

SPECIFIC PREP Nov and Dec

Tuesday: we will continue to concentrate on Strength and Endurance. Sessions will include long and short hill repeats in set gears and cadence.

Thursday: this session will concentrate on endurance interval training. Sessions will alternate between group flat repeats over 5-10kms and a ride around the river.

Saturday: This session will continue to concentrate on improving endurance and strength. The session will be a continuous ride ranging in distance from 80-120kms. Every 4th week we will perform a 24km TT to assist in the monitoring of improvement.

1. Tue 20th October 5.30am-7.00am Thur 22nd October 5.30am -7.00am Sat 24th October 5.30-9.00am	Trench Gym Trench Gym Trench Gym	40km Recovery Session Peter Trench 40km spin session on the road Technique Session 80km Spin Session road Includes 16km Time Trial
2. Tue 27 October 5.30am-7.00am Thur 29 th October 5.30am -7.00am Sat 31 st October 5.30-10.00am	Trench Gym Trench Gym Trench Gym (AVOCA)	Hill Repeats Kings Park River ride 100km Long ride 25% Big Chain Ring
3. Tue 3rd Nov 5.30am-7.00am Thur 5 th Nov 5.30am -7.00am Sat 7th 5.30-10.00am	Trench Gym Trench Gym Trench Gym (Budget)	Hill Repeats Kings Park River ride 110km Long ride 25% Big Chain Ring
4. Tue 10 th Nov 5.30am-7.00am Thur 12 th Nov 5.30am -7.00am Sat 14 th Nov 5.30-10.00am	Trench Gym Trench Gym Trench Gym (Cliff Resources)	Hill Repeats Reabold Shenton PK Repeats 120km Long ride 25% Big Chain Ring
5. Tue 17 th Nov 5.30am-7.00am Thur 19th Nov 5.30am -7.00am Sat 21st Nov 5.30-8.00am	Trench Gym Trench Gym Trench Gym	River Ride River ride 24km TT (80kms)

6. Tue 24 Nov 5.30am-7.00am	Trench Gym	Hill Repeats Mosman Pk
Thur 26 th Nov 5.30am -7.00am	Trench Gym	Shenton PK Repeats
Sat 28 th Nov 5.30-10.00am	Trench Gym (Cardno)	120km Long ride 25% Big Chain Ring
Sun 29 th Nov 5.30-10.00am	Trench Gym	120km Long ride 25% Big Chain Ring
7. Tue 1st Dec 5.30am-7.00am	Trench Gym	Hill Repeats Kings Park
Thur 3rd Dec 5.30am-7.00am	Trench Gym	River Ride
Sat 5th Dec 5.30-10.00am	Trench Gym (GCS)	120km Long Ride 25% Big Chain Ring
8. Tue 8th Dec 5.30am-7.00am	Trench Gym	Hill Repeats Reabold
Thur 10 th Dec 5.30am -7.00am	Trench Gym	Shenton Park
Sat 12 th Dec 5.30-11.00am	Trench Gym (Perrott)	120km Long Ride 25% Big Chain Ring
9. Tue 15th Dec 5.30am-7.00am	Trench Gym	River Ride
Thur 17 th Dec 5.30am -7.00am	Trench Gym	River ride
Sat 19 th Dec 5.30-8.00am	Trench Gym	24km TT (80kms)
10. Tue 22nd Dec 5.30am-7.00am	Trench Gym	Christmas Mystery Ride
Thur 24h Dec 5.30am -7.00am	Trench Gym	River ride
Sat 26th Dec 6.00-8.00am	Trench Gym	60 kms Long Ride

SPECIFIC PREP Jan, Feb, Mar

Tuesday: we will continue to concentrate on Speed and Power. Sessions will include long and short hill repeats in set gears and cadence.

Thursday: this session will concentrate on intense interval training. Sessions will alternate between group flat repeats over 2-5kms and a ride around the river.

Saturday: This session will continue to concentrate on improving endurance and strength. The session will be a continuous ride ranging in distance from 80-150kms.

