

MS GONG RIDE – 6 WEEK TRAINING PROGRAM

Ride Better with Brad McGee, Australian Olympic Gold Medallist and Australian Olympic Coach



	Actions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 4.5 hrs riding	Skills Focus	Be ready	S1, S2, S3	S6	S1, S2, S3	Off Massage	Endurance + S6	S1, S2, S3
	Riding Time	Off	30 mins	30 mins	30 mins	Off	2 hrs	1 hrs
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
Week 2 6 hrs riding	Focus		S1, S2, S3	S6	S1, S2, S3		Endurance + S6	S1, S2, S3
	Riding Time	Off	30 mins	30 mins	1 hrs	Off	2.5 Hrs	1.5 hrs
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
Week 3 Half Way 7 hrs riding	Focus		S4, S5	S6	S4, S5		Endurance + S6, S9, S10	S7
	Riding Time	Off	30 mins	1 hrs	30 mins	Off	3 hrs	2 hrs
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
Week 4 9 hrs riding	Focus		S4, S5	Endurance + S6, S7, S8	S4, S5		Endurance + S6, S9, S10	S7
	Riding Time	Off	1 hrs	1.5 hrs	30 mins	Off	4 hrs	2 hrs
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
Week 5 8 hrs riding	Focus		S7, S8	Recovery	S7, S8		REHEARSAL Endurance + S6, S8, S9, S10	Relax & Enjoy Recovery Ride
	Riding Time	Off	30 mins	30 mins	30 mins	Off	4.5 hrs	2 hrs
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Activation 15 mins	
Week 6 Final Week 3 hrs + MS Gong Ride	Focus		S1, S2, S3	S4, S5, S7	S8, S9, S10	Bike, Nutrition and Clothing READY for Sunday Classic Gong Ride	Rest	You' ve got this! Enjoy the MS Gong Ride.
	Riding Time	Off	1 hrs	1 hrs	1 hrs	Off	None or very easy 30 mins spin	
	Off Bike	Mindfulness / Yoga		Stretch 30 mins		Massage	Switch Off	

Skills Focus Legend: S1 Starting off
S6 Pacing

S2 Stopping and Obstacles
S7 Out of the Seat

S3 Pedaling ITS
S8 Climbing

S4 Hand Positions
S9 Following

S5 Balance and Cornering
S10 Stretch

Endurance:
Target Heart Rate – 75% MHR