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# 12 WEEK TRAINING PROGRAM





## 12-Week Amy's Gran Fondo Program

Target audience: Beginner-Intermediate riders

No. of rides per week: 3

This program has been designed to prepare you to complete Amys Gran Fondo on the 15<sup>th</sup> of September 2024.

The program is written on an RPE scale (Rate of Perceived Exertion), however if you cycle to power there is a conversion to Percentage of FTP.

| RPE | Interpretation                           | % FTP   |
|-----|--|---------|
| 1   | Very Easy                                | 45-55   |
| 2   | Easy                                     | 55-60   |
| 3   |  | 60-70   |
| 4   | Comfortable. Sustainable for long rides. | 70-74   |
| 5   | Slightly out a breath when talking.      | 75-80   |
| 6   | Short sentences talking only.            | 80-88   |
| 7   | Can speak a few words at a time.         | 89-95   |
| 8   | Riding Hard                              | 95-105  |
| 9   | Near Maximal effort                      | 105-115 |
| 10  | All out Sprint                           | 140+    |

### Guidelines:

1. All rides excluding Strength based sessions the riding cadence should be anywhere between 80-95rpm.
2. Strength based sessions the cadence should be around 55-65rpm. Although these sessions are great for building strength in the hills. Hill climbs can also be performed at higher cadences in event conditions.
3. Especially for long rides and sessions please ensure you adequately fuel and hydrate. Practicing what you would use during the event.

### Riding Postural Cues:

1. Relaxed shoulders
2. Soft hands
3. Elbows bent
4. Hips forward

### Pedaling Cues:

1. Push down with your heels – up with your toes.

Program has 3 phases:

Weeks 1-4 = Base Phase

Weeks 5-10 = Specific Phase

Weeks 11-12 = Taper



## Base Phase Weeks 1-4

|                      | Monday   | Wednesday   | Saturday  |
|----------------------|--|---|---|
| Week 1               | 40-60min Easy Ride<br>(RPE 2-4)  | 55-70min Easy Ride<br>(RPE 2-4)   | 40-50k Flat Ride<br>(RPE 2-4)<br><b>Approx Time: 1.5-2hrs</b> |
| Week 2               | 55-75min Easy Ride<br>(RPE 2-4)  | 15min @ RPE 2<br>5x (3mins @RPE 6, 2mins @RPE 2)<br>10min @ RPE 2<br><b>Total Time: 50mins</b>                      | 50-60k Flat Ride<br>(RPE 2-4)<br><b>Approx Time: 2-2.5hrs</b> |
| Week 3               | 10min @ RPE 2<br>6x (2mins @RPE 7, 2mins @RPE 2)<br>10min @ RPE 2<br><b>Total Time: 44mins</b> | 15min @ RPE 2<br>6x (4mins @RPE 6, 2mins @RPE 2)<br>10min @ RPE 2<br><b>Total Time: 61mins</b>                      | 60-70k Flat Ride<br>(RPE 2-4)<br><b>Approx Time: 2.5-3hrs</b> |
| Week 4 (Deload Week) | 50-60min Easy Ride<br>(RPE 2-4)  | 10min @ RPE 2<br>6x (1mins @RPE 8, 1:30mins @RPE 2)<br>10min @ RPE 2<br><b>Total Time: 35mins</b><br>Or<br>FTP Test | 45-55k Flat Ride<br>(RPE 2-4)<br><b>Approx Time: 2-2.5hrs</b> |



