

REMEMBRANCE BICYCLE RIDE 2020 | 29 APRIL – 1 MAY 2022

12 WEEK TRAINING PLAN



You will have many reasons to be participating in the 2022 Police Legacy Ride and the purpose is to raise awareness and funds for Legatees. Equally riding from Sydney to Canberra over 3 days is a major challenge and your enjoyment, experience and safety will be enhanced the more prepared you are. This is physical but also mental, emotional and bike fit and ready.

From the moment you receive this start riding as much as possible as the training plan assumes you have k's in your legs and bike in good condition.

Remember, consistency is the key to getting fitter, so try and ride as regularly as possible. If you miss a session it is OK, don't try and make it up, just get on with the program. Try to prioritise the key long rides as these are the most important sessions. To get started straight away and get more out of your ride and for a more personalised training peaks program tailored to your ability, time constraints, weight and ambition please contact Jon Leighton directly via jleighton@jmlaustralia.com.au

The program is sixteen weeks in total and follows a three week 'on' one week 'off' cycle, which includes four main phases:

PROGRAM SUMMARY

- **Weeks 1 to 4: Base 1 Base 2 Base 3 Recovery**
- **Weeks 5 to 8: Build 1 Build 2 Build 3 Recovery**
- **Weeks 9 to 12: Event focus, 1 and 2 Event Taper 1 and 2**

However, don't wait to week 1 – work backwards from the base schedule and give yourself an extra couple of weeks of base. Make sure your equipment is in perfect working order, order your new legacy kit and get out and ride.

Team training rides:

Join the RBR '21 Training Sessions Whatsapp group for realtime updates – [HERE](#).

- Sun, 13 March 2022 – rescheduled from 6 March 2022. Centennial Park, Sydney to Kurnell. Medium Pace. [REGISTER HERE](#).
- Sun, 20 March 2022 – Peloton 4, 5 & 6. Prestons, Sydney along the M7. Slow pace. [REGISTER HERE](#).

Week 1:

Monday 20 min FTP power/HR test

Use today as guide to check if your Training Zones need updating. If you are confident your zones are correct and match up with the zones used in the program then there is no need to do the test.

This 20 min Power Test done on an on an indoor trainer so it is controlled and repeatable, however a good 20 min hill is even better.

Ensure you are motivated and mentally prepared. If you can't commit 100% effort then postpone the test.

Calibrate all power meters and ensure all equipment is working correctly. This includes Heart Rate monitors.

Warm Up for a minimum of 10 mins building close to threshold as the warm up progresses.

TEST:

20 min at your best sustainable power. Keep it steady. Don't go out too hard! On the trainer you should be able to sustain about 103-105% of your known FTP. Choose your optimal cadence and control the effort so you can come home strong. The key is in the pacing!

Cool Down well and spin easy to finish off the session

Typically FTP will be 95% of your 20 min power average.

Threshold Heart Rate should approximately be the average heart rate you sustain during the effort.

Tuesday 1 hour 3x10min strength efforts

The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.

This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.

Warm Up as needed then complete the main set.

MAIN SET:

3 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.

Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.

The goal is to build the number and intensity of efforts as you become better at completing the set.

Cool down well after the main set.

Wednesday Day off

Thursday 1 hour Aerobic Capacity

This session targets your efficiency. These are longer sustained efforts aiming to hold a specific heart rate in your aerobic zone.

This is a good session to complete fasted in the morning (possibly after a black coffee) as it will assist in weight loss without requiring high intensity efforts that may be negatively impacted by a lack of carbohydrate availability.

MAIN SET:

3 to 6 x 10 min on 2 min recovery at your top of Z2 Heart Rate. Target upper Z2 power but adjust power up or down to keep your heart rate at your target number.

Power and heart rate zones may not coincide but focus on maintaining heart rate for this session.

Ensure cadence is kept at 90 to 100 rpm.

A short 5min cool down is sufficient

Friday **Easy Ride**

The goal is to preserve the “feel” for the legs but go easy.

Complete either 30 min on the trainer or up to 60 min on the road.

Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.

Ensure that you maintain power/ HR in Z1 to mid Z2.

This isn't about training, it is about recovery

Sat **Strength Endurance – do this as part of your regular Sat ride or with friends**

As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.

MAIN SET:

These really need a solid climb, you just can't get the tension in the legs on the flat.

3 to 5 x 8 min SE's @ 50-60 rpm.

Target Power: High Z3 to Mid Z4 (85-100% FTP)

Target HR: Mid Z3 to Low Z4

RPE: Should start moderate at 6 and build to 8

Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.

As the weeks progress you should be able to hold more power during the efforts.

Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.

Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.

Sunday Aerobic 2nd long ride on the weekend

Goal for this session is a longer ride.

Nothing hard, just enough to get in some endurance type efforts.

Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.

Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm

Week 2:

Monday Day off

Tuesday 4x10min strength efforts within 1 hour ride

Wednesday Day off

Thursday Aerobic Capacity 1 hour ride

Friday Easy Ride 45min

Sat 3 hours – do this within your normal ride

Sunday – 2 hours – do this with mates or within your normal ride

Total 8 hours for the week

Week 3:

Monday Day off

Tuesday 4x10min strength efforts within 1 hour ride

Wednesday Day off

Thursday Aerobic Capacity 1 hour ride

Friday Easy Ride 45min

Sat 3 hours – do this within your normal ride

Sunday – 2 hours – do this with mates or within your normal ride

Total 8 hours for the week

Week 4: Base recovery – 1 extra day off

Monday Day off

Tuesday 4x10min strength efforts within 1 hour ride

Wednesday Day off

Thursday Aerobic Capacity 1 hour ride

Friday Day off

Sat 3 hours – do this within your normal ride

Sunday – 2 hours – do this with mates or within your normal ride

Total 7 hours for the week

Weeks 5 to 8: Build 1 Build 2 Build 3 Recovery

Week 5:

Monday Day off

Tuesday 4x10min strength efforts within 1 hour ride

Wednesday Day off

Thursday 8x2 min Aerobic Capacity full as hard as you can efforts within your 1 hour ride

Friday Easy Ride 45min

Saturday 3.5 hours – do this within your normal ride

Sunday – 2.5 hours – do this with mates or within your normal ride

Total 9 hours for the week

Week 6:

Monday Day off

Tuesday 4x10min strength efforts within 1 hour ride

Wednesday Day off

Thursday 8x2 min Aerobic Capacity full as hard as you can efforts within your 1 hour ride

Friday Easy Ride 45min

Sat 3.5 hours – do this within your normal ride

Sunday – 2.5 hours – do this with mates or within your normal ride

Total 9 hours for the week

Week 7:

Monday Day off

Tuesday 4x10min strength efforts within 1 hour ride

Wednesday Day off

Thursday 8x2 min Aerobic Capacity full as hard as you can efforts within your 1 hour ride

Friday Easy Ride 45min

Sat 3.5 hours – do this within your normal ride

Sunday – 2.5 hours – do this with mates or within your normal ride

Total 9 hours for the week

Weeks 9 to 12: Event focus, 1 and 2 Event Taper 1 and 2

Week 9:

Monday Day off

Tuesday 6 x 4min full pace efforts within 1 hour ride

Wednesday Day off

Thursday 10x1 min Aerobic Capacity full as hard as you can efforts within your 1 hour ride

Friday Easy Ride 45min

Sat 4 hours – do this within your normal ride

Sunday – 3 hours – do this with mates or within your normal ride

Total 10 hours for the week

Week 10:

Monday Day off

Tuesday 6 x 4min full pace efforts within 1 hour ride

Wednesday Day off

Thursday 10x1 min Aerobic Capacity full as hard as you can efforts within your 1 hour ride

Friday Easy Ride 45min

Sat 4 hours – do this within your normal ride

Sunday – 3 hours – do this with mates or within your normal ride

Total 10 hours for the week

Week 11:

Monday Day off

Tuesday 6 x 4min full pace efforts within 1 hour ride

Wednesday Day off

Thursday 10x1 min Aerobic Capacity full as hard as you can efforts within your 1 hour ride

