



Week	Duration Distance	No. of sessions	The Plan
1	3 – 3.5 Hr	3	<p>This training plan is designed to prepare you a cyclo sportive of up to 60 miles. It takes into consideration the demands of increasing your cycling distance over a twelve-week period. It will help develop your strength, endurance and fitness by gradually building the intensity and duration over the period of the training plan.</p> <p><b>Fatigue and recovery</b> By increasing the workload on your body, you may feel tired and fatigued so recovery is important. The plan will allow for recovery throughout, but it is important to listen to your body and take recovery days when necessary. As part of your recovery process after rides you should consider stretching those aching muscles and ensure you hydrate whilst replacing the energy expenditure through healthy nutrition. Remember, by adding a stretching routine and cooling down properly will speed up your recovery and ultimately get you back on the bike quicker.</p> <p><b>Structure of each session</b> Each session, regardless of duration or distance should begin with a warmup. This involves riding at an easy pace in a small gear for around ten minutes before you build resistance and speed. Towards the end of your session you should ease the pace and gear for between five and ten minutes. If the ride has been particularly hard you may need a slightly longer cool down period. Remember, each session should be followed by a stretching routine.</p> <p><b>RPE – Rate of perceived exertion</b> The intensity of each session is graded by the rate of perceived exertion (RPE). The RPE is different for everybody and linked to your maximum heart rate. For 5/10 RPE would be roughly 50% of your maximum heart rate, similarly 7/10 RPE would be 70% of your maximum heart rate. Your maximum heart rate can be estimated by 220 minus your age. Detailed descriptions of heart rate zones and physiological adaptations can be found at the end of this document.</p>
2	4 Hr	3	
3	30 miles	2	
4	40 miles	3	
5	45 miles	3	
6	30 miles <i>Easy week</i>	3	
7	50 miles + 1hr	4	
8	60 miles	2	
9	70 miles + 1hr	3	
10	70 miles + 1hr x2	4	
11	80 miles	2	
12	90 miles	2	



<b>Week 1</b>	<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride – Flat terrain <i>Alternative – indoor trainer</i>	1 hour	Effort level 5/10 – easy on hills	<i>Spend 5 minutes on stretching after each ride</i>
<b>Session 2</b> Date :	Outside Ride - Flat terrain	1 – 1.5 hours	Effort level 5/10 – easy on hills	<i>Spend 5 minutes on stretching after each ride</i>
<b>Session 3</b> Date :	Outside Ride - Flat terrain	1 Hour	Effort level 6/10 – push on hills	<i>Spend 5 minutes on stretching after each ride</i>

Aim to have 4 rest days on this week.

<b>Week 2</b>	<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride – Flat terrain <i>Alternative – indoor trainer</i>	1 hour	Effort level 5/10 – easy on hills	<i>Spend 5 minutes on stretching after each ride</i>
<b>Session 2</b> Date :	Outside Ride - Flat terrain	1.5 hours	Effort level 6/10 – easy on hills	<i>Spend 5 minutes on stretching after each ride</i>
<b>Session 3</b> Date :	Outside Ride – Flat/Hilly terrain	1.5 hours	Effort level 5/10 – push on hills	<b>Find some hills on this one</b> <i>Spend 5 minutes on stretching after each ride</i>

Aim to have 4 rest days on this week.



<b>Week 3</b>	<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride	15 miles	Effort level 7/10. Push on the flats and easy on the hills	<i>Spend 5 minutes on stretching after each ride</i>
<b>Session 2</b> Date :	Outside Ride	15 miles	Effort level 7/10. Push on the flats and easy on the hills	<i>Spend 5 minutes on stretching after each ride</i>
Aim to have 5 rest days on this week.				