## Specific Phase Weeks 5-10

|                         | Monday   | Wednesday  | Saturday  |
|-------------------------|--|--|---|
| Week 5 – Strength Focus | 10min @ RPE 2<br>3x (2mins @RPE 6, 1min @RPE 8,<br>2mins @RPE 2)<br>3x (2mins @ RPE 8, 1:30min @ RPE 2)<br>10min @ RPE 2<br><b>Total Time: 45.5mins</b>          | 15min @ RPE 2<br>5x (4mins @ RPE 6 (65rpm), 2mins @<br>RPE 2)<br>15min @ RPE 2<br><b>Total Time: 60mins</b>                        | 65-80k Hill Ride<br>(RPE 2-4)<br><b>Approx Time: 3-4hrs</b>       |
| Week 6                  | 10min @ RPE 2<br>2x (2min @ RPE 6, 1min @RPE 7,<br>1min @RPE 8, 2mins @ RPE2)<br>4x (2mins @ RPE 8, 2min @ RPE 2)<br>10min @ RPE 2<br><b>Total Time: 48mins</b>  | 20min @ RPE 2<br>3x (8mins @RPE 6, 3mins @RPE 2)<br>10min @ RPE 2<br><b>Total Time: 63mins</b>                                     | 80-95k Flat Ride<br>(RPE 2-4)<br><b>Approx Time: 3.25-4hrs</b>    |
| Week 7 – Strength Focus | 10min @ RPE 2<br>2x (1min @ RPE 5, 1min @RPE 6,<br>1min @RPE 7, 2mins @ RPE2)<br>8x (30s @ RPE 9-10, 1min @ RPE 2)<br>10min @ RPE 2<br><b>Total Time: 44mins</b> | 15min @ RPE 2<br>5x (3mins @ RPE 6 (65rpm), 2mins @<br>RPE 7 (65rpm), 2mins @ RPE 2)<br>15min @ RPE 2<br><b>Total Time: 65mins</b> | 75-90k Hill Ride<br>(RPE 2-4)<br><b>Approx Time: 3.25-4.25hrs</b> |



|                          |   |   |   |
|--------------------------|---|---|---|
| Week 8 (Deload Week)     | 60-75min Easy Ride<br>(RPE 2-4)   | 10min @ RPE 2<br>5x (2mins @RPE 6, 1min @RPE 8,<br>2mins @RPE 2)<br>10min @ RPE 2<br><b>Total Time: 45mins</b>  | 55-70k Flat Ride<br>(RPE 2-4)<br><b>Approx Time: 2.5-3hrs</b>     |
| Week 9                   | 10min @ RPE 2<br>8x (30s @ RPE 9-10, 1min @ RPE 2)<br>3min @ RPE 3<br>8x (30s @ RPE 9-10, 1min @ RPE 2)<br>10min @ RPE 2<br><b>Total Time: 47mins</b>                     | 15min @ RPE 2<br>3x (12mins @RPE 6, 4mins @RPE 2)<br>10min @ RPE 2<br><b>Total Time: 61mins</b>   | 95-110k Flat Ride<br>(RPE 2-4)<br><b>Approx Time: 3.75-4.5hrs</b> |
| Week 10 – Strength Focus | 10min @ RPE 2<br>3x<br>(3mins @ RPE 7, 2mins @ RPE 2<br>2mins @ RPE 8, 1:30mins @ RPE 2<br>1mins @ RPE 9, 2mins @ RPE 2)<br>10mins @ RPE 2<br><b>Total Time: 54.5mins</b> | 15min @ RPE 2<br>5x (4mins @ RPE 6 (65rpm), 2mins @<br>RPE 2)<br>4x (2mins @ RPE 8 (65rpm), 2mins @<br>RPE 2)<br>10min @ RPE 2<br><b>Total Time: 71mins</b> | 90-105k Hill Ride<br>(RPE 2-4)<br><b>Approx Time: 4-5hrs</b>      |



## Taper Phase Weeks 11-12

|         | Monday  | Wednesday   | Saturday  |
|---------|---|---|---|
| Week 11 | 15min @ RPE 2<br>4x (1min @RPE 8, 3mins @ RPE 6,<br>2mins @ RPE 2)<br>10mins @ RPE 2<br><b>Total Time: 49mins</b> | 10min @ RPE 2<br>3x (4mins @ RPE 4, 2mins @ RPE 6)<br>3mins @ RPE 2<br>2x (4mins @ RPE 5, 2mins @ RPE 6)<br>10mins @ RPE 2<br><b>Total Time: 59mins</b> | 55-60k Flat Ride<br>(RPE 2-4)<br><b>Approx Time: 2-2.5hrs</b> |
| Week 12 | 45-55min Easy Ride<br>(RPE 2-4)   | 25min @ RPE 2<br>4x (1min @ RPE 8, 2mins @ RPE 2)<br>5min @ RPE 2<br><b>Total Time: 42mins</b>  | <b>RACE DAY (SUNDAY 15<sup>th</sup><br/>September)</b>        |

**PERFORMANCE**  
**BLISS #1**

<https://www.performancebliss1.com.au/programs-services>



<https://cyclecollective.com.au/>