

Virtual Tour de Cure Sessions

We encourage you to maintain your health and fitness, Be Fit, Be Healthy, Be Happy!
Tour de Cure have mapped out a program to enable you to design your own training plan.

Choose your own adventure! Dependent on your ability, goal and schedule each week, choose sessions from the below program:

· 3 rides (virtual or outside) · 1-2 walks or runs · 1-2 strength and mobility sessions.

Times in AEST	Mon AM	Mon 6:05PM	Tue 6AM	Tue 6:05PM	Tue PM	Wed AM	Wed 6:05PM	Thu 6AM	Thu 6:05PM	Fri AM	Fri PM	Sat	Sun	Total hours
Times in AEST	30 mins to 1 hr Walk or Run	Rolling 6:05pm 1hr Indoor Trainer No Drop Recovery spin / high cadence work Chat on Discord Suitable for all riders	Rolling 6am 1hr Indoor Trainer No Drop Longer intervals on flat course Chat on Discord	Rolling 6:05pm 1hr Indoor Trainer No Drop Sprint intervals on flat course Chat on Discord	Strength & Mobility, Pilates, Yoga - See Below	30 mins to 1 hr Walk or Run	Rolling 6:05pm 45min Indoor Trainer No Drop Hills Chat on Discord	Rolling 6am 1hr Indoor Trainer Hills Chat on Discord	Rolling 6:05pm Fixed distance - Check Strava Indoor Trainer Approx 30km/1hr	Strength & Mobility, Pilates, Yoga - See Below	Rest	Cross Train, Walk, Run, spend time with family	No TDC virtual session 2hrs - Indoor Trainer or outdoor long ride	

Suggestion: 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.

Strength Workout #1	https://www.youtube.com/watch?v=zTPzazK0IOk		Squats Plank Alternate Arm & Leg Raisers Glute Stretch Lunges
Strength Workout #2 Posture Core Exercises	https://www.youtube.com/watch?v=ALL1FgicrTg		12 reps each exercise Ab Crunch with Rotation Side Plank Floor 'T' Raises Heel Dips Superman Extensions Floor 'Y' & 'W' Raises
Strength Workout #3 6 min Dynamic Core Workout	https://www.youtube.com/watch?v=HGKocQM6xbA		40 sec on 20 sec off Warm up first Jumping Jacks Squat Press Up Back Extensions Salamander Burpee
Strength Workout #4 Fitter, Stronger, Faster: Bodyweight Workout	https://www.youtube.com/watch?v=PpbZ97_7Ofs		45 Seconds each exercise 15 secs rest 2 x Cardio 2 x Leg Strength 2 x Core Mountain Climbers / Jumping Jacks Squat Lunge & Squat Jumps Ab Crunch & Straight Arm Plank

Yoga #1 35 min Yoga	https://www.youtube.com/watch?v=7fv4BkJZghI		
Yoga #2 10 Yoga exercises	https://www.youtube.com/watch?v=OQBfLqGaD18		

Your Tour de Cure Training Program

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 ventilation before each session.

Tour de Cure Virtual Training Program is a 'Choose your own adventure' to be fit, healthy and happy whilst training indoors.

Check Strava each week for indoor training events you can join on Zwift and listen in with the app Discord to stay connected with the TDC family. Choose 3 rides from the coloured columns of the 6 advertised TDC hosted Strava rides.

[Join the TDC Virtual Training Squad on Strava](#)

[Zwift Instructions](#)

Heart Rate - What's your maximum?
220 minus your age = Max Heart rate ie at 50 years old.
Max heart rate is (220 - 50 = 170) beats per minute
Effort is 170 x 80% = avg of 136 beats per minute.

Zwift	Km/Hr Average 2-3W/KG	Heart rate guide 70-90%

We recommend up to three rides per week. If you can't get outside, choose your indoor rides from the TDC Virtual Training Program.

Supplement your ride training with cross training, such as running, walking, ocean swimming, strength, pilates or yoga.