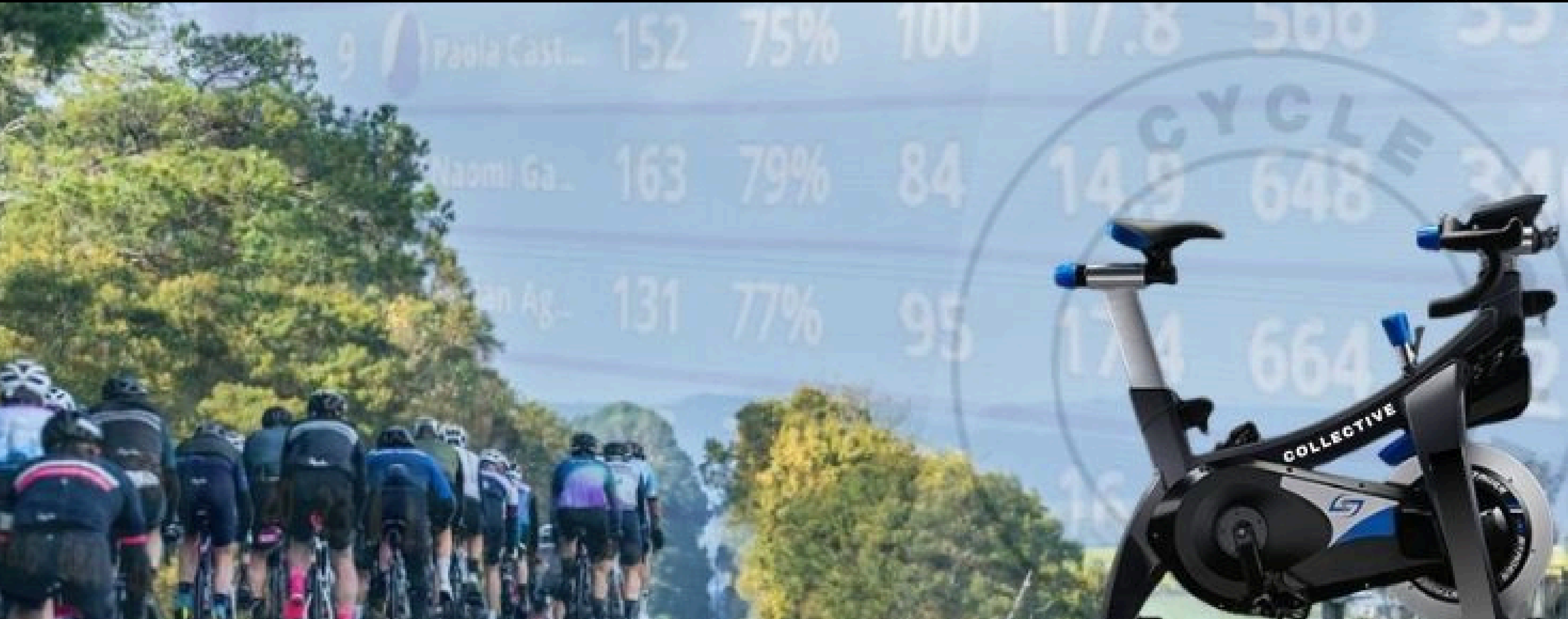


10 WEEK TRAINING PLAN BEGINNER - INTERMEDIATE



WELCOME

To your 10-Week Cycling Training Plan for Amy’s Gran Fondo 2025. Running from mid-August through to event day on Sunday 19th October, this training plan is designed to support your preparation—whether you're riding outdoors or indoors on a stationary bike or smart trainer.

Outdoor sessions tend to be longer, while the indoor workouts are shorter and more time-efficient. By choosing one or combining both styles of training each week, you'll steadily build your fitness, boost your confidence, and set yourself up to feel strong at the start line and comfortable throughout the ride—no matter which distance you’ve signed up for.

THE PLAN IS DESIGNED

To increase your strength, aerobic fitness and endurance and improve your average power and riding 3 times per week.