1. Sat 2nd Jan 5.30-10.00am Tue 5 th Jan 5.30am-7.00am Thur 7 th Jan 5.30am -7.00am Sat 9 th 5.30-10.00am	Trench Gym Trench Gym Trench Gym Trench Gym (BOQ)	100km Long ride 25% Big Chain Ring Hill Repeats Kings Park River ride 120km Long ride 25% Big Chain Ring
2. Tue 12 th Jan 5.30am-7.00am Thur 14 th Jan 5.30am -7.00am Sat 16 th Jan 5.30-10.00am	Trench Gym Trench Gym Trench Gym	Hill Repeats Reabold River Easy 80-100km Long ride 25% Big Chain Ring
3. Tue 19 th Jan 5.30am-7.00am Thur 21 st Jan 5.30am -7.00am Sat 23 rd Jan 5.30-10.00am	Trench Gym Trench Gym Trench Gym (MIRVAC)	Hill Repeats Mosman Pk Mosman PK Repeats 120km Long ride 25% Big Chain Ring

4. Tue 26 th Jan 5.30am-7.00am	Trench Gym	River Ride
Thur 28th Jan 5.30am -7.00am	Trench Gym	River ride
Sat 30th Jan 5.30-8.00am	Trench Gym (REDINK)	130kms
Sun 31 st Jan 5.30-8.00am	Trench Gym	120kms
5. Tue 2nd Feb 5.30am-7.00am	Trench Gym	Hill Reps Kings Park
Thur 4th Feb 5.30am -7.00am	Trench Gym	Shenton PK Repeats
Sat 6th Feb 5.30-10.00am	Trench Gym (PERTH AIRPORT)	150km Long ride 25% Big Chain Ring
6. Tue 9 th Feb 5.30am-7.00am	Trench Gym	Hill Repeats Kings Park
Thur 11 th Feb 5.30am-7.00am	Trench Gym	River Ride
Sat 13 th Feb 5.30-10.00am	Trench Gym	Easy 80kms
7. Tue 16th 5.30am-7.00am	Trench Gym	Hill Repeats Reabold
Thur 18th 5.30am -7.00am	Trench Gym	Shenton Park
Sat 20th 5.30-11.00am	Trench Gym (ENJO)	150km Long Ride 25% Big Chain Ring
8. Tue 23rd Feb 5.30am-7.00am	Trench Gym	River Ride
Thur 25 th Feb 5.30am -7.00am	Trench Gym	River ride
Sat 27 th Feb 5.30-8.00am	Trench Gym (AVOCA)	130km
Sun 28 th Feb 5.30-8.0am	Trench Gym	120kms

<p>9. Tue 2ndMar 5.30am-7.00am</p> <p>Thur 4th Mar 5.30am -7.00am</p> <p>Sat 6th Mar 5.30-10.00am</p>	<p>Trench Gym</p> <p>Trench Gym</p> <p>Trench Gym (BUDGET)</p>	<p>Hill Reps Mosman Pk</p> <p>Shenton PK Repeats</p> <p>Ride 140kms 25% Big Chain Ring</p>
<p>10. Tue 9th 5.30am-7.00am</p> <p>Thur 11th 5.30am -7.00am</p> <p>Sat 13th 5.30-11.00am</p>	<p>Trench Gym</p> <p>Trench Gym</p> <p>Trench Gym</p>	<p>Hill Repeats Reabold</p> <p>River Ride</p> <p>80km Long Ride 25% Big Chain Ring</p>
<p>11. Tue 16th 5.30am-7.00am</p> <p>Thur 18th 5.30am -7.00am</p> <p>Sat 20th 5.30-11.00am</p>	<p>Trench Gym (BOQ)</p> <p>Trench Gym</p> <p>Trench Gym</p>	<p>Hill Repeats Reabold</p> <p>Shenton Park</p> <p>80km Long Ride 25% Big Chain Ring</p>