

10-Week Road Cycling Training Program in preparation for the 2026 Buderim 9

Goal: Prepare for a 76 km road cycling event with approximately 1,855 metres of climbing, targeting a finish time of under 3 hours.

The program focuses on sustained climbing, threshold power, endurance, fatigue resistance, and event-specific preparation. It assumes you already ride regularly and can comfortably complete a 2-hour ride.

Training Intensity Guide

Zone	Effort	Purpose
Z1	Very easy / RPE 1–2	Recovery
Z2	Easy/moderate / RPE 3–4	Endurance
Z3	Tempo / RPE 5–6	Sustained climbing and event pace
Z4	Hard / RPE 7–8	Threshold development
Z5	Very hard / RPE 9–10	VO2 max and high-intensity climbing

Typical Weekly Structure

- **Monday:** Rest
- **Tuesday:** Quality/interval session
- **Wednesday:** Easy ride or rest
- **Thursday:** Tempo/threshold session
- **Friday:** Rest
- **Saturday:** Long ride
- **Sunday:** Recovery/endurance ride

Weeks 1–3: Build the Engine

Week 1 – Establish the Base

Target: approximately 6 hours / 130–150 km

Note: The following training plan is a general guide. Adjust the intensity and duration based on your fitness level, experience, and how your body responds to training.

Tuesday – Intervals

- 15 minutes easy warm-up
- 4 × 6 minutes at upper Z3/lower Z4
- 4 minutes easy between efforts
- 15 minutes cool-down

Thursday – Endurance + Tempo

- 75 minutes total
- Mostly Z2
- 3 × 8 minutes Z3 on a climb or false flat

Saturday – Long Ride

- 2 hours 15 minutes
- Mostly Z2
- Aim for 500–700 metres of climbing

Week 2 – More Climbing

Target: approximately 6.5 hours

Tuesday

- 5 × 6 minutes Z4
- 4 minutes recovery between efforts

Thursday

- 90 minutes
- 2 × 15 minutes Z3
- 5 minutes easy between efforts

Saturday – Long Ride

- 2 hours 30 minutes
- 600–800 metres climbing
- Finish with 20 minutes at upper Z2

Sunday

- 60 minutes easy

Week 3 – Longer Sustained Efforts

Target: approximately 7 hours

Tuesday

- 4 × 8 minutes Z4
- 4 minutes recovery between efforts

Thursday

- 90 minutes
- 3 × 12 minutes Z3
- Use hills where possible

Saturday – Long Ride

- 2 hours 45 minutes
- 700–900 metres climbing
- Practise eating and drinking as you intend to during the event

Sunday

- 45–60 minutes easy

Week 4: Recovery

Target: approximately 4.5–5 hours

Reduce volume but retain some intensity. The aim is to absorb the training from the first three weeks.

Tuesday

- 3 × 5 minutes Z4
- Plenty of recovery between efforts

Thursday

- 60–75 minutes Z2
- 3 × 3 minutes Z3

Saturday

- 2 hours easy/moderate
- Approximately 400–600 metres climbing

Sunday

- Rest or 45 minutes very easy

Weeks 5–7: Event-Specific Development

Week 5 – Threshold Climbing

Target: approximately 7 hours

Tuesday

- 5 × 8 minutes Z4
- 4 minutes recovery between efforts

Thursday

- 90 minutes
- 2 × 20 minutes Z3
- Last 5 minutes of each block approaching Z4

Saturday – Long Ride

- 3 hours
- 900–1,100 metres climbing
- Include several sustained climbs
- Last 45 minutes at solid Z2/Z3

Sunday

- 60 minutes recovery

Week 6 – VO2 Max + Endurance

Target: approximately 7–7.5 hours

Tuesday

- 5 × 4 minutes Z5
- 4 minutes easy between efforts
- Keep the efforts hard but controlled rather than all-out

Thursday

- 90 minutes
- 3 × 15 minutes Z3/Z4
- Ideally perform the efforts on a climb

Saturday – Long Ride

- 3 hours 15 minutes
- 1,000–1,200 metres climbing
- Include at least 2–3 climbs of 10 minutes or longer
- Practise event nutrition

Sunday

- 45–60 minutes easy

Week 7 – Big Specific Week

Target: approximately 8 hours

Tuesday

- 4 × 10 minutes Z4
- 5 minutes recovery between efforts

Thursday

- 90 minutes
- 30 minutes continuous Z3
- 4 × 3 minutes Z4

Saturday – Key Training Session

- 3 hours 15–30 minutes
- 1,200–1,500 metres climbing
- Try to replicate the event terrain
- Ride the first 2 hours conservatively
- Make the final hour progressively harder

Important: Do not race this session. The goal is to finish feeling as though you could have continued for another 20–30 minutes.