Friday Rest

Sat 5 hours – do this within your normal ride

Sunday – 4 hours – do this with mates or within your normal ride

Total 11 hours for the week

Week 12:

Monday Day off

Tuesday 8 x 1min full pace efforts within 1 hour ride

Wednesday Day off

Thursday Day off

Friday Easy Ride 45min

Sat 3 hours – do this within your normal ride

Sunday – 1.5 hours – do this with mates or within your normal ride

Total 6.5 hours for the week

Week of the ride: You have done the work so just get out and pedal for 45min as you feel like it. Make sure your equipment is perfect and see you at the start for a coffee first thing Friday morning.

“Participant” refers to all riders (including ride captains) and support crew members participating in the Event and/or contributing to the organisation and running of the Event.

“Event” refers to the particular event participated in.

What is expected?

The following principles apply

1. You should obey the law at all times

A statement of the obvious – it is your responsibility to understand and obey the law while participating in the Event, just as it is in all other aspects of your life. Any consequences of failing to do so are also your responsibility, and not the responsibility of Peloton Events.

During the Event, Participants will comply with all traffic and road laws in the relevant jurisdiction and any directions issued by officers of the law in their state/territory. Riders will wear an Australian standard cycling helmet at all times during the Event while riding a bicycle.

2. Fund-Raising

Many of our Events exist to raise money for our Charity Partners. Participants will cover all expenses associated with their attendance at and involvement in the event and will endeavour to raise funds through making personal donations and/or encouraging others to do so.

3. You understand the nature of the challenge

If it were easy it wouldn't be a challenge, and wouldn't be rewarding. The aspiration of Peloton Events includes working with riders to achieve extraordinary things, working as a team to do things that would otherwise seem out of reach. This brings enormous satisfaction and reward. To achieve this often requires digging into reserves, trusting those around you who are there to support, and providing support yourself when you have the capacity to do so.

The expectation is that participants respect the challenge before them, and take all steps necessary to be successful. Among other things this includes getting yourself to the start line in the best shape possible, the same with your equipment (especially your bike), and on the road in particular behaving in a way that optimises the experience of and minimises the risk to not only yourself but all other participants.

4. You have prepared appropriately, have considered the risks and taken steps to mitigate them

All Participants are responsible for ensuring that they have adequately and appropriately prepared both physically and mentally. Before riding, you should undertake a medical check with a doctor to confirm that you are fit to take on the challenge. If you are aware of any illness, injury, physical disability or impairment it is your responsibility to seek advice on continued participation, having regard both to both personal risks and risks to other participants.

Participants authorise and permit Event personnel and if required any appointed physicians, paramedics and other medical personnel to administer first aid treatment or any medical treatment or transportation in the event of any illness, accident or injury that may arise in connection with their attendance at, and/or their participation in, the Event. Participants agree to bear any associated medical and/or transport expenses incurred directly or indirectly

Please review **Appendix 1** carefully. This sets out explicit risks associated with a cycling event and explains legal limitations that apply to the liability of the event organisers, ride captains and so on.

5. Your equipment is in good working order

Before riding, you should get your bike serviced, preferably with new good quality tyres. While we can deal with many mechanical issues on the road you must turn up to the start of the event with your bike in perfect working order. During the ride it is important to take all precautions possible to avoid any damage which includes riding with care but also ensuring that when you are not on bike it is securely stored with 2 points of bike contact. The most common issues are punctures, which increase exponentially with worn and damaged tyres, and damage arising from careless leaning of your bike when not riding.

6. You will follow on-road protocols for riding in a group on open roads

It is likely that all those riding will have some experience of group riding and the protocols around calls and movement. You should refer to the "Ride Etiquette & Safety" information contained on the Peloton Events website:

<https://www.pelotonevents.info/pce/index.php/about/ride-etiquette-safety>

This serves as a guide. During the Event, circumstances may require an adaptation off the protocols to manage a particular situation. In general you are required to (1) follow the direction of other riders, in particular Ride Captains and (2) always act to minimise risks to the group.

