

RIDELONDON 100 TRAINING PLAN ADVANCED



IMPORTANT -PLEASE READ BEFORE FOLLOWING THE PLAN

Every Cyclist Is Different.

- **We all have different** genetic ability, mindsets, time available to train to name a few - so no single training plan will suit everyone. Always listen to your body. If you're finding the training too fatiguing, take a day off and recover,
- **The following** 16 week training timetable is a **GUIDE** and a **GUIDE** only, so please do not feel you have to follow every session to the exact minute/ mile.
- **This 16 week plan** is there to give you an idea of the kind of distances you should be aiming to ride and a suggestion of how intense each ride should be - and if a few challenging climbs should feature. Again, always listen to your body.
- **For best results**, read the GH Training Cycling Guide available either from your Event Manager or as a download from your Charity Hub on the GH Training Website.
- **Use the Key** on the following page so you understand how to use the training timetable.
- **Generic Training plans** are very difficult to produce to suit everyone, so use your common sense and "The Key To Timetable" for best results.
- **Training Zones** - The training zones suggested in the guide are the zones you should aim to spend **most** of your riding time in. Accept that sometimes you will find yourself riding in a **lower or higher zone**.



Key to Timetable:

- Basic Zone (Zones 1 & 2)** - You should be looking to spend most of your training in this zone. It's recommended that 80% of time spent in the saddle should be in this zone. You should feel comfortable and not find yourself trying to catch your breath. It is easy to hold a conversation at this pace. In this zone, the body learns to utilise fat as an energy source far more efficiently, thereby reducing your reliance on your limited reserves of carbohydrate.
- Intensive Zone (Zones 3 & 4)** - This intensity is a step up from basic. It requires that much more effort and a degree of concentration to stay in this zone. You'll find yourself breathing more heavily, but able to maintain this intensity for anywhere from 30 mins to 2 hours. Zones 3 and 4 are the "sweet spot" intensity and should be undertaken at least once a week to help build up your resistance to fatigue.
- Maximal Zone (Zones 5 & 6)** - Training in the zone is hard work. You'll find yourself in this zone when climbing up hills and when performing interval sessions. You'll be breathing very heavily, unable to talk and feel your legs burning as they fight to control the accumulation of lactic acid. Training in Zones 5 and 6 is hard, but necessary if you want to build tolerance to hill climbing and fast cycling.
- Cycling Cadence** - Your cadence is the number of times your feet pedal every minute, written in RPM. An ideal cadence for long distance cycling is 85-95rpm. For sessions where RPM is suggested, try and work within this range for as long as possible. For long rides, aim for a cadence of 80-90rpm. Adjust gears accordingly. See main training guide or access the [GH Training Video Library](#) for more information.
- Rest** - Suggested days for a rest. By all means head out for a ride if your legs feel up to it, but remember that rest is important and should not be overlooked. If you need to swap the rest days in the plan around, that's perfectly ok.
- Every 4 weeks** - You'll notice that every 4th week, training volume is reduced (highlighted in blue) This to give your body time to recover from the previous 4 week block of training.

	Day 4	Day 5	Day 6
	30-35 miles <i>(Zone ride -but include hills)</i>	Rest	20-25 miles <i>(Intensive and maximal Zone ride)</i>
	30-35 miles <i>(Basic & Intensive Zone ride - include hills)</i>	Rest	25-30 miles <i>(Intensive and maximal Zone ride)</i>
	30-35 miles <i>(Basic & Intensive Zone ride - include hills)</i>	Rest	25-30 miles <i>(Intensive and maximal Zone ride)</i>
Rest	20-25 miles <i>(Intensive Zone ride)</i>	Rest	15-20 miles <i>(Basic Zone ride)</i>
	30-35 miles		30-35 miles