THIS PLAN IS FOR

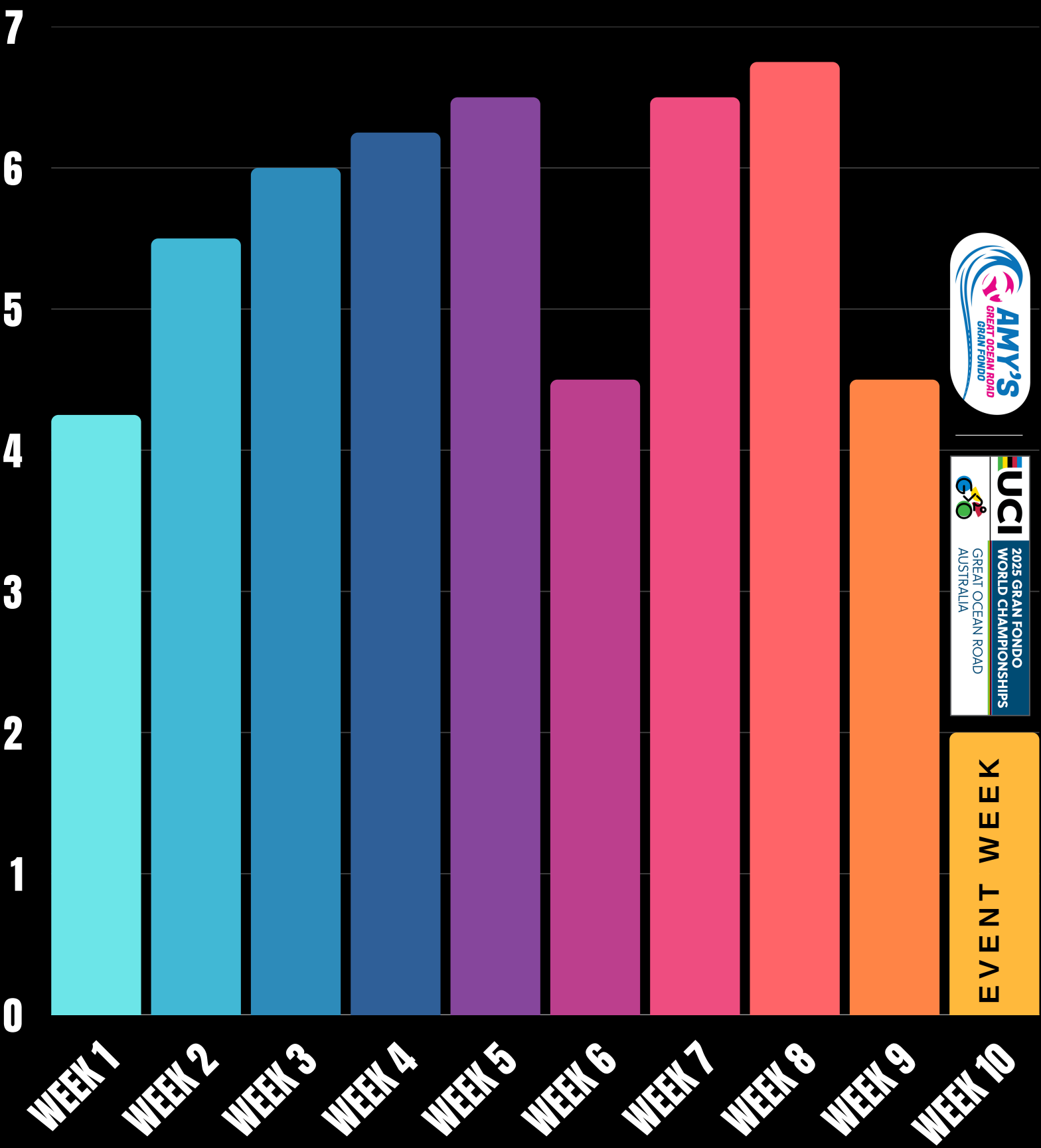
Riders who are relatively new to cycling who have a beginner to intermediate level of fitness and are ready to improve cycling fitness, taking it to the next level. You may have participated in cycling events previously or this may be your first introduction to group participation cycling and event training. Either way in keeping to the 10-week training plan, will see improvements in both fitness and cycling confidence.

