



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



Intermediate Plan

54 Mile Cycle

| WC | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|-----------------------------------|--|-----------|---|--|---|--|
| Week 1 | 20 - 30 minutes Conditioning Work | 30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch | Rest Day | <p>Peddalling Technique Session. 8 minutes Warm Up @ Z1 Effort. 1 minute Cycling Right Leg Only, 1 minute Cycling Left Leg Only, 1 minutes Cycling Both Legs. Repeat that 5 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> | 30 minutes Easy Cross Training / Gym Class | 60 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch | 30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch |

20 - 30 minutes
Conditioning Work

40 minutes Progressive Peddling Session @ Zone 1. 5 minutes Warm Up @ Zone 1. 4 x 5 minutes at 75, 85, 90 and 100 rpm, 5 minutes Cool Down @ Zone 1. Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch

Rest Day

Pedalling Technique Session. 8 minutes
Warm Up @ Z1 Effort. 1 minute Cycling Right Leg Only, 1 minute Cycling Left Leg Only, 1 minutes Cycling Both Legs. Repeat that 5 times. 5 minutes Cool Down

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

30 minutes Easy Cross Training / Gym Class

75 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch

45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch

Week 3

Week 4

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| <p>Week 5</p> | <p>20 - 30 minutes Conditioning Work</p> | <p>Spin Ups. 15 minutes Easy Cycle Z1 to Z2. 10 x 30 seconds at High Cadence (around 120rpm - go NO higher than a Z3) with 30 seconds recovery, 15 minutes Easy Cycle Z2.</p> | <p>30 minutes Easy Cross Training / Gym Class</p> | <p>Rest Day</p> | <p>Rest Day</p> | <p>120 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>60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch</p> |
| | <p>20 - 30 minutes Conditioning Work</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>45 minutes Easy Cross Training / Gym Class</p> | <p>45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch</p> | <p>Rest Day</p> | <p>150 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>45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch</p> | <p>Spin Ups. 15 minutes Easy Cycle Z1 to Z2. 10 x 30 seconds at High Cadence (around 120rpm - go NO higher than a Z3) with 30 seconds recovery, 15 minutes Easy Cycle Z2.</p> | <p>Rest Day</p> | <p>90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch</p> | <p>Rest Day</p> |
| | <p>20 - 30 minutes Conditioning Work</p> | <p>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</p> | <p>30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch</p> | <p>45 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch</p> | <p>Rest Day</p> | <p>150 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>60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch</p> |
| <p>Week 6</p> | | | | | | | |
| <p>Week 7</p> | | | | | | | |
| <p>Week 8</p> | | | | | | | |

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| Week 9 | 20 - 30 minutes Conditioning Work | 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 | Spin Ups. 15 minutes Easy Cycle Z1 to Z2. 10 x 30 seconds at High Cadence (around 120rpm - go NO higher than a Z3) with 30 seconds recovery, 15 minutes Easy Cycle Z2. | 45 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 | 45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch |
| Week 10 | 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 | 45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch | 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 | 60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch |
| Week 11 | 20 - 30 minutes Conditioning Work | 45 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch | 45 minutes Easy Cross Training / Gym Class | 45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch | Rest Day | 90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch | Rest Day |
| 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). 3 x 8 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 | 180 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 |

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| Week 13 | 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 6 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1 | Rest Day | Rest Day | 90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch | 80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch |
| Week 14 | 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 10 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 | 200 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 |
| Week 15 | 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 Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch | Rest Day | 90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch | Rest Day |
| Week 16 | 20 - 30 minutes Conditioning Work | 10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 3 x 10 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1 | 45 minutes Easy Cross Training / Gym Class | 45 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch | Rest Day | 200 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch | 60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch |

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| Week 17 | 20 - 30 minutes Conditioning Work | Spin Ups. 15 minutes Easy Cycle Z1 to Z2. 10 x 30 seconds at High Cadence (around 120rpm - go NO higher than a Z3) with 30 seconds recovery, 15 minutes Easy Cycle Z2. | 30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch | 10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 4 x 7 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 | 80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch |
| 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). 3 x 10 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1 | 30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch | 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 |
| Week 19 | 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 10 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 | 90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch | 60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch |
| Week 20 | 20 - 30 minutes Conditioning Work | 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 | Rest Day | Spin Ups. 15 minutes Easy Cycle Z1 to Z2. 10 x 30 seconds at High Cadence (around 120rpm - go NO higher than a Z3) with 30 seconds recovery, 15 minutes Easy Cycle Z2. | 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 | Race Day |

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.

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| Week 2 Week 1 | 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 |