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Rest	45-60 mins <i>(Basic Zone ride)</i>	Rest	45-60 mins <i>(Basic Zone ride)</i>	Rest	30-45 mins <i>(Basic Zone ride)</i>	60-80 mins <i>(Basic Zone ride)</i>
2	Rest	45-60 mins <i>(Basic Zone ride)</i>	Rest	45-60 mins <i>(Intensive Zone)</i>	Rest	30-40 mins <i>(Basic Zone ride)</i>	70-90 mins <i>(Basic Zone ride)</i>
3	Rest	40-45 mins <i>(Basic Zone ride)</i>	Rest	40-45 mins <i>(Intensive Zone)</i>	Rest	40-45 mins <i>(Basic Zone ride)</i>	20-25 miles <i>(Basic Zone ride)</i>
4	Rest	15-20 miles <i>(Intensive Zone)</i> <i>(85-95rpm)</i>	Rest	10-15 miles <i>(Basic & Intensive Zone)</i>	Rest	10-15 miles <i>(Basic Zone ride)</i>	15-20 miles <i>(Basic Zone ride)</i>
5	Rest	20 miles <i>(Intensive Zone)</i> <i>(85-95rpm)</i>	Rest	15-20 miles <i>(Basic & Intensive Zones and include hills)</i>	Rest	20 miles <i>(Intensive Zone ride)</i> <i>(85-95rpm)</i>	30-35 miles <i>(Basic Zone ride - but include hills)</i>
6	Rest	20-25 miles <i>(Intensive Zone)</i> <i>(85-100rpm)</i>	Rest	20 miles <i>(Basic & Intensive Zones - and hills)</i>	Rest	20-25 miles <i>(Intensive and maximal Zone ride)</i> <i>(85-95rpm)</i>	40-45 miles <i>(Basic Zone ride - but include hills)</i>
7	Rest	25 miles <i>(Intensive Zone)</i> <i>(85-100rpm)</i>	Rest	20-25 miles <i>(Basic & Intensive Zones)</i>	Rest	20-25 miles <i>(Intensive and maximal Zone ride)</i>	45-50 miles <i>(Basic Zone ride - but include hills)</i>
8	Rest	15-20 miles <i>(Intensive Zone)</i>	Rest	15-20 miles <i>(Intensive Zone - and hills)</i>	Rest	15-20 miles <i>(Basic Zone ride)</i>	25-30 miles <i>(Basic Zone ride)</i>

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	Rest	20-25 miles <i>(Intensive Zone and cadence)</i> <i>(85-100rpm)</i>	Rest	30-35 miles <i>(Basic Zone ride -but include hills)</i>	Rest	20-25 miles <i>(Intensive and maximal Zone ride)</i>	50-55 miles <i>(Basic Zone ride - but include hills)</i>
10	Rest	20-25 miles <i>(Intensive Zone and cadence)</i> <i>(85-100rpm)</i>	Rest	30-35 miles <i>(Basic & Intensive Zone ride - include hills)</i>	Rest	25-30 miles <i>(Intensive and maximal Zone ride)</i>	55-60 miles <i>(Basic Zone ride - but include hills)</i>
11	Rest	20-25 miles <i>(Intensive Zone and cadence)</i> <i>(85-100rpm)</i>	Rest	30-35 miles <i>(Basic & Intensive Zone ride - include hills)</i>	Rest	25-30 miles <i>(Intensive and maximal Zone ride)</i>	65-70 miles <i>(Basic Zone ride)</i>
12	Rest	15-20 miles <i>(Intensive Zone)</i>	Rest	20-25 miles <i>(Intensive Zone ride)</i>	Rest	15-20 miles <i>(Basic Zone ride)</i>	40-50 miles <i>(Basic Zone ride)</i>
13	Rest	25-30 miles <i>(Intensive Zone)</i>	Rest	30-35 miles <i>(Intensive and maximal Zone ride)</i>	Rest	30-35 miles <i>(Basic Zone ride)</i> <i>(85-100rpm)</i>	70-80 miles <i>(Basic Zone ride - but include hills)</i>
14	Rest	25-30 miles <i>(Intensive Zone)</i>	Rest	30-35 miles <i>(Intensive and maximal Zone ride)</i>	Rest	30-35 miles <i>(Basic Zone ride)</i> <i>(85-100rpm)</i>	75 - 85 miles <i>(Basic Zone ride - but include hills)</i>
15	Rest	20-25 miles <i>(Intensive Zone)</i>	Rest	20-25 miles <i>(Intensive Zone)</i>	Rest	10-15 miles <i>(Intensive Zone ride)</i>	20-25 miles <i>(Basic Zone ride)</i>
16	Rest	10-15 miles <i>(Basic Zone ride)</i>	Rest	10-15 miles <i>(Basic Zone ride - Intensive Zone a little)</i>	Rest	10-15 miles <i>(very Basic Zone ride with a few high cadence spins)</i>	RACE DAY