HOW IT WORKS

- The training is a 10 week block where the first 4 weeks are designed around building your base fitness and strength whilst increasing both consistency and training volume weekly.
- The middle 4 weeks are you’re specific training phase.
- In the 2 weeks leading up to event day, training volume drops ensuring you’re feeling fresh and ready for the start line.
- If you miss a training day, no need to catch that day up, just continue with the weekly plan.

GUIDELINES

- For all rides—excluding strength-based sessions—your cadence should sit between 80–95 rpm.
- During strength sessions, aim for a lower cadence of around 55–65 rpm. These workouts are designed to build muscular strength for climbing. Please keep in mind that hill efforts during the event can also be performed at higher cadences, depending on what feels best for you.
- For longer rides and sessions, be sure to fuel and hydrate adequately.
- Use these sessions to practice the nutrition and hydration strategies you plan to use on event day.



WHAT ALL THE TERMS MEAN

FTP: Functional Threshold Power

The average number of watts that you can sustain, in a steady state effort and acts as a current measure of fitness. FTP is typically calculated by a 20-minute effort (but a 60-minute FTP is also used). Your FTP score is calculated using 95% of your average power across your 20 minutes test. Other test durations can also be used, with adjusted percentages applied to produce an equivalent FTP score.

WATTS/ POWER:

A watt is a measure of how hard you’re working at any given time.

LTHR: Lactate Threshold Heart Rate

Represents the heart rate at which your body begins to accumulate lactate faster than it can clear it. It helps define your training zones for better endurance and performance.

RPE: Rate of Perceived Exertion

The numeric estimate of your exercise intensity. We use a scale of 1 - 10
1 = very easy
10 = very hard
Max is all out effort

RPM / CAD: Revolutions per minute / cadence

How fast your pedals are rotating around 360 degrees per 60 seconds. RPM and cadence are interchangeable terms.

RIDING POSTURAL CUES

- Relaxed shoulders
- Soft hands
- Elbows bent
- Hips forward

PEDALING CUES

Full pedal rotation. Push down with your heels and up with your toes.

RPE 1	VERY EASY	FTP % 45 - 55	LTHR % 70 - 85
RPE 2	EASY	FTP % 55 - 60	LTHR % 70 - 85
RPE 3	EASY	FTP % 60 - 70	LTHR % 70 - 85
RPE 4	SUSTAINABLE FOR LONG RIDES	FTP % 70 - 74	LTHR % 70 - 85
RPE 5	SLIGHTLY OUT OF BREATH WHEN TALKING	FTP % 80 - 88	LTHR % 85 - 89
RPE 6	SHORT SENTENCE TALKING ONLY	FTP % 70 - 74	LTHR % 89 - 92
RPE 7	CAN SPEAK ONLY A FEW WORDS AT A TIME	FTP % 89 - 95	LTHR % 92 - 95
RPE 8	RIDING HARD	FTP % 95 - 105	LTHR % 95 - 99
RPE 9	NEAR MAXIMUM EFFORT	FTP % 105 - 120	LTHR % 100 - 103
RPE 10	ALL OUT SPRINT	FTP % 120 +	LTHR % 103 +

BASE

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY
40 - 60 MIN EASY RIDE @ RPE 2-4		55 -70 MIN EASY RIDE @ RPE 2-4			40 - 60 KM FLAT RIDE @ RPE 2-4	
40 - 60 MINS	GOOD NUTRITION	55 - 70 MINS	SLEEP WELL	GOOD NUTRITION	1.5 - 2 HOURS	SLEEP WELL

