

BESTER PERFORMANCE

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

2021	July						RIDE THE KAROO TRAINING PLAN						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
28	29	30	01 20km ride at RPE of 4-5	02 Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.	03 20km ride at RPE of 4-5	04 20km ride at RPE of 4-5							
05 Rest	06 20km ride at RPE of 4-5	07 25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.	08 20km ride at RPE of 4-5	09 Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.	10 20km ride at RPE of 4-5	11 20km ride at RPE of 4-5							
12 Rest	13 20km ride at RPE of 4-5	14 30km ride at RPE of 6-7RPE	15 20km ride at RPE of 4-5	16 Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work.	17 20km ride at RPE of 4-5	18 20km ride at RPE of 4-5							
19 Rest	20 20km ride at RPE of 4-5	21 25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.	22 20km ride at RPE of 4-5	23 Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.	24 30km ride at RPE of 4-5	25 20km ride at RPE of 4-5							
26 Rest	27 20km ride at 4-5RPE, include 3 x 1.5km hard efforts at 8-9RPE. Rest 3minute between efforts	28 20km ride at RPE of 4-5	29 rest	30 Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.	31 30km ride at RPE of 4-5	01 40km ride at RPE of 4-5							
02	03	Notes: 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	27	28	29	30	31	01 40km ride at RPE of 4-5
02 Rest	03 1 Hour 30 minutes ride at 4-5 RPE, include 5 x 1 minute max effort sprints, rest 7 minutes between sprints.	04 20km ride at RPE of 4-5	05 1 Hour 30 minutes ride at 4-5 RPE, include 4 x 5 minute efforts at 9RPE, rest 5 minutes between efforts.	06 Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work.	07 2 Hour ride at 4-5RPE	08 40km ride at RPE of 4-5
09 Rest	10 20km ride at RPE of 4-5	11 25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.	12 20km ride at RPE of 4-5	13 Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.	14 2 Hour ride at 4-5RPE	15 40km ride at 6-7RPE
16 Rest	17 20km ride at RPE of 4-5	18 1 Hour 30 minutes ride at 4-5 RPE, include 7 x 1 minute max effort sprints, rest 7 minutes between sprints.	19 30km ride at RPE of 4-5	20 Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.	21 2 Hour ride at 4-5 RPE, include 3 x 10minute efforts at 7RPE, rest 10 minutes between efforts.	22 50km ride at 6-7RPE
23 Rest	24 20km ride at RPE of 4-5	25 25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.	26 20km ride at RPE of 4-5	27 Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work.	28 2 Hour ride at 4-5 RPE, include 4 x 10minute efforts at 7RPE, rest 10 minutes between efforts.	29 50km ride at 6-7RPE
30 Rest	31	Notes: 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	31 1 Hour 30 minutes ride at 4-5 RPE, include 6 x 1 minute max effort sprints, rest 7 minutes between sprints.	01 25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.	02 2 Hour ride at 5-6RPE	03 Coffee shop ride. Go for an easy spin with friends and just enjoy your bike and day out.	04 2 Hour 30 minutes ride at 4-5 RPE, include 5 x 5minute efforts at 9RPE, rest 5 minutes between efforts.	05 60km ride at 6-7RPE
06 Rest	07 2 Hour ride at 5-6RPE	08 25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.	09 1 Hour 30 minutes ride at 4-5 RPE, include 5 x 30 seconds max effort sprints, rest 5 minutes between sprints.	10 Breakfast ride. Ride for 1 hour and 30 minutes, stop to have breakfast and then ride home.	11 2 Hour 30 minutes ride at 4-5 RPE, include 7 x 5minute efforts at 9RPE, rest 5 minutes between efforts.	12 70km ride at 6-7RPE
13 Rest	14 1 Hour 30 minutes ride at 4-5 RPE, include 5 x 30 seconds max effort sprints, rest 5 minutes between sprints.	15 25km Night ride at 6-7RPE. This is to get used to riding in the dark for stage 1 of RIDE THE KAROO.	16 2 Hour ride at 5-6RPE	17 Ride to work on an empty stomach (+/-1 hour ride), eat breakfast there and ride home after work.	18 2 Hour 30 minutes ride at 4-5 RPE, include 4 x 8 minute efforts at 8-9RPE, rest 5 minutes between efforts.	19 50km ride at 6-7RPE
20 Rest	21 1 Hour ride at 4-5 RPE, include 5 x 15 seconds max effort sprints, rest 5 minutes between sprints.	22 1 Hour recovery ride. RPE 3-4/10	23 PM: 45 minutes easy spin to check if your bike is fine after the trip.	24 RIDE THE KAROO	25 RIDE THE KAROO	26 RIDE THE KAROO
27	28	29	30	01	02	03
04	05	Notes: You don't have to follow the program to the dot but you will look good on the podium if you do ;-)				