270961>

Day 3

<https://ridewithgps.com/routes/48271737>











Note: we will be able to drop P 2 and P 3 along the route to shorten the distances. P 2 and 3 can expect to do around 100 to 135 k per day subject to the terrain and the instructions to us from FDC.

TRAINING PLAN

Chances are you are already riding longer distances so your main focus in training is:

- Practice riding in a group if this isn't something you do routinely
- Get your legs used to riding again after longer stops as your days will include meal stops
- Try to simulate the distance and elevation that you will face on the event
- Focus on nailing your average cadence on rides (80-90rpm) so your legs last the days and recover











PACE & EFFORT GUIDE		
EASY	50-70% MAX HR	Zone 1/2 PWR
MEDIUM	70-80% MAX HR	Zone 3 PWR
HARD	80-90% MAX HR	Zone 4/5 PWR











MON	TUE	WED	THU	FRI	SAT	SUN
<p> WEEK 1</p> <p> REST DAY Run, strength swim, yoga</p>	<p> STRENGTH 0:55:00 34 TSS W/U: 10mins EASY HILL REPS: 5 x 5mins MED 60-65rpm seated 3mins EASY C/D: 10mins EASY</p> 	<p> SPIN OUT 1:00:00 60mins Easy cruise to ease out the legs.</p>	<p> CROSS TRAIN OR REST Run, strength swim, yoga THIS CAN BE A COMPLETE REST DAY IF NEEDED</p>	<p> TEMPO 1:00:00 50 TSS W/U: 10mins EASY MAIN SET: 40mins MEDIUM 80-90rpm C/D: 10mins EASY</p> 	<p> BUILD RIDE 60.0 km Include in the ride: 10mins EASY 10mins MED 5min HARD All 80-90rpm</p>	<p> LONG RIDE 60.0 km Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY</p>











MON	TUE	WED	THU	FRI	SAT	SUN
<div data-bbox="100 151 359 277"> <p>WEEK 2</p> </div> <div data-bbox="100 293 359 440"> <p>REST DAY Run, strength swim, yoga</p> </div>	<div data-bbox="373 151 632 196"> </div> <p>INTERVALS 1:00:00 48 TSS W/U: 10mins INTERVALS: 2mins rest 7mins HARD 8mins HARD 9mins HARD 10mins HARD C/D: 10mins</p>	<div data-bbox="646 151 905 196"> </div> <p>SPIN OUT 1:00:00 60mins Easy cruise to ease out the legs.</p>	<div data-bbox="919 151 1178 196"> </div> <p>CROSS TRAIN OR REST Run, strength swim, yoga THIS CAN BE A COMPLETE REST DAY IF NEEDED</p>	<div data-bbox="1192 151 1451 196"> </div> <p>INTERVALS 1:10:00 68 TSS W/U: 10mins INTERVALS 3 x 4 x 3:30mins MED 30secs ALL OUT 3mins EASY C/D: 6mins</p>	<div data-bbox="1465 151 1724 196"> </div> <p>BUILD RIDE 60.0 km Ride at good tempo EASY/MED for the duration. Cadence 80-90rpm</p>	<div data-bbox="1738 151 1997 196"> </div> <p>LONG RIDE 80.0 km Ride a hilly route. Ride all hills at 60-65rpm MED. Rest of ride 80-90rpm. EASY</p>

MON	TUE	WED	THU	FRI	SAT	SUN
<div data-bbox="100 604 359 730"> <p>WEEK 3</p> </div> <div data-bbox="100 747 359 893"> <p>REST DAY Run, strength swim, yoga</p> </div>	<div data-bbox="373 604 632 649"> </div> <p>ENDURANCE 0:55:00 44 TSS W/U: 10mins INTERVALS: 3 x 5mins MED 5mins TEMPO 5mins HARD 3min EASY C/D 10mins</p>	<div data-bbox="646 604 905 649"> </div> <p>SPIN OUT 1:00:00 60mins Easy cruise to ease out the legs.</p>	<div data-bbox="919 604 1178 649"> </div> <p>CROSS TRAIN OR REST Run, strength swim, yoga THIS CAN BE A COMPLETE REST DAY IF NEEDED</p>	<div data-bbox="1192 604 1451 649"> </div> <p>INTERVALS 1:00:00 52 TSS W/U: 10mins INTERVALS: 6 x 4mins HARD 30secs ALL OUT 2mins EASY C/D: 10mins</p>	<div data-bbox="1465 604 1724 649"> </div> <p>BUILD RIDE 80.0 km Include in the ride: 10mins EASY 40mins MED 10min HARD All 80-90rpm</p>	<div data-bbox="1738 604 1997 649"> </div> <p>LONG RIDE 100 km Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</p>

