

May 2021 Advanced



Sydney Children's
Hospitals Foundation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						2 hour easy ride: focus on taking deep breaths ¹
1 hour easy ride: focus on using your glutes ²	2 hour easy ride: focus on achieving a full pedal stroke (CIRCLE) ³	Take a rest day ⁴	2 hour ride: focus on breathing, glute muscle activation and pedal stroke ⁵	3 hour ride ⁶	4 hour endurance ride ⁷	Take a rest day ⁸
2 hour ride: 2 x 8 min @ 100+ RPM with a 10 min recovery between sets ⁹	3 hour ride: 4 x 5 min @ 50 RPM. Target FTP power or HR uphill with a 5 min recovery after each set ¹⁰	1 hour easy ride ¹¹	Take a rest day ¹²	4 - 6 hour endurance ride ¹³	4 - 6 hour endurance ride ¹⁴	2 hour easy ride: focus on breathing, glute muscle activation and pedal stroke ¹⁵
Take a rest day ¹⁶	3 hour ride: 5 x 5 min @ 50 RPM. Target FTP power or HR uphill, with a 5 min recovery between sets ¹⁷	2 hour ride: 3 x 8 min @ 100+RPM, with a 10 min recovery between sets ¹⁸	Take a rest day ¹⁹	4 - 6 hour endurance ride ²⁰	4 - 6 hour endurance ride ²¹	1.5 hour ride: 4 x 10 sec sprints @ max speed, with a 5 min recovery between sets ²²
Take a rest day ²³	3 hour ride: 3 x 5 min @ 50 RPM. target FTP power or HR uphill, with a 5 min recovery between sets ²⁴	1 hour easy ride ²⁵	Take a rest day ²⁶	2 hour easy ride: 1 x 5min @ 100+ RPM, with 5 min recovery between sets and 2 x 10 sec sprints @ max speed, rest 2 min ²⁷	3 - 4 hour easy endurance ride: focus on averaging 90+ RPM ²⁸	Take a rest day ²⁹
1 hour ride: 2 x 5 sec sprints in a small gear, with a 5 min recovery ³⁰	PEDAL 4 KIDS last day of challenge. Enjoy your increased fitness and continue setting new cycling goals. Thank you for shining a light on kids' respiratory illnesses! ³¹					