



## Measuring Your Effort

It's important that you cycle at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that cycling "harder is better" so we end up cycling too quickly, which can result in feeling tired, getting ill or injured. Understand what each session is trying to achieve and how it should feel is the way to train smart. Below you'll find a guide to the sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of Cycle	Training Zone	Perceived Effort Level (1-10)*	How it feels, the "Talk Test"
Warm Up / Recovery Ride	1	6 to 6.5	You can speak in complete sentences, totally conversational, you're cycling relaxed, enjoying it and not worrying about the watch / pace
Easy Ride	2	6 to 7	You're in control, cycling fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue
Steady Effort Ride	3	7 to 8	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do
Threshold Effort Ride	4	8 to 8.5	You can speak in short sentences, you have a slight pause on your breath but are not out of breath, relaxed and in control
Speedwork	5	9 to 9.5	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled

\*Perceived effort = where 1 is easy and represents minimum effort and 10 is hard and represents maximum effort



## Beginner Plan

## 54 Mile Cycle

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	20 - 30 minutes Conditioning Work	20 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	30 minutes Easy Effort Ride @ Zones 1 to 2. Rolling course if possible. Remain in the saddle on the hills + stretch	30 minutes Easy Cross Training / Gym Class	Rest Day	45 minutes Easy Effort Long Ride @ Zones 1 to 2. On a flat course. Can be done on an indoor trainer as well + stretch
Week 2	20 - 30 minutes Conditioning Work	30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	30 minutes Easy Effort Ride @ Zones 1 to 2. Rolling course if possible. Remain in the saddle on the hills + stretch	30 minutes Easy Cross Training / Gym Class	Rest Day	60 minutes Easy Effort Long Ride @ Zones 1 to 2. On a flat course. Can be done on an indoor trainer as well + stretch
Week 3	20 - 30 minutes Conditioning Work	20 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	30 minutes Easy Cross Training / Gym Class	30 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	Rest Day	45 minutes Easy Effort Long Ride @ Zones 1 to 2. On a flat course. Can be done on an indoor trainer as well + stretch
Week 4	20 - 30 minutes Conditioning Work	30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	30 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	Rest Day	Rest Day	60 minutes Easy Effort Long Ride @ Zones 1 to 2. On a flat course. Can be done on an indoor trainer as well + stretch
Week 5	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Zone 1, 4 x 3 minutes at Z3 (Steady Effort) with 2 minutes at Zone 2 Recovery, 5 minutes Cool Down @ Zone 1	Rest Day	20 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	80 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible.. Can be done on an indoor trainer as well + stretch	30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch

Week 6

Week 7

Week 8

Week 9

Week 10

Week 11

<p>20 - 30 minutes Conditioning Work</p>	<p><b>Pedalling Technique Session. 8 minutes</b>          Warm Up @ Z1 Effort.          1 minute Cycling Right Leg Only, 1 minute Cycling Left Leg Only,          2 minutes Cycling Both Legs. Repeat that 4 times.          5 minutes Cool Down</p> <p>The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving toes forward. In all positions, keep the toes relaxed. Aim to work at a 90 rpm+. Rest the non-working leg out the peddles when it isn't working</p>	<p>Rest Day</p>	<p>45 minutes Easy Cross Training / Gym Class</p>	<p>Rest Day</p>	<p>90 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible.. Can be done on an indoor trainer as well + stretch</p>	<p>Rest Day</p>
<p>20 - 30 minutes Conditioning Work</p>	<p>Rest Day</p>	<p>10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg).          4 x 5 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1</p>	<p>40 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch</p>	<p>Rest Day</p>	<p>150 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch</p>	<p>60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch</p>

Week 12	20 - 30 minutes Conditioning Work	Rest Day	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 5 x 5 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	40 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	160 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
	20 - 30 minutes Conditioning Work	Rest Day	45 minutes Easy Cross Training / Gym Class	Rest Day	Rest Day	60 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible.. Can be done on an indoor trainer as well + stretch	Rest Day
	20 - 30 minutes Conditioning Work	Rest Day	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 4 x 6 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	45 minutes Easy Cross Training / Gym Class	Rest Day	150 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
	20 - 30 minutes Conditioning Work	Rest Day	45 minutes Easy Cross Training / Gym Class	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 3 x 8 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	Rest Day	180 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	Rest Day
Week 13							
Week 14							
Week 15							

<p>20 - 30 minutes Conditioning Work</p>	<p>10 minutes Warm Up @ Zone 1 to Z2, 10 x 60 seconds at Z5 Effort (Speedwork) with 30 second Z1 Recovery Jog Recovery, 5 minutes Cool Down @ Zone 1</p>	<p>Rest Day</p>	<p><b>Peddalling Technique Session. 8 minutes</b>          Warm Up @ Z1 Effort. 1 minute Cycling Right Leg Only, 1 minute Cycling Left Leg Only, 2 minutes Cycling Both Legs. Repeat that 4 times. 5 minutes Cool Down</p> <p>The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving toes forward. In all positions, keep the toes relaxed. Aim to work at a 90 rpm+. Rest the non-working leg out the peddles when it isn't working</p>	<p>Rest Day</p>	<p>60 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible.. Can be done on an indoor trainer as well + stretch</p>	<p>Rest Day</p>
<p>20 - 30 minutes Conditioning Work</p>	<p>Rest Day</p>	<p>10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 3 x 8 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1</p>	<p>45 minutes Easy Cross Training / Gym Class</p>	<p>Rest Day</p>	<p>180 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch</p>	<p>80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch</p>

Week 18	20 - 30 minutes Conditioning Work	Rest Day	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 2 x 12 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	45 minutes Easy Cross Training / Gym Class	Rest Day	140 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
	20 - 30 minutes Conditioning Work	Rest Day	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 3 x 8 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	Rest Day	Rest Day	60 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	40 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 3 x 5 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	Rest Day	Rest Day	30 minutes Recovery Ride @ Zone 1. Pre Race Check- Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to the weekend. Good Luck	Rest Day	<b>Race Day</b>

## POST RACE RECOVERY TRAINING

It's vital after the exertions of your challenge to give yourself the chance to help your body recover fully. Doing some easy walking, swimming and cross training will aid this process and it's helpful to have a mental break too. Often people return to cycling too quickly and don't allow nature to help. Try to also get a sports massage during this period and find time to stretch. Enjoy the moment, wear your medal with pride and don't forget to get in touch with Blood Cancer UK to sign up for your next race or challenge.

Week 2	Rest Day	30 minutes Gentle Walk	20 minutes Easy Swim. Light Stretch	Rest Day	30 minutes Easy Cross Training	Rest Day	45 minutes Brisk Walk
	Rest Day	20 minutes Easy Swim. Light Stretch	30 minutes Gentle Walk	Sports Massage	Rest Day	30 minutes Easy Cycle @ Z1	Rest Day