



## Ride the Range Training program

Training means different things to different people. For some cyclists, preparing for a challenging event such as Ride the Range, will be a means to a specific and very clear end; an improved Strava time on the Col du Blanchview perhaps or even the ultimate challenge of the 200k 'double climb'!

For the majority however, it may simply be the achievement and satisfaction of conquering Queensland toughest one day cycling challenge. As such, Peak Performance's Physiotherapists and experienced cyclists David Veal and Matt Haswell have designed a tailor-made 10-week program to guide riders of all ages and abilities to achieve their individual and personal goals on the day.

While not everyone needs to emulate or follow our training guide pedal stroke by pedal stroke, we would suggest you adapt elements of the program to your own personal riding needs. Without doubt weekly long rides and regular hill climbing will have their benefits, aside from just making your Strava posts look impressive.

Long rides and hill repeats improve muscle and lung function and endurance; they increase blood supply and they build strength. But most importantly they build mental toughness; if a rider can endure long training rides augmented with regular altitude training, the charisma packed Ride the Range becomes less of a challenge.

Both David and Matt are keen to help and advise individual entrants; do not hesitate to book an appointment either in person or by telephone at Peak Performance Sports Physiotherapy <https://www.peaksportsphysio.com.au/>

Phone: 07 4639 4249

Training Zones	Intensity	RPE (Rating of Perceived Exertion)	Feeling
Zone 1	Recovery	1-3	This intensity should be perceived as VERY EASY.
Zone 2	Aerobic	3-5	This intensity is EASY and should be able to be maintained for multiple hours.
Zone 3	Tempo	5-6	This intensity is MODERATE. You should be able to maintain this intensity for long periods but you will notice fatigue will slowly build.
Zone 4	Threshold	6-9	This intensity is perceived as HARD and efforts are maintained from 8-20min. This intensity is important to train for the climb back up the range.
Zone 5	Above Threshold	9-10	This intensity is VERY HARD. These efforts can only be maintained for 1-8min.

## 200km

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1		20		20		60	40	140km
comments		Ride by feel		Ride by feel		Endurance Ride mostly in zone 2	Ride by feel	
2		30		30		70	50	180km
comments		Hills/hill reps Try doing some hill reps in zone 4-5 with recovery between each.		Ride by feel		Endurance Ride mostly in zone 2	Ride by feel	
3		30		40		90	50	210km
comments		Hills/hill reps Try doing some hill reps in zone 4-5 with recovery between each.		Ride by feel		Endurance Ride mostly in zone 2.	Endurance with hills Ride mostly in zone 2 on a hilly course. Try a couple zone 3-4 efforts.	
4		30		30		60	40	160km
comments		Recovery ride Mostly zone 1.		Ride by feel		Endurance Ride mostly zone 2.	Recovery ride Ride mostly zone 1	
5		30		50		100	60	240km

comments		Ride by feel.		Hills/hill reps Try to find a longer hill to do some zone 4 efforts.		Endurance Ride mostly zone 2.	Endurance with hills Ride mostly in zone 2 on a hilly course. Try a couple zone 3-4 efforts.	
6		40		50		100	80	270km
comments		Ride by feel Do a recovery ride if you are feeling fatigued.		Hills/hill reps Try to find a longer hill to do some zone 4 efforts.		Endurance with hills Ride mostly in zone 2 on a hilly course. Try a couple zone 3-4 efforts. If possible, try to hard a long climb at the end of the ride.	Ride by feel Ride mostly zone 1-2. You can add some efforts if you are feeling okay.	
7		40		40		120	80	280km
comments		recovery ride Mostly zone 1.		Hard hills reps Try shorter hills with zone 5 efforts.		Endurance Ride mostly zone 2.	Ride by feel	
8		20		30		70	50	170km
comments		Recovery ride Mostly zone 1.		Recovery ride Mostly zone 1.		Easy endurance ride Ride on the lower end of zone 2.	Endurance Ride mostly zone 2	
9		40		50		120	90	300km
comments		Ride by feel		Hills/hill reps Try to find a longer hill to do some zone 4 efforts.		Endurance Ride Mostly zone 2.	Easy endurance with hills Ride mostly lower zone 2 with a couple zone 3-4 efforts on hills	
10		50		50		130	100	330km
comments		Recovery ride Mostly zone 1.		Hard hills reps Try shorter hills with zone 5 efforts.		Endurance with hills Ride mostly in zone 2 on a hilly course. Try a couple zone 3-4 efforts. If possible, try to hard a long climb at the end of the ride.	Endurance Ride mostly zone 2	
11		40		60		170	40	310km
comments		Recovery ride Mostly zone 1.		Ride by feel		Endurance with hills	Recovery ride Mostly zone 1.	

				Ride mostly zone 1-2. You can add some efforts if you are feeling okay.		Ride mostly in zone 2 on a hilly course. Try a couple zone 3-4 efforts. If possible, try to hard a long climb at the end of the ride.		
12		20		60		50	200	330km
comments		Recovery ride Mostly zone 1		Ride by feel Ride mostly zone 1-2. You can add some efforts if you are feeling okay.		Ride by feel. Mostly zone 1-2. NO HARD EFFORTS TODAY	RTR Event! Congratulations. You have made it to the event. Remember to keep eating and drinking to maintain your nutrition. Try to keep some legs for the climb up the range. Good Luck! We hope to see you at the finish.	