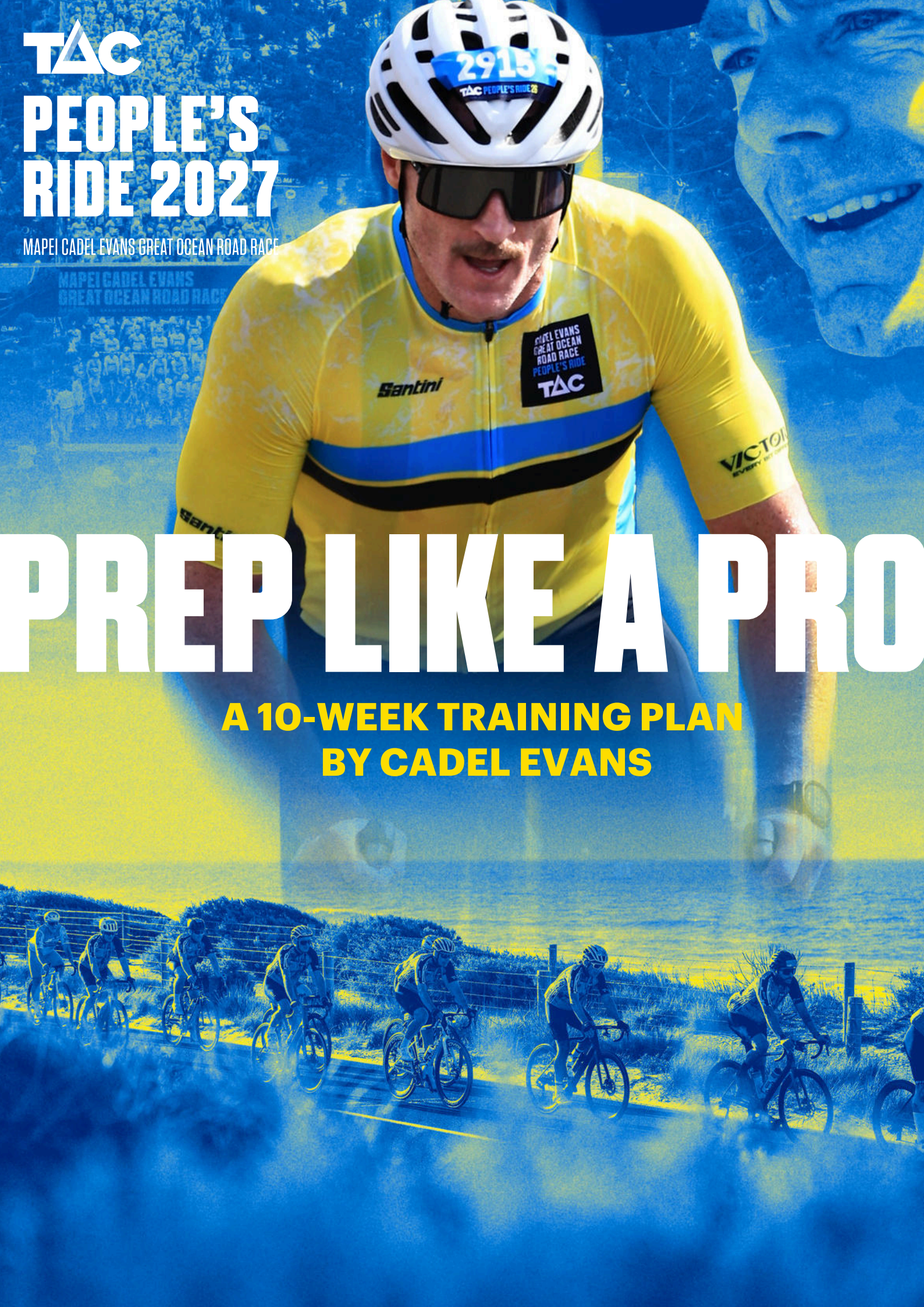
TAC
PEOPLE'S RIDE 2027
MAPEI CADEL EVANS GREAT OCEAN ROAD RACE
PREP LIKE A PRO
A 10-WEEK TRAINING PLAN
BY CADEL EVANS

TAC PEOPLE'S RIDE 2027
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PREP LIKE A PRO

A 10-WEEK 114KM PLAN FOR THE TAC PEOPLE'S RIDE, WITH CADEL EVANS.