MON	TUE	WED	THU	FRI	SAT	SUN
<div data-bbox="100 1047 359 1193"> <p>WEEK 4 REST WEEK</p> </div> <div data-bbox="100 1209 359 1356"> <p>REST DAY Run, strength swim, yoga</p> </div>	<div data-bbox="373 1047 632 1092"> </div> <p>GEARING 0:55:00 37 TSS W/U: 10mins INTERVAL SET: 3 x 6mins EASY 4mins MED 2mins HARD C/D: 10mins</p>	<div data-bbox="646 1047 905 1092"> </div> <p>SPIN OUT 1:00:00 60mins Easy cruise to ease out the legs.</p>	<div data-bbox="919 1047 1178 1092"> </div> <p>REST DAY Run, strength swim, yoga</p>	<div data-bbox="1192 1047 1451 1092"> </div> <p>ENDURANCE 1:00:00 35 TSS W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins</p>	<div data-bbox="1465 1047 1724 1092"> </div> <p>BUILD RIDE 50.0 km Easy paced social ride. Stop for a coffee along the way</p>	<div data-bbox="1738 1047 1997 1092"> </div> <p>LONG RIDE 50.0 km Easy paced ride. Keep your legs at 80-90rpm</p>

MON	TUE	WED	THU	FRI	SAT	SUN
<p> WEEK 5</p> <p> REST DAY Run, strength swim, yoga</p>	<p> STRENGTH 1:15:00 69 TSS W/U: 10mins HILL REPS: 5 x 4mins MED 60-65rpm 4mins rest 5 x 1min HARD 1min EASY C/D: 10mins</p> 	<p> SPIN OUT 1:00:00 60mins Easy cruise to ease out the legs.</p>	<p> CROSS TRAIN OR REST Run, strength swim, yoga THIS CAN BE A COMPLETE REST DAY IF NEEDED</p>	<p> POWER 1:00:00 37 TSS W/U: 10mins INTERVALS: 7 x 6min 70-75rpm MED effort 3mins easy C/D: 9mins</p> 	<p> BUILD RIDE 90.0 km Include in the ride: 3 x 30mins TEMPO All 80-90rpm</p>	<p> LONG RIDE 110 km Ride a hilly route. Ride all hills at 70-75rpm MED Practice ride nutrition.</p>

MON	TUE	WED	THU	FRI	SAT	SUN
<p> WEEK 6</p> <p> REST DAY Run, strength swim, yoga</p>	<p> ENDURANCE 1:00:00 35 TSS W/U: 10mins INTERVALS: 5 x 2mins MEDIUM 4mins EASY C/D: 10mins</p> 	<p> SPIN OUT 1:00:00 60mins Easy cruise to ease out the legs.</p>	<p> REST DAY Run, strength swim, yoga</p>	<p> GEARING 0:55:00 37 TSS W/U: 10mins INTERVAL SET: 5 x 2mins EASY 2mins MED 2mins HARD C/D: 10mins</p> 	<p> BUILD RIDE 60.0 km Easy paced social ride. Stop for a coffee along the way</p>	<p> LONG RIDE 60.0 km Easy paced ride. Keep your legs at 80-90rpm</p>

MON	TUE	WED	THU	FRI	SAT	SUN
<p> WEEK 7</p> <p> REST DAY Run, strength swim, yoga</p>	<p> INTERVALS 1:15:00 71 TSS W/U: 10mins INTERVALS 3 x 4 x 3:30mins MED 30secs ALL OUT 4 mins C/D: 10mins</p> 	<p> SPIN OUT 1:00:00 60mins Easy cruise to ease out the legs.</p>	<p> CROSS TRAIN OR REST Run, strength swim, yoga THIS CAN BE A COMPLETE REST DAY IF NEEDED</p>	<p> TEMPO 1:20:00 65 TSS W/U: 10mins MAIN SET: 50mins TEMPO C/D: 10mins</p> 	<p> BUILD RIDE 90.0 km Ride at a good tempo for the duration of the ride</p>	<p> LONG RIDE 120 km Ride a hilly route. Ride all hills strong and efficiently Practice ride nutrition.</p>