WEEK 1



4.25 HOURS

BASE

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY
55 - 70 MIN EASY RIDE RPE 2-4		20 MIN @ RPE 2 5 X (3 MINS @ RPE 6 + 2 MINS @ RPE 2) 10 MINS @ RPE 2			60 -75 KM FLAT RIDE RPE 2 - 4	
55 - 70 MINS	GOOD NUTRITION	55 MINS	SLEEP WELL	GOOD NUTRITION	2.5 - 3.5 HOURS	SLEEP WELL

WEEK 2



5.5 HOURS

STRENGTH

MONDAY

10 MINS @
RPE 2

3 X STRENGTH
(2 MINS @ RPE 6
+
1 MIN @ RPE 8
+
2 MINS @ RPE 2)

3 X
(2 MINS @ RPE 8
+
90 SECS @ RPE 2)

15 MINS @
RPE 2

STRENGTH
FOCUS - LOW RPM

50 MINS

TUESDAY
REST DAY

GOOD NUTRITION

WEDNESDAY

15 MIN @ RPE 2

5 X STRENGTH
(4 MINS @ RPE 6
+
2 MINS @ RPE 2)

15 MINS @ RPE 2

STRENGTH
FOCUS - LOW RPM

65 MINS

THURSDAY
REST DAY

SLEEP WELL

FRIDAY
REST DAY

GOOD NUTRITION

SATURDAY

65 - 80 KM
HILL RIDE

RPE 2 - 4

STRENGTH
FOCUS - LOW RPM

3 - 4 HOURS

SUNDAY
REST DAY

SLEEP WELL

WEEK 3



6
HOURS

INDOORS OR OUTDOORS

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY
<div>15 MINS @ RPE 2 - 3</div> <div>2 X (2 MINS @ RPE 6 + 1 MIN @ RPE 7 + 1 MINS @ RPE 8 + 2 MIN @ RPE 2)</div> <div>4 X (2 MINS @ RPE 8 + 2 MINS @ RPE 2)</div> <div>10 MINS @ RPE 2 - 3</div>		<div>20 MINS @ RPE 2 - 3</div> <div>3 X (8 MINS @ RPE 6 + 3 MIN @ RPE 2)</div> <div>15 MINS @ RPE 2 - 2</div>			<div>90 - 95 KM FLAT RIDE</div> <div>RPE 3 - 4</div>	
60 MINS	GOOD NUTRITION	65 - 70 MINS	SLEEP WELL	GOOD NUTRITION	3.25 - 4 HOURS	SLEEP WELL

WEEK 4



6.25 HOURS

STRENGTH

WEEK 5

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY	WEEK 5
<div>15 MINS @ RPE 2 - 3</div> <div>3 X STRENGTH (1MINS @ RPE 5 + 1 MIN @ RPE 6 + 1 MINS @ RPE 7 + 2 MIN @ RPE 2)</div> <div>8 X STRENGTH (30 SECS @ RPE 9 + 1 MIN @ RPE 2)</div> <div>10 MINS @ RPE 2 - 3</div>		<div>15 MINS @ RPE 2 - 3</div> <div>5 X (3 MINS @ RPE 6 + 2 MIN @ RPE 7 + 2 MIN @ RPE 3)</div> <div>15 MINS @ RPE 2 - 3</div>			<div>75 - 90 KM HILL RIDE</div> <div>RPE 3 - 4</div>		<div>AMY'S GREAT OCEAN ROAD GRAN FONDO</div> <div>UCI 2025 GRAN FONDO WORLD CHAMPIONSHIPS GREAT OCEAN ROAD AUSTRALIA</div>
STRENGTH FOCUS - LOW RPM		STRENGTH FOCUS - LOW RPM			STRENGTH FOCUS - LOW RPM		
50 MINS	GOOD NUTRITION	65 - 70 MINS	SLEEP WELL	GOOD NUTRITION	3.5 - 4.25 HOURS	SLEEP WELL	6.5 HOURS