THE TAC PEOPLE'S RIDE IS YOUR CHANCE TO RIDE THE SAME ROADS THE PROS RACE ON AND FINISH ON THE GEELONG WATERFRONT. LINING UP FOR THE 114KM IS A BIG DAY OUT, AND ONE YOU'LL REMEMBER. THIS PLAN GIVES YOU 10 WEEKS TO GET READY. BUILD YOUR TIME IN THE SADDLE, PRACTISE ON THE HILLS, RIDE WITH OTHERS WHEN YOU CAN, AND REST WHEN THE PLAN TELLS YOU TO. SEE YOU AT THE TAC PEOPLE'S RIDE..

114KM PLAN

FOR RIDERS ALREADY COMFORTABLE ON THE BIKE FOR 2 HOURS OR MORE.
WEEKS 1 TO 5: PAGE 5
WEEKS 6 TO 10: PAGE 6

PLAN STARTS: MONDAY 23 NOVEMBER 2026
TAC PEOPLE'S RIDE: SATURDAY 30 JANUARY 2027

INSIDE: TRAINING EXPLAINED · SESSION TYPES · YOUR 10-WEEK PLAN · CYCLING TIPS · ROAD SAFETY



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TRAINING EXPLAINED

HOW THE PLAN WORKS, AND THE SESSIONS THAT MATTER MOST.

HOW TO USE THIS PLAN

These sessions are a base guide. Feel free to swap days around and add or remove time to fit your schedule. The long ride is on Saturday each week to match TAC People's Ride day. If you miss a session, move on to the next one rather than trying to catch up.

THE LONG RIDE

This is not only for the legs but also for the head and the rest of the body. For those doing the 114km TAC Peoples Ride that might be longer than what you are used to, it's also the time in the saddle, the hours of sun and wind in your face and, hydrating/fuelling whilst riding that you need to be used to. Use your long rides to practise your race-morning routine, your food and your kit.

CLIMBING

The hardest climbs come on the way back into Geelong, when your legs are already tired. Do your tempo, threshold and VO2 efforts on a hill where you can, so you learn to pace a climb. Start each climb a little easier than you think you need to, stay seated where you can, and change down early.

EASY DAYS

You get fitter while you recover, not while you train. On easy days, ride at a pace where you could hold a full conversation, keep it short, and stay on flatter roads if you can. If you're tired, a rest day is better than a hard session done badly.

RIDING IN A GROUP

There'll be big groups on the road on event day, so get used to riding with others before then. Join a club or café ride, practise holding your line, and use the calls and signals in the tips section. Sitting in a group also saves energy, which you'll want in the second half of the ride.

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SESSION TYPES

WHAT EACH SESSION MEANS. THE COLOURS MATCH THE BOXES ON YOUR CALENDAR PAGES.

REST OR CROSS TRAINING	A day off the bike to let your body absorb the training. Cross training is exercise off the bike that complements cycling: gym, pilates, a walk, a swim or a run.
EASY AND SOCIAL	A short, relaxed ride, ideally with friends or a group. You should be able to hold a full conversation the whole way.
ENDURANCE	A longer ride at a social pace. Time on the bike matters more than speed, so mix in a few hills.
LONG RIDE	Your longest ride of the week, at endurance pace. Use it to practise eating and drinking on the bike.
TEMPO	A pace you could hold for around an hour. About 70 to 80% of max heart rate.
THRESHOLD	A hard pace you could hold for around 20 minutes. About 85 to 95% of max heart rate.
VO2	High intensity you can only hold for 5 to 7 minutes flat out.
CLIMBING EFFORTS	Tempo, threshold or VO2 efforts done on a hill, to prepare for the climbs back into Geelong.
OPENERS AND SPRINTS	A short ride two days before the event with a few brief hard efforts to keep your legs sharp without tiring them. A sprint is a maximum effort, out of the saddle, everything through the pedals.