Sunday

- 45 minutes very easy or complete rest

Week 8: Peak Specificity

Target: approximately 6.5–7 hours

Tuesday

- 4 × 6 minutes Z4
- 4 minutes recovery between efforts

Thursday

- 75–90 minutes
- 2 × 15 minutes Z3
- 4 × 1 minute hard/Z5 near the end

Saturday – Dress Rehearsal

- Approximately 3 hours
- 65–75 km if possible
- 1,400–1,800 metres climbing
- Use terrain similar to the event
- Use the same bike setup
- Use the same bottles and nutrition
- If practical, start at a similar time to the event

This is your most important practice ride. Do not turn it into a race. Finish feeling strong rather than exhausted.

Sunday

- 45–60 minutes recovery

Week 9: Taper Begins

Target: approximately 5 hours

Reduce volume by roughly 25–35% while maintaining some intensity.

Tuesday

- 3 × 6 minutes Z4

Thursday

- 60–75 minutes
- 3 × 5 minutes Z3/Z4

Saturday

- 2 hours 15 minutes
- 700–900 metres climbing
- Mostly Z2
- Include 3 × 5 minutes at event effort

Sunday

- 45 minutes easy

Week 10: Ride Week

The goal is now freshness rather than additional fitness.

Monday

Rest.

Tuesday

- 60 minutes
- Easy riding
- 3 × 3 minutes Z4
- Full recovery between efforts

Wednesday

Rest or 30–40 minutes very easy.

Thursday

- 45–60 minutes
- Z1/Z2
- 3 × 1 minute moderately hard
- Finish feeling fresh

Friday

Rest.

Saturday

- 30–40 minute activation ride
- Very easy overall
- 3 × 30 seconds–1 minute at event intensity
- No fatigue should be generated

Sunday – Event

76 km / 1,855 metres climbing

Event Pacing Strategy

The biggest risk in a 3-hour climbing event is going too hard during the opening climbs.

- **Hour 1:** Controlled Z2/Z3
- **Hour 2:** Strong Z3 on climbs
- **Hour 3:** Progressively increase the effort if you still have energy

Your objective is to reach the final major climb with enough energy to ride it hard rather than spending your reserves during the first hour.

Nutrition and Hydration

For a three-hour event, practise fuelling during your long rides rather than relying on hunger signals.

- Aim for approximately **60–90 g of carbohydrate per hour** as a starting point.
- Begin eating within the first **20–30 minutes**.
- Drink regularly throughout the ride.
- Use your long rides in Weeks 5–8 to determine what your stomach tolerates.
- Use the same nutrition strategy during the Week 8 dress rehearsal that you intend to use on event day.

Key Training Progression

Week	Long Ride	Approx. Climbing
1	2:15	500–700 m
2	2:30	600–800 m
3	2:45	700–900 m
4	2:00 recovery	400–600 m
5	3:00	900–1,100 m
6	3:15	1,000–1,200 m
7	3:15–3:30	1,200–1,500 m
8	~3:00	1,400–1,800 m
9	2:15	700–900 m
10	Event	1,855 m

Training Priorities

1. **Sustained climbing:** Build the ability to maintain a strong effort for 10–20 minutes at a time.
2. **Fatigue resistance:** Learn to climb strongly after 2–3 hours of riding.
3. **Threshold fitness:** Use Z4 intervals to improve your ability to sustain hard climbing efforts.
4. **Endurance:** Keep the majority of your riding in Z2.
5. **Fuelling:** Practise taking in carbohydrates and fluids before you feel hungry or thirsty.
6. **Pacing:** Avoid going too hard during the first hour of the event.

Note: If fatigue, illness, persistent soreness, or unusually poor performance develops, reduce the training load rather than trying to force the scheduled sessions.