



## Get Ready to Feed Your Epic!

Hours before the world's best take on efex Stage 3 of the Santos Tour Down Under Men's Race, you can hit the road between Norwood and Uraidla for a bike ride like no other on Thursday 23 January.

Get set for two huge climbs: Norton Summit and Knotts Hill.  
Three distances are available – the full 120km, an 85km or a 20km.

Olympian, world champion and current SASI Cycling Scholarship coach at AusCycling Ash Ankudinoff has devised a 12-week training program to get you ready for the challenge. Set a new goal and get it done!

### KEY THINGS

- Sprints - out of the seat, gear of your choice, as hard as you can go for the prescribed time. Ensure you complete these on a open and safe stretch of road.
- Ensuring you are eating and drinking enough throughout your rides. Avoiding the "bonk" when 2 or 3hrs deep into a ride.
- Drinking 400-900ml/hr will ensure you stay hydrated especially heading into the warmer months.
- Aim to eat 60g/kg of carbs throughout a ride that is over 1hr.

### BEFORE YOU GET STARTED

- Make sure your bike position is set up well and is comfortable and suitable to you.
- Recently had a service, good tread on the tyres, chain and chain rings are in good condition.
- Keep a training diary and try and record your rides, how did you feel throughout the session?
- Use a HR monitor and power meter if you have one as well. These are great tools to check in with how you are progressing and helps to follow a program.
- Suitable clothing, bright coloured jerseys or tops to be seen on the road and are breathable, good pair of bike shorts are a must. Plus, don't forget your Adelaide Epic Ride jersey!
- Front and Rear light, imperative whilst riding on the road and being seen.
- If you do become sick or injured ensure that you take a few days off to let yourself get back to full health. Pushing through will only delay your recovery.
- Be consistent and challenge yourself. Remember, if you are progressing slow and can't see any gains, slow progress is better than no progress. Keep pushing.

**PLEASE NOTE:** For each ride, be sure to warm up in zone 1 or 2 for 15-20mins before your efforts. Also ensure you warm down for at least 10mins. Always make sure your efforts are done on a safe stretch of road.

**DISCLAIMER:** This Training Guide is intended for informational purposes only and is designed for regular riders. The advice provided herein should not be considered a substitute for professional medical guidance. Always consult with a doctor or physician before starting any new training regimen, especially if you have existing health concerns or conditions. Your health and safety are paramount; please prioritize them in your training.

### HR ZONES

For those that only have a HR watch or HR monitor

#### Zone 1

(50-59% HR max) - Easy

#### ZONE 2

(60-69% HR max) - Steady

#### ZONE 3

(70-79% HR max) - Brisk

#### ZONE 4

(80-89% HR max) - Hard

#### ZONE 5

(90-100% HR max) - Very Hard

### POWER ZONES

For those that have a power meter

#### Zone 1

(Recovery) <55% FTP  
(functional threshold power - a power number that you can hold for 60 mins  
Should feel easy with little pressure going through the pedals.

#### ZONE 2

Endurance 56-75% (3hrs+)  
Conversation while riding should still be easy but breathing will be a little heavier and more regular than Zone 1.

#### ZONE 3

Tempo 76-90% (20min-1hr)  
Breathing is getting sharper now with more concentration required to maintain the effort. Harder to talk and starting to feel uncomfortable.

#### ZONE 4

Threshold 91-105% (10min-30min)  
Regular conversation while riding will be very difficult and your breathing will be heavy, but not strained.

#### ZONE 5

Vo2 106-120% (3-8min)  
This is a hard zone, painful to ride at for more than a few minutes, so you should be suffering.

#### ZONE 6

Anaerobic Capacity more than 121% (30 sec-3 min)  
These efforts are very painful and not far off a maximum sprint.