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114KM PLAN: WEEKS 1 TO 5

FOR RIDERS ALREADY COMFORTABLE RIDING 2 OR MORE HOURS.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
WEEK 1 **23 to 29 Nov** **Base**	REST	TEMPO 1 hr: easy ride with 3x5min tempo, 5min easy between	REST or cross training	ENDURANCE 1 hr: easy ride, include some hills	REST	ENDURANCE 1.5 hr: endurance ride	EASY 1 hr: easy ride	**4+ hours**
WEEK 2 **30 Nov to 6 Dec** **Base**	REST	TEMPO 1 hr: 3x5min tempo w/ 5min easy between	EASY 1 hr: easy ride	TEMPO CLIMBING 1 hr: 2x3min tempo climbing efforts w/ 5min easy between	REST	ENDURANCE 2 hr: endurance ride	EASY 1 hr: easy ride	**5+ hours**
WEEK 3 **7 to 13 Dec** **Base**	REST	TEMPO 1.25 hr: 4x5min tempo w/ 5min easy between	EASY 1 hr: easy ride or cross training	TEMPO CLIMBING 1.5 hr: 3x4min tempo climbing efforts w/ 5min easy between	REST	ENDURANCE 2.5 hr: endurance ride, with a group if you can	EASY 1 hr: easy ride	**7+ hours**
WEEK 4 **14 to 20 Dec** **Build**	REST	TEMPO 1.5 hr: 2x10min tempo w/ 5min easy between	EASY 1 hr: easy ride	TEMPO CLIMBING 1.5 hr: 4x4min tempo climbing efforts w/ 5min easy between	REST	LONG RIDE 2.5-3 hr: long endurance ride with hills	EASY 1 hr: easy ride	**8+ hours**
WEEK 5 **21 to 27 Dec** **Christmas, lighter week**	REST	TEMPO 1 hr: easy ride with 3x5min tempo	EASY 1 hr: easy ride	ENDURANCE 1.5 hr: endurance ride, include some hills	REST Christmas Day	ENDURANCE 2 hr: easy endurance ride	EASY 1 hr: easy ride or cross training	**6+ hours**

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114KM PLAN: WEEKS 6 TO 10

FOR RIDERS ALREADY COMFORTABLE RIDING 2 OR MORE HOURS.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
WEEK 6 **28 Dec to 3 Jan** **Ease into the new year**	REST	EASY 1 hr: easy ride	REST	TEMPO CLIMBING 1.5 hr: 3x3min tempo climbing efforts w/ 5min easy between	EASY 1 hr: easy ride	ENDURANCE 2 hr: endurance ride	EASY 1 hr: easy ride	**5+ hours**
WEEK 7 **4 to 10 Jan** **Build**	REST	TEMPO 1.5 hr: 4x5min tempo w/ 5min easy between	EASY 1.5 hr: easy ride	TEMPO CLIMBING 1.5-2 hr: 5x5min tempo climbing efforts w/ 5min easy between	REST	LONG RIDE 2.5-3 hr: long endurance ride	EASY 1 hr: easy ride	**8+ hours**
WEEK 8 **11 to 17 Jan** **Build**	REST	TEMPO 1.5 hr: 3x15min tempo w/ 10min easy between	EASY 1.5 hr: easy ride	THRESHOLD CLIMBING 2 hr: 6x4min threshold climbing efforts w/ 5min easy between	REST	LONG RIDE 3-3.5 hr: long endurance ride	EASY 1 hr: easy ride	**9+ hours**
WEEK 9 **18 to 24 Jan** **Peak**	REST	THRESHOLD 1.5 hr: 5x5min threshold w/ 5min easy between	EASY 1.5 hr: easy ride	VO2 CLIMBING 2.5 hr: 6x3min VO2 climbing efforts w/ 5min easy between	REST	LONG RIDE 3.5-4 hr: long endurance ride w/ 2-3 x 15min climbing efforts	EASY 1 hr: easy ride	**10+ hours**
WEEK 10 **25 to 31 Jan** **Taper and event week**	REST	THRESHOLD 1.5 hr: 2x10min threshold w/ 10min easy between	EASY 1.5 hr: easy ride	OPENERS 2 hr: 1x7min tempo, 2x2min VO2, 2x sprints, free recovery between	EASY OR REST 1 hr easy	**TAC People's Ride 114km** Watch the pro racing	REST Watch the pro racing	**6+ hours**