MON	TUE	WED	THU	FRI	SAT	SUN
<div data-bbox="109 149 365 272"> <p>WEEK 8</p> </div> <div data-bbox="109 295 365 435"> <p>REST DAY Run, strength swim, yoga</p> </div>	<div data-bbox="382 149 638 194"> </div> <div data-bbox="382 204 638 451"> <p>STRENGTH 1:00:00 43 TSS</p> <p>W/U: 10mins HILL REPS: 6 x 4mins MED 60-65rpm 1min HARD 70-75rpm 2mins EASY C/D: 10mins</p> </div>	<div data-bbox="655 149 911 194"> </div> <div data-bbox="655 204 911 354"> <p>SPIN OUT 1:30:00 60-90mins Easy cruise to ease out the legs.</p> </div>	<div data-bbox="928 149 1184 194"> </div> <div data-bbox="928 204 1184 422"> <p>CROSS TRAIN OR REST Run, strength swim, yoga</p> <p>THIS CAN BE A COMPLETE REST DAY IF NEEDED</p> </div>	<div data-bbox="1201 149 1457 194"> </div> <div data-bbox="1201 204 1457 451"> <p>ENDURANCE 1:00:00 58 TSS</p> <p>W/U: 15mins Main set x 3: 7min ramp from MED - ALL OUT 4mins rest C/D: 6mins</p> </div>	<div data-bbox="1474 149 1730 194"> </div> <div data-bbox="1474 204 1730 422"> <p>BUILD RIDE 100 km</p> <p>Include in ride: 4 x 6min hill reps 60-65rpm, MED push last 30secs in same gear to +70rpm HARD</p> </div>	<div data-bbox="1747 149 2003 194"> </div> <div data-bbox="1747 204 2003 373"> <p>LONG RIDE 120 km</p> <p>Ride a hilly route. Focus on 80- 90rpm avg. Practice ride nutrition.</p> </div>

MON	TUE	WED	THU	FRI	SAT	SUN
<div data-bbox="109 571 365 695"> <p>WEEK 9</p> </div> <div data-bbox="109 717 365 857"> <p>REST DAY Run, strength swim, yoga</p> </div>	<div data-bbox="382 571 638 617"> </div> <div data-bbox="382 626 638 873"> <p>GEARING 0:45:00 29 TSS</p> <p>W/U: 15mins MAIN SET 3 x 2mins EASY 2mins MED 2mins HARD C/D: 10mins</p> </div>	<div data-bbox="655 571 911 617"> </div> <div data-bbox="655 626 911 776"> <p>SPIN OUT 1:00:00 60mins Easy cruise to ease out the legs.</p> </div>	<div data-bbox="928 571 1184 617"> </div> <div data-bbox="928 626 1184 841"> <p>CROSS TRAIN OR REST Run, strength swim, yoga</p> <p>THIS CAN BE A COMPLETE REST DAY IF NEEDED</p> </div>	<div data-bbox="1201 571 1457 617"> </div> <div data-bbox="1201 626 1457 717"> <p>REST DAY Run, strength swim, yoga</p> </div>	<div data-bbox="1474 571 1730 617"> </div> <div data-bbox="1474 626 1730 776"> <p>PRE EVENT SHAKE DOWN 1:00:00</p> <p>Easy spin to keep the pipes warm!</p> </div>	<div data-bbox="1747 571 2003 652"> </div> <div data-bbox="1747 669 2003 743"> <p>CHALLENGE BEGINS!</p> </div>



MEET YOUR COACH :

Sarah Anne Evans is the founder and head coach at Karmea, the athlete coaching and training retreat specialists. She is an established triathlon, cycling and endurance coach with experience helping athletes at all levels achieve their goals, and has competed for over 20 years in cycling and endurance racing herself.

Sarah Anne lives in Jindabyne in the heart of Snowy Mountains, the terrain you will be facing each day is her playground.

If you'd like to talk about a personalised coaching program tailored to your goals, contact Sarah Anne.

FOR MORE INFORMATION CALL 0420 923 067 OR VISIT WWW.KARMEA.COM.AU

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