7. Fuel Your Body!

It is your responsibility to manage your own nutrition and hydration. Food & drink will be available on route, and you should fuel appropriately for some long days in the saddle. If you have specific preferences or requirements you will need to ensure you bring sufficient supplies.

8. You will follow instructions of ride captains

The role of Ride Captains is to guide and support the peloton to ensure the objectives of the Event are achieved. In general, this requires each peloton to remain as one group and move smoothly. This may be compromised by a range of factors, including mechanicals and differing levels of fitness (especially on hills). Ride Captains are also there to pass on cycling advice so please just ask.

Ride Captains will make the call when the peloton should break up to allow each rider to ride at their own pace, and alternatively when the pace needs to be adjusted to keep the peloton together.

Where there is the capacity to opt out of certain sections, and to transfer from bike to car, riders are encouraged to do so in order to manage their energy levels and to optimise their overall experience. There will be some situations where this is required in order to manage the time spent on the road by both riders and support staff. Where arrival at the destination is late, this impacts both the recovery time for riders and the capacity of support team to manage their on site tasks. Consequently, Ride Captains may occasionally make the call for a rider to transfer by car. In doing so, Ride Captains will consider the overall experience for both the individual and the group. It is imperative that Participants accept the judgement and intent of Ride Captains in making such calls.

Daily briefings will establish the approach to each day's ride. All Participants must attend those briefings and comply with the approach communicated and agreed.

9. You will be covered by appropriate insurance, as available through membership of Bicycle NSW

All Riders must be a current member of Bicycle NSW or alternatively hold current insurance (through a policy or membership of another organisation) with similar coverage.

10. To support fund-raising, the Event will have a public profile, including social media

Peloton Events respects the privacy of Participants.

In order to maximise the fund-raising efforts it is anticipated that a strong social media presence will be maintained before, during and after the Event. In that regard, the support of Participants in both contributing to that effort and being open to appear in photographs and promote the cause in other ways is encouraged. Please see Appendix 2 for further clarification on this.

What you should also know

If for any reason, the Event is not capable of being run as planned, the event organisers reserves the right to take any action that may be available to it including cancelling, modifying or suspending the Event.

Any Rider who engages in any unlawful or improper conduct which jeopardises or is likely to jeopardise the fair or proper conduct of the Event or who does not comply with the entry process will be required to leave the Event immediately.

The event organiser's decisions in relation to all aspects of the Event are final and binding on each Participant or Support Rider and no correspondence will be entered into.

Appendix 1 - Waiver and Acknowledgment

Participants acknowledge and agree that cycling is inherently dangerous and that they ride and attend and support the Event at their own risk. The risks include but are not limited to the possibility that:

- (a) the Participant may be involved in a collision with people, animals, vehicles and/or other objects;
- (b) the Participant may suffer harm from physical exertion;
- (c) the Participant's bicycle may malfunction and the Participant may fall;
- (d) the Participant may otherwise fall from their bicycle for whatever reason; or
- (e) the Participant may suffer from the effects of heat, cold, wind, rain and other weather conditions.

Each of these risks may result in the Participant suffering harm including but not limited to death, physical or mental injury, disability, property damage and economic loss. There may be other risks to which the Rider may be exposed, including injury caused to other parties or damage caused to the property of other parties. It is the Rider's responsibility to ensure that they abide by all road and safety rules, including wearing appropriate clothing and safety equipment, such as helmets and lighting where appropriate, as may be required by the state and territory laws in the jurisdiction in which they are riding.

Release, Indemnity and Liability Exclusions

Participants release the event owner, organisers and ride captains from all claims (including those arising out of negligence), loss, damage, liability, cost and expense arising out of the Participant's attendance at and support of the Event and the Participant indemnifies the event, event owners and ride captain's against any claim (including but not limited to those arising in negligence), loss, damage, liability, cost and expense that may be incurred or sustained by the event in connection with any act, matter or thing done, permitted or omitted to be done by the Participant or which was in any way connected with the Participant's involvement in the event.

