



# 3 Day Tour Training Program

Tour de Cure has mapped out a program to enable you to design your own training plan to reach recommended KMs per week  
 Dependent on your schedule each week, choose sessions from the below program:  
 · 3-4 rides (virtual or outside) · 1-2 walks or runs · 1-2 strength and mobility sessions

wk		Mon	Tue Ride or Virtual	Tue PM	Wed	Thu Ride or Virtual	Thu PM	Fri	Sat	Sun	Total Kms	Elevation
Check Strava for TDC supported rides in your location/state. If no TDC rides in your area, use this program as a guide and go for a ride with a buddy												
26	Build	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	Rest	Rest	45	100	500
25	Build	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	Rest	Rest	45	100	800
24	Build	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	Rest	Rest	75	130	1400
23	Build	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	Rest	Rest	50	105	500
22	Build	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	40	Rest	50	145	1400
21	Rest	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	Rest	Rest	50	105	1000
20	Rest	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	40	Rest	50	145	1200
19	Build	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	40	Rest	70	165	1400
Level 2 Skill & Fitness												
18	Build	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	40	40	90	225	1900
17	Rest	Rest	25	Strength/Pilates/Gym	Rest	35	Strength/Pilates/Gym	Rest	50	60	170	1500
16	Build	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	40	90	195	2000
15	Rest	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	Rest	90	155	1000
Reached 25% of Fundraising												
14	Rest	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	Rest	60	125	1400
13	Build	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	30	Rest	75	170	2000
Level 3 Skill & Fitness												
12	Rest	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	40	70	175	2000
11	Build	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	45	40	70	220	2500
10	Rest	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	Rest	90	155	1500
9	Big Week	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	45	50	100	260	2800
Reached 50% of Fundraising												
8	Big Week	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	100	120	285	3000
7	Build	Rest	25	Strength/Pilates/Gym	Rest	40	Strength/Pilates/Gym	Rest	50	140	255	3000
Level 4 Skill & Fitness												
6	Rest	Rest	25	Strength/Pilates/Gym	Rest	30	Strength/Pilates/Gym	Rest	50	100	205	2000
5	Big Week	Rest	25	Strength/Pilates/Gym	Rest	35	Strength/Pilates/Gym	Rest	100	150	310	3000
Reached 75% of Fundraising												
4	Rest	Rest	25	Strength/Pilates/Gym	Rest	25	Rest	Rest	Rest	100	150	1500
3	Build	Bike Service				Rest	Strength/Pilates/Gym	30	100	120	250	2700
2	Build	Rest	25	Rest	Rest	Rest	Strength/Pilates/Gym	Rest	100	100	225	2500
1	Taper	Rest	25	Rest	Rest	25	Rest	Rest	Rest	Day 1	Heaps	Heaps!

## Tour de Cure Training Program

Key Sydney, VIC & BNE examples - find local equivalents to where you live	
<b>Flats (Cardio)</b> 25-32km/hr 70-80% HR	A flat ride e.g. River loop, Bay loop, Scarborough, Beaches Rd VIC, Kurnell NSW, at reasonable pace 25 - 27km/hr average (high cadence .....Spinning tempo) - Option Zwift Flat course
<b>Hills (Strength)</b> 12-17km/hr 60-100% HR	A hills ride e.g. Mt Cootha QLD, Mt Gravatt QLD, Mt Nebo, Taronga Zoo NSW, Mosman Hills NSW, Allambie Rd NSW, Kew Blvd VIC, West Head NSW is very good (Optional Zwift Hill) or local rolling hills
<b>Long Ride (Endurance)</b> 25-27km/hr 70-80% HR	A challenging ride at moderate pace. Use this ride to also get used to eating whilst riding. Focus on low GI energy sources in first half ride (e.g. banana, protein bar) and high GI sources in second half ride (e.g. gels). Take both energy drink and water and get your stomach used to mixing the various drinks / food items. <b>QLD Ride suggestions:</b> Cleveland Return - 80 -100km, Redcliffe Return 100-120km, Hope Island return - 130km Moggill Ferry ride - 100km <b>Sydney Ride suggestions:</b> Church point and West Head   Waterfall return 80km   100-120km -Calga, Waterfall with extras, 4 gorges   120-140KM - Ettalong ferry <b>VIC Ride suggestions:</b> Mt Eliza Return 80km   100-120km -Mt Martha or Dandenong Loop   120-140KM - Arthurs Seat/Redhill Return
<b>Zwift</b> 2-3 w/kg 70-90% HR	Zwift. 4 laps - 2x Laps at 2.5W/kg 1xLap at 3.0W/kg, Final lap Open (either roll around/cool down or 5min all out effort)
<b>Rest</b>	Rest days are important. You can do a recovery / coffee ride if you are keen to 'actively recover' (like the pros) be on the bike but take it easy (think Grandma easy) - Indoor training, keep the fans OFF and keep your work effort low enough so you don't sweat (too much)
<b>General</b> 25-27km/hr	Flex the days to suit your lifestyle but make sure you aim to do these 3-4 sessions a week. If you can't get out on the road, do the session on an indoor trainer (best suit your "flats" session) or jump on the bike in the gym. 2 gym/pilates/yoga sessions. 2 walk or run sessions

