



HBF Freeway Bike Hike for Asthma 8-Week Training Program



The following guide is a recommended cycling program, suggested to prepare you for the HBF Freeway Bike Hike for Asthma. It is most suitable for people who exercise regularly and is a graduated program to help build your fitness level over an 8-week period leading up to the event. The training program has been divided into beginner and advanced training for the 10km, 30km and 60km riders. Remember to participate at a level that suits your fitness and always consult your GP if you have any specific health or training concerns.

Week One

10km – Beginner	10km – Advanced	30km – Beginner	30km – Advanced	60km – Beginner	60km - Advanced
1 x 30 min ride - easy pace	1 x 30 min ride - brisk pace	1 x 60 min ride - easy pace	1 x 45 min ride - brisk pace	1 x 90 min ride - easy pace	2 x 90 min rides - easy pace
1 x 45 min ride - easy pace	2 x 45 min rides - easy pace	2 x 45 min rides - steady pace	2 x 60 min rides - steady pace	1 x 60 min ride - steady pace	1 x 60 min ride - steady pace
			1 x 30 min ride - up and down hills		

Week Two

10km – Beginner	10km – Advanced	30km – Beginner	30km – Advanced	60km – Beginner	60km - Advanced
1 x 45 min ride - easy pace	2 x 30 min rides - brisk pace	1 x 30 min ride - brisk pace	3 x 60 min rides - steady pace	1 x 120 min ride - easy pace	1 x 90 min ride - steady pace
Time trial 7.5 kms	1 x 45 min ride - steady pace	2 x 45 min rides - steady pace	Time trial 23 kms	1 x 60 min ride - up and down hills	1 x 60 min ride - up and down hills
	Time trial 7.5 kms	Time trial 23 kms		Time trial 45 kms	Time trial 45 kms

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Week Three

10km – Beginner	10km – Advanced	30km – Beginner	30km – Advanced	60km – Beginner	60km - Advanced
1 x 30 min ride - easy pace	1 x 45 min ride - steady pace	2 x 45 min rides - brisk pace	1 x 90 min ride - steady pace	1 x 120 min ride - easy pace	1 x 90 min ride - steady pace
1 x 30 min ride - brisk pace	1 x 30 min ride - steady pace	2 x 60 min rides - steady pace	2 x 60 min rides - steady pace	1 x 60 min ride - up and down hills	1 x 90 min ride - up and down hills
1 x 45 min ride - easy pace	1 x 45 min ride - up a hilly area		1 x 45 min ride - brisk pace	1 x 90 min ride - steady pace	1 x 120 min ride - easy pace

Week Four

10km – Beginner	10km – Advanced	30km – Beginner	30km – Advanced	60km – Beginner	60km - Advanced
2 x 30 min rides - brisk pace	1 x 30 min ride - up a hilly area	1 x 45 min ride - up and down hills	2 x 60 min rides - steady pace	1 x 120 min ride - steady pace	1 x 90 min ride - up and down hills
1 x 45 min ride - brisk pace	1 x 45 min ride - steady pace	3 x 60 min rides - steady pace	1 x 45 min ride - brisk pace	2 x 150 min rides - easy pace	1 x 120 min ride - steady pace
	1 x 60 min ride - steady pace		3 x 30 min rides - up and down hills		1 x 150 min ride - easy pace

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Week Five

10km – Beginner	10km – Advanced	30km – Beginner	30km – Advanced	60km – Beginner	60km - Advanced
2 x 45 min rides - easy pace	1 x 45 min ride - easy pace	1 x 90 min ride - steady pace	1 x 90 min ride - brisk pace	1 x 150 min ride - steady pace	1 x 120 min ride - steady pace
1 x 45 min ride - up a hilly area	1 x 45 min ride - brisk pace	1 x 60 min ride - steady pace	1 x 60 min ride - brisk pace	1 x 120 min ride - steady pace	1 x 150 min ride - easy pace
Time trial 7.5 kms	1 x 45 min ride - steady pace	1 x 30 min ride - up and down hills	1 x 45 min ride - brisk pace	1 x 120 min ride - easy pace	1 x 120 min ride - brisk pace
	Time trial 7.5 kms	Time trial 23 kms	Time trial 23 kms	Time trial 45 kms	Time trial 45 kms

Week Six

10km – Beginner	10km – Advanced	30km – Beginner	30km – Advanced	60km – Beginner	60km - Advanced
2 x 30 min rides - steady pace	1 x 45 min ride - steady pace	1 x 60 min ride - steady pace	2 x 60 min ride - brisk pace	2 x 150 min rides - steady pace	1 x 150 min ride - brisk pace
1 x 45min ride - hills	1 x 30 min ride - hills	1 x 90 min ride - steady pace	1 x 90min ride - steady pace	1 x 120 min ride - easy pace	1 x 150 min ride - easy pace
	2 x 30 min rides - fast pace	2 x 45 min rides - brisk pace	1 x 90 min ride - brisk pace	1 x 90 min ride - brisk pace	2 x 90 min rides - hills

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Week Seven

10km – Beginner	10km – Advanced	30km – Beginner	30km – Advanced	60km – Beginner	60km - Advanced
2 x 45 min rides - easy pace	1 x 45 min ride - easy pace	1 x 90 min ride - steady pace	1 x 90 min ride - brisk pace	1 x 150 min ride - steady pace	1 x 120 min ride - steady pace
1 x 45 min ride - up a hilly area	1 x 45 min ride - brisk pace	1 x 60 min ride - steady pace	1 x 60 min ride - brisk pace	1 x 120 min ride - steady pace	1 x 150 min ride - easy pace
	2 x 45 min rides - steady pace	2 x 30 min rides - up and down hills	1 x 45 min ride - brisk pace	1 x 120 min ride - easy pace	1 x 120 min ride - brisk pace
			1 x 30 min ride - brisk pace		

Week Eight

10km – Beginner	10km – Advanced	30km – Beginner	30km – Advanced	60km – Beginner	60km - Advanced
2 x 30 min rides - steady pace	1 x 45 min ride - steady pace	1 x 60 min ride - steady pace	2 x 60 min rides - brisk pace	1 x 150 min ride - steady pace	1 x 150 ride - brisk pace

Need more information?

For more details about the HBF Freeway Bike Hike for Asthma, visit www.hbf.com.au/events

Remember to participate at a level that suits your fitness and always consult your GP if you have any specific health or training concerns.