



SUGGESTED TRAINING PROGRAMME for the 90km Kelly Coast 2011

This programme and route is suitable for someone with a little cycling experience and a reasonable level of general fitness.

- Safety first. Always wear a hard shell helmet which fits correctly.
- Always obey the rules of the road and be aware of other road users. Ensure that your bicycle is well maintained and roadworthy. Specially designed cycling gear is a must if you plan to train on a regular basis. Cycling shorts are particularly important with a chamois into the skin.
- Remember not to over-train. You may feel enthusiastic but if you are tired or sore remember a rest may be the best option. Then pick up where you left-off when you feel ready again.
- In these programmes all of the weeks consist of 4 days training. The others are classified as 'rest' days. This does not necessarily mean sit-down and watch TV! Try to bring another form of exercise into the plan on these days if your time permits e.g. a walk, swim, run, a 'slow easy' cycle or some stretching.
- The most common mistake by newcomers to cycling is that they use too "heavy" gearing and are labouring to turn the pedals. Change down to "light" gears, spin the legs round at about 80/90 revs a minute, and use the gears to maintain the high revs uphill and downhill.

12 Week Training Programme for the 'Kelly Coast' commencing Saturday 4th June 2011

The 'Kelly Coast' whilst a very scenic route is a little tougher than the Kelly Legacy, for those who are familiar with it. Most of the climbs are steep but quite short. Training routes should be on similar terrain if possible, but especially on the Sunday spin.

Experience of cycling in a group would be a major advantage particularly if we get a windy day. The benefit of slipstreaming behind another cyclist has to be experienced to be appreciated, and taking part in some of the "pre-tour" training cycles would be very beneficial.

Build your own training programme around your daily work / free time situation, but remember that "a little and often" works best.

It is not essential to build up to 90 k training spins before the big day. If you can do 60/70 k and not be exhausted, you will easily manage the 90 k as a once off.

So good luck with the training, stay safe and remember, the fitter you are, the more you will enjoy it, so on your

Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	20k (1 hour)	20k	Rest	15k	Rest	15k	Rest
Week 2	20k	20k	Rest	15k	Rest	15k	Rest
Week 3	25k	25k	Rest	20k	Rest	20k	Rest
Week 4	25k	25k	Rest	20k	Rest	20k	Rest
Week 5	30k	30k	Rest	20k	Rest	20k	Rest
Week 6	30k	30k	Rest	20k	Rest	20k	Rest
Week 7	40k	40k	Rest	25k	Rest	25k	Rest
Week 8	40k	40k	Rest	25k	Rest	25k	Rest
Week 9	40k	50k	Rest	30k	Rest	30k	Rest
Week 10	40k	60k	Rest	30k	Rest	30k	Rest
Week 11	40k	70k	Rest	30k	Rest	30k	Rest
Week 12	40k	80k	Rest	30k	Rest	30k	Rest

The Sean Kelly Tour Committee would like to thank Bobby Power of Dan Morrissey Carrick Wheelers and Tony Ryan of Treasury Holdings Carrick Wheelers Road Club for their contributions in the compilation of the Suggested Training Schedules.