Nothing in these terms and conditions excludes, restricts or modifies any term, condition, warranty, guarantee, right or remedy (including but not limited to a guarantee under the Australian Consumer Law ("ACL")) which cannot lawfully be excluded, restricted or modified.

The ACL contains guarantees that give consumers certain rights in relation to goods and services they acquire. These guarantees cannot be excluded, restricted or modified except in certain circumstances. Section 139A of the Competition and Consumer Act (2010) (Cth) ("CCA") permits a term of a contract for the supply to a consumer of recreational services, to exclude liability of the supplier for death and personal injury arising from the failure to comply with a guarantee provided in sections 60 to 62 of the ACL. To the extent permitted by s139A of the CCA, the Participant acknowledges and agrees that the event organisers excludes all liability in connection with the supply of recreational services for:

- (a) death;
- (b) physical or mental injury;
- (c) the aggravation, acceleration or recurrence of a physical or mental injury;
- (d) the contraction, aggravation or acceleration of a disease; and

(e) the coming into existence, the aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs in relation to an individual, that is or may be harmful or disadvantageous to the individual or community, or that may result in harm or disadvantage to the individual or community, resulting from a failure of KCC Australia to comply with a guarantee in sections 60-62 of the ACL.

This exclusion of liability does not apply where significant personal injury is caused by reckless conduct in accordance with s139A of the ACL.

The Civil Liability Act 2002 (NSW) (“CLA”) permits a term of a contract for the supply of recreation services to exclude liability of the supplier for damages for harm resulting from a breach of an express or implied warranty that the services will be rendered with reasonable care and skill. To the extent permitted by law, the Participant acknowledges and agrees that Peloton Events excludes all liability for damages for any harm (including but not limited to personal injury or death, damage to property and economic loss and whether direct, indirect, special or consequential) from a failure to exercise reasonable care and skill, regardless of whether the claim is brought in tort (including in negligence), in contract, under statute or otherwise, where such liability results from breach of an express or implied warranty that the services will be rendered with reasonable care and skill.

Except as expressly included in these terms and conditions, all implied terms, conditions, warranties, rights or other additional obligations that can be lawfully excluded are excluded from these terms and conditions.

Appendix 2 – Privacy & Publicity

Privacy and Personal Information

The event collects personal information about Participants and Support Riders to ensure the smooth and safe running of the Event. If the personal information requested is not provided, the Participant cannot take part in the Event. By attending or joining the Event, each Participant consents to a using and disclosing their personal information to the event organisers and other third parties engaged to provide services in connection with the Event, for use for contacting the Participant in relation to the Event

The Participant grants this consent until such a time as they withdraw their consent by giving notice to the event The Rider can also gain access to, update or correct any personal information held by contacting the event organisers.

By attending the Event, the Rider agrees that:

- (a) they may be contacted by the event organisers (or an agent of the event) to provide comments about the Event and) the event organisers may take photos or recordings of them;
- (b) The event organisers may use any comments obtained from them, their name, and/or likeness and any photos or recordings of them (“the Materials”) for the events future promotional and marketing purposes without further reference or compensation to them;
- (c) The event organisers may duplicate, alter, adapt and utilise the Materials at anytime, anywhere and by any means (including communicating them to the public in any media). The event organisers may license, authorise or otherwise transfer the rights in the Materials to others to do the same;
- (d) they grant to the event organisers on creation of the Materials a worldwide, perpetual, royalty-free, exclusive and irrevocable licence to use the Materials for whatever purpose it determines;
- (e) they unconditionally and irrevocably:
 - i. consent to any act or omission that would otherwise infringe any of their moral rights in the materials (as defined in Part IX of the Copyright Act 1968 (Cth)) and present and future rights of a similar nature conferred by statute anywhere in the world whether occurring before or after this consent is given (“Moral Rights”); and
 - ii. waive all Moral Rights in the Materials that arise outside Australia; and
- (f) they agree not to institute, maintain or support any claim or proceeding for infringement of their Moral Rights in the Materials.