[Click Here](#) to view strength and yoga workouts to compliment your training

Global Cycling Network have examples of strength workouts that you can do without equipment at home. Adapt the suggestions below to suit your ability and your workout. Feel free to research your own exercises and stretches.



All exercise should be undertaken within your ability, ensuring you are performing each exercise with the correct form and cease the exercise if you experience pain or discomfort. Ensure you are adequately hydrated with suitable nutrition (and ventilation for indoor training) before each session. **You will need to attend 5 TDC Supported weekend rides** (Minimum 40km) to meet our assessment requirements. Plan to attend the rides early in your training program to enable us to tailor your program.

## Tour Checklist

Please ensure you are up to date with your tour mandatorys

- Sign up to the TDC Hub app [hub.tourdecure.com.au](http://hub.tourdecure.com.au) (Support crew and riders)
- Please complete a [self-assessed medical form](#) which will be reviewed by the tour medical director. Upload the completed form to [TDC hub](#). (We always encourage participants to have an annual check up with their GP and to complete regular cancer screenings.)
- Apply for a Volunteer Working With Children Check in the state in which you reside, or If you already have a valid WWCC, upload your WWCC number and expiry to TDC Hub app. **Complete within 4 weeks of registering** for tour or within four weeks of tour, whichever is soon. QLD Blue Cards require you to apply online then email [fundraising@tourdecure.com.au](mailto:fundraising@tourdecure.com.au) with your application number and date of birth to enable your application to proceed to the next stage.
- Take out appropriate insurance for training
- Sign up to the Strava club in your area. Join our state based Strava groups [NSW](#) | [VIC](#) | [QLD](#) | [ACT](#) | [SA](#) | [WA](#) | [TAS](#)
- Start training – Riders need to attend a **minimum of 5 TDC Supported 40km+ rides**
- Start planning your fundraising journey to reach your commitment by start of tour

## Indoor Trainer Options

The TDC Virtual Training Squad will look to run regular rides through the colder months. During spring and summer official TDC virtual rides will only be advertised if TDC training rides have been cancelled due to wet and inclement weather or covid restrictions.

We use Zwift for those with access to a smart trainer but you can always listen in on Discord using a regular indoor trainer.

If you're interested to checkout your own virtual rides look up:

- [Zwift](#), freeride or workouts
- [FulGaz](https://fulgaz.com), freeriding or workouts <https://fulgaz.com>
- [Wahoofitness](#)
- And many more – just get riding

## Tips & Tricks

- Read the TDC bunch ride [Etiquette Guide](#) before joining a training ride
- Maintain your bike - lube chain regularly, service every 2000km, check tyre tread, replace before multiple flats
- Check your tyre pressure daily - should be 100 - 110psi
- Maintain your body - sleep, drink water and eat well + Massage
- Recognise your training time away from your family. Thank them for supporting your training program
- Remember 'WHY' you are taking part in Tour de Cure, supporting cancer research, support and prevention.
- **If you feel unwell, please do not attend bunch rides. Rest and recover.**