



BRISBANE TO GOLD COAST
Cycle for Cancer

8 WEEK TRAINING GUIDE



WEEK STARTING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 17 AUGUST 2025	RIDE 30 minutes (Easy flat)	REST / STRETCH	RIDE 1 hour (Easy flat)	REST	REST / STRETCH	GROUP RIDE 1.5 hours (Easy flat)	RIDE 30 mins - 1 hour (Easy flat)
WEEK 2 24 AUGUST 2025	REST / STRETCH	RIDE 30 minutes (Easy flat)	REST / STRETCH	RIDE 1 hour (Easy flat)	REST / STRETCH	CROSS TRAINING 1 hour	RIDE 1.5 hours Easy pace, flat route.
WEEK 3 31 AUGUST 2025	REST / STRETCH	RIDE 1 hour (Medium flat)	CROSS TRAINING 1 hour	RIDE 1 hour (Medium inclines)	REST / STRETCH	GROUP RIDE 2 hours	RIDE 1.5 hours (Medium inclines)
WEEK 4 07 SEPTEMBER 2025	REST / STRETCH	RIDE 1 hour (Easy flat)	REST / STRETCH	RIDE 1 hour (Medium inclines)	REST / STRETCH	GROUP RIDE 2 hours	RIDE 2 hours (Medium inclines)
WEEK 5 14 SEPTEMBER 2025	REST / STRETCH	RIDE 1 hour (Medium inclines)	RIDE 1.5 hours (Easy flat)	RIDE 1.5 hours (Medium inclines)	REST / STRETCH	CROSS TRAINING 1.5 hours	RIDE 3 hours (Easy flat)
WEEK 6 21 SEPTEMBER 2025	REST / STRETCH	RIDE 1.5 hour (Easy flat)	RIDE 1.5 hours (Medium inclines)	RIDE 1.5 hour (Easy flat)	REST / STRETCH	GROUP RIDE 2.5 hours	RIDE 3 hours (Easy flat)
WEEK 7 28 SEPTEMBER 2025	REST / STRETCH	RIDE 1.5 hour (Easy flat)	REST / STRETCH	RIDE 1.5 hour (Easy flat)	REST / STRETCH	GROUP RIDE 4 hours	RIDE 3 hours (Medium inclines)
WEEK 8 05 OCTOBER 2025	REST / STRETCH	RIDE 1 hour (Easy flat)	REST / STRETCH	RIDE 1 hour (Medium flat)	REST / STRETCH	RIDE 1 hour (Easy flat)	B2GC! Event Day 100km!

INTENSITY GUIDE:

Easy pace - able to hold a conversation

Medium pace - able to talk in short sentences

NOTE: A bike that fits you is the most important aspect of training for B2GC. Your position on the bike should be comfortable and efficient. Some muscle soreness is normal when increasing training load, but if you are getting sharp pain (say in your knees), seek medical help. Not sure about your bike fit? See a physiotherapist who treats cycling injuries.

ARE YOU READY FOR THE CHALLENGE?
WWW.B2GC.COM.AU