

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	09-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	
	Recovery day + focussed stretching	General ride 60min @ zone 2-3 115-125 Hrt (inside)	Jog track 60min 100-140 Hrt	Recovery day + focussed stretching	General ride 60min @zone 2-3 115-135 Hrt (outside)	Recovery day + focussed stretching	Long ride 90min @zone 2 115-135 Hrt (outside)	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	
LOAD	Recovery day + focussed stretching	General ride 75min @zone 2-3	Jog track 60min 100-140 Hrt	Hill ride 60min @zone 2-4 100-145 Hrt 420m/13.5 km	Recovery day + focussed stretching	Long ride 180min @zone 2 110-130 Hrt (outside - 55km)	Recovery day + focussed stretching	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	01-Mar	US WEEK
RECOVERY	Recovery day + focussed stretching	General ride 75min @zone 2-3 125 Hrt (inside)	Gym Session 60min	Hill ride 75min @zone 2-4 105-145 Hrt (inside)	Recovery day + focussed stretching	Long ride 180min @zone 2	Recovery day + focussed stretching	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	02-Mar	03-Mar	04-Mar	05-Mar	06-Mar	07-Mar	08-Mar	
LOAD/recovery	Jog track 45min 100-130 Hrt	AR/tech ride 45min @ zone1 115 Hrt (inside)	Jog track 60min 100-140 Hrt	AR/tech ride 45min @ zone1 105-115 Hrt (outside)	Recovery day + focussed stretching	Long ride 240min @zone 2 110-133 Hrt (outside - 83km)	Optional ride 60min @zone 2-3	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	09-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	
LOAD	Recovery day + focussed stretching	General ride 60min @zone 2-3	Jog track 60min 100-140 Hrt	Hill ride 75min @zone 2-4 100-145 Hrt 525m/13.5 km	Recovery day + focussed stretching	Long ride 300min @zone 2 110-130 Hrt (outside -83km) Avg 16.5km/h Alt 1000m	Recovery day + focussed stretching	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	
LOAD/PEAK	General ride 75min @zone 2-3 110-125 Hrt (outside - 25km)	Recovery day + focussed stretching	Jog track 60min 100-132 Hrt	Hill intervals 75min @zone 3-5 105-148 Hrt	Recovery day + focussed stretching	Long ride 360min @zone 2 105-148 Hrt (outside -90km) Avg 15km/h-Alt1600m	Recovery day + focussed stretching	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	US WEEK
RECOVERY	Recovery day + focussed stretching	AR/tech ride 60min @ zone1 115 Hrt (inside)	Gym Session 60min	AR/tech ride 60min @ zone1 125 Hrt (inside)	Recovery day + focussed stretching	Long ride 180min @zone 2	Recovery day + focussed stretching	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	30-Mar	31-Mar	01-Apr	02-Apr	03-Apr	04-Apr	05-Apr	EASTERN OFF 03-06 APRIL
LOAD	Recovery day + focussed stretching	Recovery day + focussed stretching	General ride 60min @ zone 2-3 115-125 Hrt (inside)	Recovery day + focussed stretching	Recovery day + focussed stretching	Race simulation 120min @zone 2-4	General ride 75min @zone 2-3	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	06-Apr	07-Apr	08-Apr	09-Apr	10-Apr	11-Apr	12-Apr	TRAVEL TO NZ WEEK
LOAD	Recovery day + focussed stretching	General ride 75min @zone 2-3	Gym Session 60min	Hill Intervals 75min @zone 3-5	General ride 75min @zone 2-3	Race simulation 90min @zone 3-4	General ride 75min @zone 2-3	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	
TAPER	General ride 60min @zone 2-3	Recovery day + focussed stretching	General ride 45min @zone 2	Recovery day + focussed stretching	Priming session 30min	Race Day	Recovery day	