WEEK	WEEKLY TARGET	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	WEEKLY SUMMARY
<b>WEEK 1</b> Starting October 31st	Easy Week/Introduction Total bike hours - 7-8hrs	Check your bike and kit over, making sure everything is ready for you to begin riding tomorrow.	1.5hrs - Free ride. Flat ride or hilly terrain. Zone 1.	2hrs - Moderate terrain. Group ride, practice riding in a group. Zone 2.	1hr - Flat terrain. 10sec sprints every 5min.	<b>REST DAY</b>	1hr - Easy road ride. Indoor or outdoor. Zone 1	1.5hrs - Moderate terrain. Group ride if possible, include 15min at Zone 3/ Tempo.	Introduction week. An opportunity to get some consistency on the bike, reach out to some of your riding friends and go for a ride with them. Overall an easy week with a few efforts to get you started.
<b>WEEK 2</b> Starting November 7th	Medium Week Total bike hours - 9.5hrs	1.5hr - A mix of Zone 1 & 2 for the ride. After a good warm up, include 4x10sec sprints with 5min recovery between each effort.	1hr - Free ride at Zone 1 or Day off.	2-2.5hrs Endurance ride with a group if possible. Moderate terrain. Zone 2.	2hr- moderate terrain, Zone 2. Include 30min Zone 3. (3x10min at Z3) 10min rest in between each effort. Norton Summit would be a great climb for these efforts.	<b>REST DAY</b> Opportunity to get a massage or stretching session.	1.5hrs- Hilly terrain. Aim for 30min of climbing. Zone 3.	1-2hrs - Flat/Moderate terrain. With a group if possible. Mix of Zone 1 and 2.	Workload through this week will be slightly more than previous week. Ensure to keep the consistency on the bike. Introducing some hilly rides and some sprints. Suggestion: do the efforts up Norton Summit as this will be in the Adelaide Epic Ride.
<b>WEEK 3</b> Starting November 14th	Medium Week Total bike hours - 9.5hrs	2hrs free ride. Flat ride or hilly terrain. Lower Zone 2.	1hr - Free ride at Zone 1 or Day off.	3hrs - Endurance ride. Hilly terrain. Zone 2 & 3.	1.5hrs - Moderate/hilly terrain in Zone 2. Include 40min at Zone 3. (4x10min at Z3) 10min rest between each effort. Norton Summit would be a great climb for these efforts.	<b>REST DAY</b> Opportunity to get a massage or stretching session.	1hr - Hilly terrain. Focus on controlled breathing and get into a good rhythm when climbing.	1-2hrs - Group ride if possible. Focus on getting comfortable riding with a group. Zone 1.	Another medium week and continuation from last week. Few key things to work on this week when climbing. Settling into a good rhythm and controlled breathing when climbing. In and out of the seat. Keep up the stretching and massage if you can on your 'rest' days.
<b>WEEK 4</b> Starting November 21st	Easy Week Total bike hours - 7.5hrs 9.5hrs	2hrs - Moderate/Hilly terrain. Group ride if possible. Zone 2 for majority of ride.	1hr - Free ride at Zone 1 or Day off.	2hrs - Moderate/hilly terrain. Aiming for 45min of climbing in total. Focus on breathing and good rhythm when climbing.	1.5hrs - Hilly loop or indoor. Aim for 50min at Zone 3.	<b>REST DAY</b> Opportunity to get a massage or stretching session.	1hr free ride with 4x10sec sprints every 10min.	1hr - Indoor or road. Zone 1.	This week will be an easy week to recover from the last 2 medium size weeks on the bike. Be sure to take those easy rides, easy. There will be 2 quality sessions within this week to keep working on your climbing. Keep up the stretching throughout the week.
<b>WEEK 5</b> Starting November 28th	Hard Week Total hours on bike - 11.5hrs	2hrs - Moderate-Hilly terrain. Group ride if possible. Zone 2 for majority of ride.	1hr Easy - indoor trainer or road.	3-3.5hrs Group ride, hilly terrain. (Include 2x20min climbs, Zone 3 and Zone 4.) Norton Summit would be a good option for these 20min climbs.	2hrs - Moderate terrain or indoors. Aim for 1hr in Zone 3 effort in total.	Optional recovery ride on indoor trainer or on road. Zone 1.	1.5hrs - Moderate/hilly terrain. Include 4x6min efforts at Zone 4 and 5 effort, (on a climb) with 5mins recovery. Aiming for 24mins of hard work.	2hrs - Moderate terrain. Zone 2 for majority ride.	This will be a hard week post easy week. Make sure you prioritise rest and recovery between sessions with hard efforts. This week we are introducing some longer/harder efforts, the aim is to accumulate up to an hour of hard climbing for the week.
<b>WEEK 6</b> Starting December 5th	Hard Week Total hours on bike - 12hrs	1.5hrs - Moderate to hilly terrain. Zone 2.	1hr Easy road ride. Zone 1.	3-3.5hrs - Hilly terrain. Zone 2 on flats, Zone 3 and 4 on hills. In and out of the seat when climbing. Aim for 1500m+ vertical metres.	2hrs- Group ride, focus on cornering and descending today. Include 5x1min efforts at Zone 5/6. 10min recovery between each effort.	Optional recovery ride on indoor trainer or on road. Zone 1.	2hrs - Hilly terrain. Aim for 1hr of total climbing time. Zone 2 & 3.	2hrs- Moderate/hilly terrain. Include 3x8min at Zone 4 and 5. Aiming for 24min of hard work. In and out of the saddle when climbing.	<b>HALF WAY</b> - By this point you should be feeling relatively fit from the past 5 weeks of training. You would have accumulated a lot of climbing time, make sure you find some fluency in and out of the seat when climbing.