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY
60 - 75 KM EASY RIDE RPE 2- 4		10 MINS @ RPE 2 - 3 5 X (3 MINS @ RPE 6 + 2 MIN @ RPE 8 + 2 MIN @ RPE 2) 10 MINS @ RPE 2 - 3			55 - 70 KM FLAT RIDE RPE 3 - 4	
60 - 75 MINS	GOOD NUTRITION	45 MINS	SLEEP WELL	GOOD NUTRITION	2.5 - 3 HOURS	SLEEP WELL



INDOORS OR OUTDOORS

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY
<div>15 MINS @ RPE 2 - 3</div> <div>8 X (90 SECS @ RPE 9 + 1 MIN @ RPE 2)</div> <div>5 MINS RPE 3</div> <div>8 X (90 SECS @ RPE 9 + 1 MIN @ RPE 3)</div> <div>10 MINS @ RPE 2 - 3</div>		<div>15 MINS @ RPE 2 - 3</div> <div>3 X (12 MINS @ RPE 6 + 4 MIN @ RPE 3 - 5)</div> <div>10 MINS @ RPE 2 - 3</div>			<div>90 - 110 KM FLAT RIDE</div> <div>RPE 3 - 4</div>	
70 MINS	GOOD NUTRITION	75 MINS	SLEEP WELL	GOOD NUTRITION	3.75 - 4 HOURS	SLEEP WELL

WEEK 7



6.5 HOURS

STRENGTH

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY
<div>15 MINS @ RPE 2 - 3</div> <div>3 X STRENGTH (3 MINS @ RPE 7 + 2 MINS @ RPE 3 + 2 MINS @ RPE 7-8 + 90 SECS @ RPE 3 + 1 MIN @ RPE 9 + 2 MINS @ RPE 2)</div> <div>10 MINS @ RPE 2 - 3</div>		<div>15 MINS @ RPE 2 - 3</div> <div>5 X STRENGTH (4 MINS @ RPE 6 + 2 MIN @ RPE 3)</div> <div>4 X STRENGTH 2 MINS @ RPE 8 + 2 MINS RPE 3)</div> <div>15 MINS @ RPE 2 - 3</div>			<div>90 - 105 KM HILL RIDE</div> <div>RPE 3 - 4</div>	
STRENGTH FOCUS - LOW RPM		STRENGTH FOCUS - LOW RPM			STRENGTH FOCUS - LOW RPM	
60 MINS	GOOD NUTRITION	75 MINS	SLEEP WELL	GOOD NUTRITION	4.5 HOURS	SLEEP WELL

WEEK 8



6.75
HOURS

TAPER

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY
<div>15 MINS @ RPE 2 - 3</div> <div>4 X (1 MINS @ RPE 8 + 3 MINS @ RPE 6 + 2 MINS @ RPE 2)</div> <div>10 MINS @ RPE 2 - 3</div>		<div>15 MINS @ RPE 2 - 3</div> <div>3 X (4 MINS @ RPE 4 + 2 MIN @ RPE 6)</div> <div>3 MINS @ RPE 2</div> <div>2 X (4 MINS @ RPE 5 + 2 MINS RPE 6)</div> <div>10 MINS @ RPE 2 - 3</div>			<div>55- 60 KM HILL RIDE</div> <div>RPE 3 - 4</div>	
50 MINS	GOOD NUTRITION	60 MINS	SLEEP WELL	GOOD NUTRITION	2 -2.5 HOURS	SLEEP WELL

WEEK 9



4.5 HOURS

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY
45 - 55 MIN EASY RIDE @ RPE 2-4		20 MINS @ RPE 2 - 3 4 X (1 MINS @ RPE 8 + 2 MIN @ RPE 2) 10 MINS @ RPE 2 - 3				
55 MINS	GOOD NUTRITION	45 MINS	SLEEP WELL	GOOD NUTRITION		YOU DID IT!

EVENT DAY

ENJOY THE RIDE



ENDURO SESSIONS X 8



**60 - 80 MINS
WEEKLY SESSIONS
AUG 20TH - OCT 8TH**

SCIENCE BASED FITNESS FOR EVERYONE



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