



# 8 WEEK TRAINING GUIDE

| WEEK STARTING                   | MONDAY                            | TUESDAY                             | WEDNESDAY                              | THURSDAY                               | FRIDAY            | SATURDAY                               | SUNDAY                                            |
|---------------------------------|-----------------------------------|-------------------------------------|----------------------------------------|----------------------------------------|-------------------|----------------------------------------|---------------------------------------------------|
| <b>WEEK 1</b><br>29 JUNE 2026   | RIDE<br>30 minutes<br>(Easy flat) | REST /<br>STRETCH                   | RIDE<br>1 hour<br>(Easy flat)          | REST                                   | REST /<br>STRETCH | GROUP RIDE<br>1.5 hours<br>(Easy flat) | RIDE<br>30 mins - 1 hour<br>(Easy flat)           |
| <b>WEEK 2</b><br>06 JULY 2026   | REST /<br>STRETCH                 | RIDE<br>30 minutes<br>(Easy flat)   | REST /<br>STRETCH                      | RIDE<br>1 hour<br>(Easy flat)          | REST /<br>STRETCH | CROSS<br>TRAINING<br>1 hour            | RIDE<br>1.5 hours<br>Easy pace, flat<br>route.    |
| <b>WEEK 3</b><br>13 JULY 2026   | REST /<br>STRETCH                 | RIDE<br>1 hour<br>(Medium flat)     | CROSS<br>TRAINING<br>1 hour            | RIDE<br>1 hour<br>(Medium inclines)    | REST /<br>STRETCH | GROUP RIDE<br>2 hours                  | RIDE<br>1.5 hours<br>(Medium inclines)            |
| <b>WEEK 4</b><br>20 JULY 2026   | REST /<br>STRETCH                 | RIDE<br>1 hour<br>(Easy flat)       | REST /<br>STRETCH                      | RIDE<br>1 hour<br>(Medium inclines)    | REST /<br>STRETCH | GROUP RIDE<br>2 hours                  | RIDE<br>2 hours<br>(Medium inclines)              |
| <b>WEEK 5</b><br>27 JULY 2026   | REST /<br>STRETCH                 | RIDE<br>1 hour<br>(Medium inclines) | RIDE<br>1.5 hours<br>(Easy flat)       | RIDE<br>1.5 hours<br>(Medium inclines) | REST /<br>STRETCH | CROSS<br>TRAINING<br>1.5 hours         | RIDE<br>3 hours<br>(Easy flat)                    |
| <b>WEEK 6</b><br>03 AUGUST 2026 | REST /<br>STRETCH                 | RIDE<br>1.5 hour<br>(Easy flat)     | RIDE<br>1.5 hours<br>(Medium inclines) | RIDE<br>1.5 hour<br>(Easy flat)        | REST /<br>STRETCH | GROUP RIDE<br>2.5 hours                | RIDE<br>3 hours<br>(Easy flat)                    |
| <b>WEEK 7</b><br>10 AUGUST 2026 | REST /<br>STRETCH                 | RIDE<br>1.5 hour<br>(Easy flat)     | REST /<br>STRETCH                      | RIDE<br>1.5 hour<br>(Easy flat)        | REST /<br>STRETCH | GROUP RIDE<br>4 hours                  | RIDE<br>3 hours<br>(Medium inclines)              |
| <b>WEEK 8</b><br>17 AUGUST 2026 | REST /<br>STRETCH                 | RIDE<br>1 hour<br>(Easy flat)       | REST /<br>STRETCH                      | RIDE<br>1 hour<br>(Medium flat)        | REST /<br>STRETCH | RIDE<br>1 hour<br>(Easy flat)          | <b>B2GC!</b><br><b>Event Day</b><br><b>100km!</b> |

**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?**

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