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CYCLING TIPS

CADEL'S #1 TIP: BE CONSISTENT. THREE OR FOUR RIDES A WEEK, EVERY WEEK, WILL GET YOU FURTHER THAN ONE BIG RIDE FOLLOWED BY A WEEK OFF.

NUTRITION AND HYDRATION

- Staying fuelled and hydrated is the key; like a car, it is better to top up with fuel or a charge before you run out. Eating and drinking whilst on the bike will not only make the ride easier and more enjoyable, it will be a great help to feel fresher for the rest of the weekend. Make the most of the rest stops!
- Before training, eat a carbohydrate snack such as toast or a banana so you never start on empty.
- On rides over 90 minutes, take food that's easy to digest: bananas, bars, gels, lollies or a jam sandwich. Eat every 30 to 45 minutes, up to 60g of carbohydrate an hour on harder rides.
- Always carry a drink with carbohydrate and electrolytes. On hot days, drink more often and plan where you'll refill your bottles.
- After training, have a meal with protein and carbohydrate, such as eggs on toast or chicken and rice.
- Practise your event-day food on your long rides, and don't try anything new on the day.

GROUP RIDING

- Ride smoothly and predictably, without sudden braking or swerving.
- Keep left unless you're passing, and call "passing" or ring your bell as you go by.
- Don't overlap your front wheel with the rear wheel of the rider ahead. If they move sideways, you'll both go down.
- Signal before you turn or stop: point and call "left" or "right", and put an arm up and call "stopping".
- Point out potholes, glass and other hazards for the riders behind you.
- When you stand on the pedals, push a little harder on the first stroke so your bike doesn't drop back into the rider behind.

TAKE ON EVERY RIDE

- Helmet
- Sunglasses
- Pump or CO2, tyre levers, multi-tool and a spare tube
- Front and rear lights
- Phone, ID and a bank card
- Food and two full bottles
- Sunscreen, put on before you leave

PREPARING YOUR BIKE

- Book a full service two to three weeks before the event, so there's time to fix anything the mechanic finds.
- Clean the bike, degrease the chain and put fresh lube on.
- Check your brakes and replace worn pads.
- Check your tyres for wear and cuts, and pump them up the day before.
- Make sure your gears change cleanly, and charge electronic gears the night before.
- Don't fit new parts or change your position in the last week.

RACE DAY

- Lay out your kit, food and bottles the night before.
- Eat a carbohydrate breakfast two to three hours before the start.
- Arrive early so you have time to park, sort your bike and use the toilet.
- Start steadily. With a big group around you, it's easy to go too hard in the first hour.
- Eat and drink early, before you feel hungry or thirsty.
- Pace the climbs back into Geelong and save something for the finish.
- Look around and enjoy it. You're riding the same roads as the pros.

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ROAD SAFETY FOR CYCLING

BE SAFE, BE SEEN AND RIDE SMART: SAFE CYCLING TIPS FROM THE TAC.

KNOW THE ROAD RULES

- Learn the road rules for cyclists, and follow them on every ride.
- Make sure the people you ride with know and follow them too.

PLAN YOUR ROUTE

- Plan your route before you head out.
- Choose the brightest, safest roads, even if it adds a few kilometres.
- Stay alert and avoid distractions.

BE SEEN

- Use front and rear lights, day and night.
- Wear bright or reflective clothing so drivers can spot you early.

LOOK AFTER YOUR BIKE

- Service your bike regularly, yourself or at your local bike shop.
- Keep it clean, especially the chain and brakes, so it stops and shifts when you need it to.