<b>WEEK 7</b> Starting December 12th	Hard Week Total hours on bike - 12-13hrs	1hr Easy ride - indoor or outdoor. Zone 1.	1hr Easy ride - indoor or outdoor. Zone 1.	3-4hrs - Opportunity to go and climb the hills that are a part of the Adelaide Epic. Aim for 40-60min of hard climbing at Zone 4 and 5. Aim for 1500m+ vertical metres.	2hrs - Moderate terrain. Include 4x8sec sprints with 10min recovery between each effort.	1hr - Flat terrain. Upper Zone 1.	2hr - Include 4x10min efforts at Zone 4 and 5 with 10min recovery between each effort. Aiming for 40min of hard work.	2hrs - Moderate terrain. Zone 2 and 3.	Another hard week on the bike this week. The last hard week ahead of Adelaide Epic. Make sure you are prioritising your rest and recovery between sessions. Another week where climbing is the key focus. Challenge yourself to do the 85km or 120km epic loop over the weekend.
<b>WEEK 8</b> Starting December 19th	Easy Week Total bike hours - 5-6hrs	1hr Easy ride - indoor or outdoor. Zone 1.	<b>REST DAY</b> Opportunity to get a massage or stretching session.	2hrs - Flat terrain. Zone 2 for majority of the ride.	1hr - Easy road ride.	<b>REST DAY</b> Opportunity to get a massage or stretching session.	1.5hrs - Moderate terrain. Zone 2.	<b>MERRY CHRISTMAS</b>	Easy week!! This week will be focused on freshening up after the 3 hard weeks on the bike. Be sure to keep easy rides, easy.
<b>WEEK 9</b> Starting December 26th	Medium-hard Week Total bike hours - 11-12hrs	2hrs - Moderate terrain. Zone 2 on flat terrain, Zone 3 and 4 on hills.	1hr - Flat terrain. Zone 1, 6sec fast spin every 5mins.	3-4hrs - Opportunity to go and climb the hills that are a part of the Adelaide Epic. Aim for 40-60min of hard climbing at zone 4 and 5. Aim for 1800m+ vertical metres.	1.5hr - Moderate terrain. Zone 1 and Zone 2 ride.	<b>REST DAY</b> Opportunity to get a massage or stretching session.	2hr ride - Moderate terrain. Include 6x1min efforts at Zone 6 effort. 10min recovery between each effort.	1.5hrs - Moderate/hilly terrain. Zone 2 ride.	You should feel refreshed after a week easy, this week there are a few key sessions with efforts. An opportunity to ride in a group, focus on descending, cornering or climbing within the group. Key sessions will be Tuesday and Saturday.
<b>WEEK 10</b> Starting January 2nd	Medium Week Total bike hours - 10hrs	1.5hrs - Flat Terrain. Zone 1.	<b>REST DAY</b>	3hrs - Moderate/hilly terrain. Group ride if possible. Zone 2 and 3. Include 4x8sec sprints, 5min recovery between each effort.	2hrs - Hilly terrain, long climbing day. Aim for 30-40mins of controlled, hard climbing at zone 3 and 4.	<b>REST DAY</b> Opportunity to get a massage or stretching session.	1.5-2hrs - Flat terrain with a group if possible. Zone 2.	1.5hrs - Moderate terrain. Majority of ride in upper Zone 2.	Last relatively hard week before the workload is decreased. Aim to ride in a group, focus on descending, cornering or climbing. Few efforts to get through ahead of taper period.
<b>WEEK 11</b> Starting January 9th	Easy-Medium Week Total bike hours - 8.5-9.5hrs	Optional 1hr easy ride. Zone 1.	1.5hr - A mix of Zone 1 & 2 for the ride. After a good warm up, include 4x10sec sprints with 5min recovery between each effort.	2.5hrs- Moderate to hilly terrain. Practice group riding and climbing. In and out of the seat when climbing.	2hr - Flat-moderate terrain. Include 5x1min efforts at zone 5/6. 5min recovery between each effort.	<b>REST DAY</b> Opportunity to get a massage or stretching session.	1hr - Flat terrain. Zone 1.	1.5hrs- Moderate terrain. Aim for 30min of total climbing. 5-8min climbs.	With 2 weeks to go before the event you should have confidence in knowing you can ride the full distance and climb well. Few key sessions this week, with some solid efforts. 3-day block over Friday, Saturday, Sunday.
<b>WEEK 12</b> Starting January 16th	Easy Week / Race Week	<b>REST DAY</b>	2hrs - Flat terrain. Zone 2 for majority of ride.	1.5hrs - Moderate/hilly terrain. Include Zone 3 and 4. Aim for 30mins hard work. 5-8min climbs.	1-1.5hr - Flat/Hilly terrain. Zone 2 on flat terrain, Zone 3 and 4 on climbs. Include 1x8min at Zone 3, 1x4min at Zone 4, 2x1min at Zone 6. 1:1 recovery.	Optional 1hr easy ride. Zone 1.	2hrs - Flat terrain. Zone 2 for majority of ride.	Optional easy ride today or you can have day off prior to race. Totally up to you!	The weeks sessions are a great way to see how you would pace the climbs within the Adelaide Epic ride. Make sure those easy rides, are easy.