

MS GONG RIDE – 6 WEEK TRAINING PROGRAM

Ride Better with Brad McGee, Australian Olympic Gold Medallist and Australian Olympic Coach

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1	Total: 4.5 hrs riding						
Skills Focus	Be ready	S1, S2, S3	S6	S1, S2, S3	Off Massage	Endurance + S6	S1, S2, S3
Riding Time	Off	30mins	30mins	30mins	Off	2hrs	1hr
Off Bike	Mindfulness / yoga		Stretch 30mins			Activation 15mins	

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 2	Total: 6 hrs riding						
Skills Focus		S1, S2, S3	S6	S1, S2, S3		Endurance + S6	S1, S2, S3
Riding Time	Off	30mins	30mins	1hr	Off	2.5hrs	1.5hrs
Off Bike	Mindfulness / yoga		Stretch 30mins		Massage	Activation 15mins	

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 3	Total: 7 hrs riding						
Skills Focus		S4, S5	S6	S4, S5		Endurance + S6, S9, S10	S7
Riding Time	Off	30mins	1hr	30mins	Off	3hrs	2hrs
Off Bike	Mindfulness / yoga		Stretch 30mins		Massage	Activation 15mins	

HALF WAY

Skills Focus Legend

- | | |
|----------------------------------|---------------------------|
| S1 Starting off | S6 Pacing |
| S2 Stopping and Obstacles | S7 Out of the Seat |
| S3 Pedaling ITS | S8 Climbing |
| S4 Hand Positions | S9 Following |
| S5 Balance and Cornering | S10 Stretch |

Endurance

Target Heart Rate 75% MHR

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 4	Total: 9 hrs riding						
Skills Focus		S4, S5	Endurance + S6, S7, S8	S4, S5		Endurance + S6, S9, S10	S7
Riding Time	Off	1hr	1.5 hrs	30mins	Off	4hrs	2hrs
Off Bike	Mindfulness / yoga		Stretch 30mins		Massage	Activation 15mins	

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 5	Total: 8 hrs riding						
Skills Focus		S7, S8	Recovery	S7, S8		Rehearsal Endurance + S6, S8, S9, S10	Relax & enjoy recovery ride
Riding Time	Off	30mins	30mins	30mins	Off	4.5hrs	2hrs
Off Bike	Mindfulness / yoga		Stretch 30mins		Massage	Activation 15mins	

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 6	Total: 3 hrs + MS Gong Ride						
Skills Focus		S1, S2, S3	S4, S5, S7	S8, S9, S10	Bike, nutrition and clothing READY for Sunday Gong Ride	Rest	Enjoy the MS Gong Ride. You've got this!
Riding Time	Off				Off	None or very easy 30 mins spin	
Off Bike	Mindfulness / yoga		Stretch 30mins		Massage	Switch Off	

Skills Focus Legend

- | | |
|----------------------------------|---------------------------|
| S1 Starting off | S6 Pacing |
| S2 Stopping and Obstacles | S7 Out of the Seat |
| S3 Pedaling ITS | S8 Climbing |
| S4 Hand Positions | S9 Following |
| S5 Balance and Cornering | S10 Stretch |

Endurance

Target Heart Rate 75% MHR