

Week Starting	Monday, 6 January 2020	Monday, 13 January 2020	Monday, 20 January 2020	Monday, 27 January 2020	Monday, 3 February 2020	Monday, 10 February 2020
Week	1	2	3	4	5	6
Phases of Training	Base	Base	Base	Strength	Strength	Strength
Focus of Training	Development of Group Skills	Development of Group Skills	Development of Group Skills	Development of core strength Climbing Skills / Descending	Development of core strength Climbing Skills / Descending	Development of core strength Climbing Skills / Descending
		Adam, Pete and Lorian at TDU	Adam, Pete and Lorian at TDU			
Monday	No Ride	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	No Ride	AUSTRALIA DAY PUBLIC HOLIDAY WILL REPLACE WITH FRIDAY RIDE	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	No Ride
Wednesday	Introduction to Hills 1 Hour to 1 Hour 30mins Brisbane Corso Loop	Introduction to Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins
Saturday	50km to 60km Flat Ride	3hr Ride (Including hills)	2hr Ride (Flat/ Steady Pace)	No Ride	No Ride	4hr Ride (Flat)
Sunday	No Ride	No Ride	No Ride	3hr 30min Ride (Flat)	3hr 30min Ride (Hills)	No Ride

Week Starting	Monday, 17 February 2020	Monday, 24 February 2020	Monday, 2 March 2020	Monday, 9 March 2020	Monday, 16 March 2020	Monday, 23 March 2020
Week	7	8	9	10	11	12
Phases of Training	Strength	Recovery	Strength	Threshold	Threshold	Threshold
Focus of Training	Development of core strength Climbing Skills / Descending	Recovery	Development of core strength Climbing Skills / Descending	Development of endurance / Cadence and groups skills	Development of endurance / Cadence and groups skills	Development of endurance / Cadence and groups skills
	Sally Nutrition Presentation Tuesday 18th Feb 6.30pm	Sally Nutrition Presentation Tuesday 25th Feb 6.30pm				
Monday	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	No Ride	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	No Ride
Wednesday	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins
Saturday	No Ride	No Ride	5hr Ride (Undulating)	No Ride	500km Training Weekend (TBC)	4hr (Hills)
Sunday	3hr Ride (Hills)	4hr Ride (Flat)	No Ride	5hr Ride (Flat)	500km Training Weekend (TBC)	No Ride

Week Starting	Monday, 30 March 2020	Monday, 6 April 2020	Monday, 13 April 2020	Monday, 20 April 2020	Monday, 27 April 2020
Week	13	14	15	16	17
Phases of Training	Threshold	Threshold	Taper	Taper	Event Week
Focus of Training	Development of endurance / Cadence and groups skills	Development of endurance / Cadence and groups skills	Recovery / Team Activities	Recovery / Team Activities	Recovery / Team Activities
		Sally Nutrition Presentation Tuesday 7th April 6.30pm			
Monday	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	EASTER BREAK	Group skills (Speed/ threshold) 1 Hour to 1 Hour 30mins	Nundah training session Group Skills (TTT Testing)
Wednesday	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour to 1 Hour 30mins	Hills / Mt Cootha 1 Hour KOM	Hills / Mt Cootha 1 Hour KOM	Final Event Prep
Saturday	No Ride	EASTER BREAK	2hr 30min Ride (Hills/ fast)	ANZAC DAY PUBLIC HOLIDAY	
Sunday	4hr Ride (Flat) Tour de Brisbane	EASTER BREAK	No Ride	2hr 30min Ride (Hills/ fast)	