

Paidi O Se Charity Cycle Sportive 2013



THE "PAIDI O SE" SPORTIVE IS IRELANDS NEWEST, BIGGEST AND MOST EXCITING MULTI-DAY SPORTIVE. SO WHY NOT SET YOURSELF A TRAINING CHALLENGE AND GET ON YOUR BIKE NEXT OCTOBER

The event could be looked at as a simple A to B ride – only it's from Croke Park to Ventry, covering 370 kilometers of Ireland's scenery from 10th – 12th October 2013.

SEE TIPS AND EXPLANATIONS IN THE SPORTIVE TRAINING PROGRAMME

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	30	REST	15	45	REST	15	60
Terrain	Flat		Flexibility	Flat		Core	Flat
Goal	Recovery		Endurance	Endurance		Endurance	
Session	Easy		Stretch lower back, legs and shoulders	Steady paced ride		Knee hugs, trunk raises and banana push ups	Steady paced ride

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	30	REST	30	30	REST	60	90
Terrain	Flat		Flat	-		Flat	Rolling
Goal	Recovery		Leg speed	Flex & Core		Cadence	Endurance
Session	Easy		Cadence interval session	Flexibility & core exercises		Cadence interval session	Steady paced ride

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	60	REST	60	30	REST	90	120
Terrain	Flat		Flat	-		Rolling	Rolling or flat
Goal	Recovery		Cadence	Flex & Core		Endurance	Endurance
Session	Easy		Cadence interval session	Flexibility & core exercises		Steady paced ride	Steady paced ride

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	30	REST	60	30	REST	60	60
Terrain	Flat		Rolling	-		-	Flat
Goal	Recovery		Endurance	Flex & Core		Cross training	Endurance
Session	Easy		Steady paced ride	Flexibility & core exercises		Light fun workout	Steady paced ride

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	60	REST	60	30	REST	60	150
Terrain	Flat		Rolling or Hilly	-		Flat	Hilly
Goal	Recovery		Climbing	Flex & Core		Cadence	Climbing
Session	Easy		Hilly terrain focussing on high cadence	Flexibility & core exercises		Cadence interval session	Hilly terrain focussing on high cadence

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	90	REST	60	30	REST	120	150
Terrain	Flat		Hilly	-		Flat	Hilly
Goal	Recovery		Climbing	Flex & Core		Endurance	Endurance
Session	Easy		Hilly terrain focussing on high cadence	Flexibility & core exercises		Steady paced ride	Steady paced ride

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	90	REST	90	30	REST	150	150
Terrain	Flat		Hilly	-		Rolling	Hilly
Goal	Recovery		Descending	Flex & Core		Extensive endurance	Climbing
Session	Easy		Hilly terrain focus on descent technique	Flexibility & core exercises		Threshold interval session	Hilly terrain focussing on high cadence

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	60	REST	90	30	REST	60	REST
Terrain	Flat		Rolling	-		-	
Goal	Recovery		Endurance	Flex & Core		Cross training	
Session	Easy		Easy & steady	Flexibility & core exercises		Light fun workout	

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Exercise time	90	REST	90	30	REST	120	180
Terrain	Flat		Flat	-		Rolling	Hilly
Goal	Recovery		Cadence	Flex & Core		Aerodynamics	Climbing
Session	Easy		Cadence interval session	Flexibility & core exercises		Threshold interval session	Hilly terrain focussing on high cadence

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	90	REST	60	30	REST	180	210
Terrain	Flat		Hilly	-		Flat	Rolling
Goal	Recovery		Climbing	Flex & Core		Cadence	Group riding
Session	Easy & steady		Hilly terrain focussing on high cadence	Flexibility & core exercises		Cadence interval session	Steady race paced effort in a group

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise time	90	REST	60	30	REST	180	270
Terrain	Flat		Hilly	-		Flat	Rolling
Goal	Recovery		Climbing	Flex & Core		Threshold	Race test
Session	Easy & steady		Hilly terrain focussing on high cadence	Flexibility & core exercises		Threshold interval session	Steady race paced effort in a group

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Exercise time	90	REST			SPORTIVE LIMERICK TO TRALEE		RELAX	
Terrain	Flat							
Goal	Recovery					SPORTIVE		SPORTIVE
Session	Easy & steady		Have a sports massage and rest up completely	NAAS TO LIMERICK		TRALEE TO VENTRY		