<b>Week 4</b>	<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride – Flat/Hilly terrain	10 miles	Effort level 6/10 – easy on hills	<b>Find some hills on this one</b> <i>Spend 5 minutes on stretching after each ride</i>
<b>Session 2</b> Date :	Outside Ride - Flat terrain	15 miles	Effort level 6/10 – easy on hills	<i>Spend 5 minutes on stretching after each ride</i>
<b>Session 3</b> Date :	Outside Ride – Flat terrain	15 miles	Effort level 7/10 – push on hills	<i>Spend 5 minutes on stretching after each ride</i>
Aim to have 4 rest days on this week. Introduce a Pilates/Yoga session.				



<b>Week 5</b>		<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride – Flat/Hilly terrain	15 miles	Effort level 6/10 – easy on hills	<i>Find some hills on this one</i> <i>Spend 5 minutes on stretching after each ride</i>	
<b>Session 2</b> Date :	Outside Ride - Flat terrain	20 miles	Effort level 6/10 – easy on hills <b>Consider Nutrition &amp; hydration</b>	<i>Spend 5 minutes on stretching after each ride</i>	
<b>Session 3</b> Date :	Outside Ride – Flat terrain	10 miles	Effort level 7/10 – push on hills	<i>Spend 5 minutes on stretching after each ride</i>	

Aim to have 4 rest days on this week. Include a Pilates/Yoga session.

<b>Week 6</b> <b>(Rest week)</b>		<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride	15 miles	Effort level 5/10. Push on the flats and easy on the hills	<i>Spend 5 minutes on stretching after each ride</i>	
<b>Session 2</b> Date :	Outside Ride	15 miles	Effort level 5/10. Push on the flats and easy on the hills	<i>Spend 5 minutes on stretching after each ride</i>	

Aim to have 5 rest days on this week.



<b>Week 7</b>		<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride – Flat/Hilly terrain	10 miles	Effort level 6/10 – easy on hills	<i>Find some hills on this one</i> Spend 5 minutes on stretching after each ride	
<b>Session 2</b> Date :	Outside Ride - Flat terrain	20 miles	Effort level 6/10 – push on hills <b>Consider Nutrition &amp; hydration</b>	Spend 5 minutes on stretching after each ride	
<b>Session 3</b> Date :	Outside Ride – Flat terrain	20 miles	Effort level 7/10 – push on hills <b>Consider Nutrition &amp; hydration</b>	Spend 5 minutes on stretching after each ride	
<b>Session 4</b> Date :	Outside Ride – Flat terrain <i>Alternative – indoor trainer</i>	1 hour	Effort level 8/10	Spend 5 minutes on stretching after each ride	
Aim to have 3 rest days on this week. Include a Pilates/Yoga session.					

<b>Week 8</b>		<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride – Flat/Hilly terrain	30 miles	Effort level 6/10 – easy on hills <b>Consider Nutrition &amp; hydration</b>	<i>Find some hills on this one</i> Spend 5 minutes on stretching after each ride	
<b>Session 2</b> Date :	Outside Ride - Flat terrain	30 miles	Effort level 6/10 – push on hills <b>Consider Nutrition &amp; hydration</b>	Spend 5 minutes on stretching after each ride	
Aim to have 5 rest days on this week. Include a Pilates/Yoga session.					



<b>Week 9</b>		<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
Date :	<b>Session 1</b>	Outside Ride – Flat/Hilly terrain	35 miles	Effort level 6/10 – easy on hills <b>Consider Nutrition &amp; hydration</b>	<b>Find some hills on this one</b> Spend 5 minutes on stretching after each ride
Date :	<b>Session 2</b>	Outside Ride - Flat terrain	35 miles	Effort level 6/10 – push on hills <b>Consider Nutrition &amp; hydration</b>	Spend 5 minutes on stretching after each ride
Date :	<b>Session 3</b>	Outside Ride – Flat terrain <i>Alternative – indoor trainer</i>	1 hour	Effort level 8/10	Spend 5 minutes on stretching after each ride
Aim to have 4 rest days on this week. Include a Pilates/Yoga session.					

