

# BESTER PERFORMANCE

| RPE Scale                  |   |
|----------------------------|---|
| Rate of Perceived Exertion |   |
| 10                         | Maximum Effort<br>Feels almost impossible to continue, no conversation possible                               |
| 9                          | Very Hard<br>difficult to maintain exercise intensity, conversation becomes difficult                         |
| 7-8                        | Vigorous<br>on the verge of becoming uncomfortable, breathing heavily but still able to speak                 |
| 4-6                        | Moderate<br>Feels like you can maintain activity for hours, breathing heavily but can carry on a conversation |
| 2-3                        | Light<br>Feels like you can maintain activity for hours, easy to breathe and carry on a conversation          |
| 1                          | Very Light<br>little to no activity   |

| 2021                          | July   |  |                               |  |                               |                               | RIDE THE KAROO TRAINING PLAN |
|-------------------------------|--|--|-------------------------------|--|-------------------------------|-------------------------------|------------------------------|
| MONDAY                        | TUESDAY  | WEDNESDAY  | THURSDAY                      | FRIDAY   | SATURDAY                      | SUNDAY                        |                              |
| 28                            | 29   | 30   | 01<br>20km ride at RPE of 4-5 | 02<br>Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.       | 03<br>Rest                    | 04<br>20km ride at RPE of 4-5 |                              |
| 05<br>20km ride at RPE of 4-5 | 06<br>Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work. | 07<br>Rest   | 08<br>20km ride at RPE of 4-5 | 09<br>Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.         | 10<br>20km ride at RPE of 4-5 | 11<br>20km ride at RPE of 4-5 |                              |
| 12<br>Rest                    | 13<br>20km ride at RPE of 4-5  | 14<br>25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.    | 15<br>20km ride at RPE of 4-5 | 16<br>Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.       | 17<br>20km ride at RPE of 4-5 | 18<br>20km ride at RPE of 4-5 |                              |
| 19<br>Rest                    | 20<br>20km ride at RPE of 4-5  | 21<br>30km ride at RPE of 6-7RPE   | 22<br>20km ride at RPE of 4-5 | 23<br>Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work. | 24<br>20km ride at RPE of 4-5 | 25<br>20km ride at RPE of 4-5 |                              |
| 26<br>Rest                    | 27<br>20km ride at RPE of 4-5  | 28<br>25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.    | 29<br>20km ride at RPE of 4-5 | 30<br>Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.         | 31<br>30km ride at RPE of 4-5 | 01<br>20km ride at RPE of 4-5 |                              |
| 02                            | 03   | Notes:<br>You don't have to follow the program to the dot but you will look good on the podium if you do ;-) |                               |  |                               |                               |                              |

2021

## August

| MONDAY     | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY                        |
|------------|---|--|--|--|--|-------------------------------|
| 26<br>Rest | 27<br>20km ride at RPE of 4-5   | 28<br>25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.    | 29<br>20km ride at RPE of 4-5  | 30<br>Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.         | 31<br>30km ride at RPE of 4-5  | 01<br>20km ride at RPE of 4-5 |
| 02<br>Rest | 03<br>20km ride at 4-5RPE, include 3 x 1.5km hard efforts at 8-9RPE. Rest 3minute between efforts | 04<br>20km ride at RPE of 4-5  | 05<br>rest   | 06<br>Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.       | 07<br>30km ride at RPE of 4-5  | 08<br>40km ride at RPE of 4-5 |
| 09<br>Rest | 10<br>1 Hour 30 minutes ride at 4-5 RPE, include 5 x 1 minute max effort sprints, rest 7 minutes  | 11<br>20km ride at RPE of 4-5  | 12<br>1 Hour 30 minutes ride at 4-5 RPE, include 4 x 5 minute efforts at 9RPE, rest 5 minutes between efforts. | 13<br>Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work. | 14<br>2 Hour ride at 4-5RPE  | 15<br>40km ride at RPE of 4-5 |
| 16<br>Rest | 17<br>20km ride at RPE of 4-5   | 18<br>25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.    | 19<br>20km ride at RPE of 4-5  | 20<br>Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.         | 21<br>2 Hour ride at 4-5RPE  | 22<br>40km ride at 6-7RPE     |
| 23<br>Rest | 24<br>20km ride at RPE of 4-5   | 25<br>1 Hour 30 minutes ride at 4-5 RPE, include 7 x 1 minute max effort sprints, rest 7 minutes             | 26<br>30km ride at RPE of 4-5  | 27<br>Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.       | 28<br>2 Hour ride at 4-5 RPE, include 3 x 10minute efforts at 7RPE, rest 10 minutes between efforts. | 29<br>50km ride at 6-7RPE     |
| 30<br>Rest | 31<br>20km ride at RPE of 4-5   | Notes:<br>You don't have to follow the program to the dot but you will look good on the podium if you do ;-) |  |  |  |                               |

2021

## September

| MONDAY     | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY                    |
|------------|---|---|---|--|---|---------------------------|
| 30<br>Rest | 31<br>20km ride at RPE of 4-5   | 01<br>25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO. | 02<br>20km ride at RPE of 4-5   | 03<br>Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work. | 04<br>2 Hour ride at 4-5 RPE, include 4 x 10minute efforts at 7RPE, rest 10 minutes between efforts.          | 05<br>50km ride at 6-7RPE |
| 06<br>Rest | 07<br>1 Hour 30 minutes ride at 4-5 RPE, include 6 x 1 minute max effort sprints, rest 7 minutes between sprints. | 08<br>25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO. | 09<br>2 Hour ride at 5-6RPE   | 10<br>Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.         | 11<br>2 Hour 30 minutes ride at 4-5 RPE, include 5 x 5minute efforts at 9RPE, rest 5 minutes between efforts. | 12<br>60km ride at 6-7RPE |
| 13<br>Rest | 14<br>2 Hour ride at 5-6RPE   | 15<br>25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO. | 16<br>1 Hour 30 minutes ride at 4-5 RPE, include 5 x 30 seconds max effort sprints, rest 5 minutes between sprints. | 17<br>Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.       | 18<br>2 Hour 30 minutes ride at 4-5 RPE, include 7 x 5minute efforts at 9RPE, rest 5 minutes between efforts. | 19<br>70km ride at 6-7RPE |
| 20<br>Rest | 21<br>1 Hour 30 minutes ride at 4-5 RPE, include 5 x 30 seconds max effort sprints, rest 5 minutes                | 22<br>25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO. | 23<br>2 Hour ride at 5-6RPE   | 24<br>Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work. | 25<br>2 Hour 30 minutes ride at 4-5 RPE, include 4 x 8 minute efforts at 8-9RPE, rest 5 minutes               | 26<br>50km ride at 6-7RPE |
| 27<br>Rest | 28<br>1 Hour ride at 4-5 RPE, include 5 x 15 seconds max effort sprints, rest 5 minutes between sprints.          | 29<br>1 Hour recovery ride. RPE 3-4/10  | 30<br>PM: 45 minutes easy spin to check if your bike is fine after the trip.  | 01<br>RIDE THE KAROO   | 02<br>RIDE THE KAROO  | 03<br>RIDE THE KAROO      |

04

05

Notes:

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