<b>Week 10</b>		<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
Date :	<b>Session 1</b>	Outside Ride – Flat/Hilly terrain	40 miles	Effort level 6/10 – easy on hills <b>Consider Nutrition &amp; hydration</b>	<b>Find some hills on this one</b> Spend 5 minutes on stretching after each ride
Date :	<b>Session 2</b>	Outside Ride - Flat terrain	30 miles	Effort level 6/10 – push on hills <b>Consider Nutrition &amp; hydration</b>	Spend 5 minutes on stretching after each ride
Date :	<b>Session 3</b>	Outside Ride – Flat terrain <i>Alternative – indoor trainer</i>	1 hour	Effort level 8/10	Spend 5 minutes on stretching after each ride
Date :	<b>Session 4 OPTIONAL</b>	Outside Ride – Flat terrain <i>Alternative – indoor trainer</i>	1 hour	Effort level 8/10	Spend 5 minutes on stretching after each ride
Aim to have 3 rest days on this week. Include a Pilates/Yoga session.					



<b>Week 11</b>		<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride – Flat/Hilly terrain	45 miles	Effort level 6/10 – easy on hills <i>Consider Nutrition &amp; hydration</i>	<i>Find some hills on this one</i> Spend 5 minutes on stretching after each ride	
<b>Session 2</b> Date :	Outside Ride - Flat terrain	35 miles	Effort level 6/10 – push on hills <i>Consider Nutrition &amp; hydration</i>	Spend 5 minutes on stretching after each ride	
Aim to have 5 rest days on this week. Include a Pilates/Yoga session.					

<b>Week 12</b>		<b>Type</b>	<b>Duration/Distance</b>	<b>Focus / Effort Level (RPE)</b>	<b>Notes</b>
<b>Session 1</b> Date :	Outside Ride – Flat/Hilly terrain	50 miles	Effort level 6/10 – easy on hills <i>Consider Nutrition &amp; hydration</i>	<i>Find some hills on this one</i> Spend 5 minutes on stretching after each ride	
<b>Session 2</b> Date :	Outside Ride - Flat terrain	40 miles	Effort level 6/10 – push on hills <i>Consider Nutrition &amp; hydration</i>	Spend 5 minutes on stretching after each ride	
Aim to have 5 rest days on this week. Include a Pilates/Yoga session.					



Training Zone	Name	Physiological adaptations	How this helps	% FTP (Functional threshold power)	% Max HR	RPE (Rate of perceived exertion)
Zone 1	Active Recovery	Increase blood flow to muscles to flush out waste products and provide nutrients	Promotes recovery and therefore training response	< 55%	< 65%	3 to 5
Zone 2	Endurance	Improves fat metabolism and ability to use oxygen, produce power and increases efficiency. Increases economy	More efficient use of energy. Able to produce more power with the same level of effort, works on technique/skill	56-75%	65-75%	5 to 6
Zone 3	Tempo	Improves carbohydrate metabolism, gives fast twitch muscle slow-twitch muscle characteristics	Improved sustainable power, good for all cycling events	76-90%	75-82%	6 to 7
Zone 4	Lactate Threshold	Improves carbohydrate metabolism, develops lactate threshold, changes some fast twitch muscle to slow-twitch	Improved sustainable race pace, useful during tapering or pre-competition periods: too much time in this zone can cause staleness	91-105%	82-89%	7 to 8
Zone 5	VO2max	Develops cardiovascular system and VO2max, improves anaerobic energy production and speeds turnover of waste products	Improved time trialling ability and resistance to short-term fatigue	106-120%	89-94%	8 to 9
Zone 6	Anaerobic Capacity	Increases maximum muscle power, develops cardiovascular system and VO2max, increases threshold	Sprint speed, ability to accelerate away from a group and tolerate lots of hard work, such as mountain climbing	121-150%	94+%	9 to 10