



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		Cycling	REST DAY	Cycling	REST DAY	REST DAY	Cycling	Cycling
	Duration	1 hr		1hr			2hrs	2hrs
	Instructions	Steady Pace 90-95rpm		Steady Pace 90-95 rpm			Steady Pace 90-95rpm	Steady Pace 90-95rpm
	Notes	This week concentrate on pedalling, keep your cadence high.	Consider starting stretching regime at home or join a yoga or Pilates class.	Keep your cadence high, keeping an even effort throughout.	Stretching routine at home.		Keep the cadence high and even effort up and down any hills.	Keep the cadence high; consider riding with a group or a club.



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1hr		1.5hrs		1.5hrs	2hrs
	Instructions		Steady Pace 90-95 rpm		Steady Pace 90-95rpm. Include 10 mins of a brisk pace of 100-110rpm in the last half hour of your ride.		Steady Pace 90-95rpm. Include 2 blocks of 5 mins alternating 15 seconds hard and 45 seconds easy.	Steady Pace 90-95rpm
	Notes	This week focus on keeping your cadence high and keeping your efforts even throughout the rides.			From now we will start to introduce short sharp efforts within the ride to increase speed.		Stay seated and aim for a cadence of 120 rpm.	Keep the cadence up and effort even up and down any hills.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5 hr		2hrs
	Instructions		Steady Pace 90-95 rpm		Steady Pace 90-95rpm. Include 15 mins of a brisk pace of 100-110rpm in the last half hour of your ride. Don't forget to warm down for the last fifteen minutes		Steady Pace 90-95 rpm. Include 3 blocks of 5 mins alternating 15 seconds hard, 45 seconds easy.
Notes	This week consider a rest and recovery routine. Very important to refuel straight away and rest after each training session. Try to keep with your stretching routine.			Concentrate on keeping your cadence smooth.	Check over your bike before your weekends riding. (Tyres, brake and gear cables, chain.)	Stay seated and aim for a cadence of 120 rpm in hard sections. Remember your recovery routine.	Keep the cadence up and effort even throughout the ride. Try to ride with a group or a club for a bit of fun.



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1 hr		1 hr		1 hr	2hrs
	Instructions		Easy ride, relax and enjoy.		FTP Test - 10 mins easy. 3 X 1 min @120rpm with 1 min easy after each. 4 min easy then 5 min hard. Take 10 min easy then 20 min as hard as possible. 10-15 warm down		Easy ride, relax and enjoy.	Easy ride, relax and enjoy.
Notes		Avoid the temptation to ride at any intensity remember to pedal smoothly		Ideally done on a turbo. Make sure you record the data either power or heart rate during the test. It may help to have an assistant for the test.		Take some time to check your clothing / shoe cleats/ shorts/ Base Layers. If any kit is wearing out, now is the time to get it changed.	Ride with a club, treat yourself to a tea stop.	



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5hr		1.5 hr		2 hrs	3 hrs
	Instructions		Warm up for 30 mins then ride at brisk pace (95% of FT) for 7mins, 1 min easy, 5 min brisk, 1 min easy, 3 min brisk warm down. Brisk riding at 100 - 110rpm		30 mins warm up @90-100rpm. Interval set: 6 X 1min effort in large gear (53X14/15) @ 50 - 60 rpm. 1 min rest after each effort spinning a small gear @100rpm. After 1st set of 6 interval 5 min rest then repeat set. Finish with warm down in light gear @90-100rpm		Steady riding at 90 - 100 rpm in the middle of the ride include two sets of 5 mins changing from 15 sec hard to 45 sec easy. During the hard 15 secs stay seated in the saddle & aim to maintain 120rpm in the 15 sec bursts.	A "sociable" ride with a group or a club. Try not to enter into any "group" racing but by all means have a few blasts up a few climbs.
Notes		Concentrate on cadence. Make the brisk riding a constant effort to develop endurance		The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions		The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions	Remember to drink and eat on the bike and make sure you follow your recovery regime after the ride.	



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5hrs		2.5hr	3hr
	Instructions		Warm up for 30 mins then ride at brisk pace (95% of FT) for 8mins, 1 min easy. 6 min brisk, 1 min easy, 4 min brisk warm down. Brisk riding at 100 - 110rpm		20 mins warm up @90-100rpm. Interval set: 8 X 1min effort in large gear (53X14/15) @ 50 - 60 rpm. 1 min rest after each effort spinning a small gear @100rpm. After 1st set of 8 interval 5 min rest then repeat set. Finish with warm down in light gear @90-100rpm		Steady riding at 90 - 100 rpm in the middle of the ride include three sets of 5 mins changing from 15 sec hard to 45 sec easy. During the hard 15 secs stay seated in the saddle & aim to maintain 120rpm in the 15 sec bursts.	A "sociable" ride with a group or a club. Try not to enter into any "group" racing but by all means have a few blasts up a few climbs.
Notes		Concentrate on cadence. Make the brisk riding a constant effort to develop endurance		The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions		The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions	Follow your usual recovery routine and don't neglect the bike. Good opportunity to wash, clean & re lubricate the bike	



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5 hr		2hr	3.5 hr
	Instructions		Warm up for 30 mins then ride at brisk pace (95% of FT) for 9mins, 1 min easy. 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100 - 110rpm		20 mins warm up @90-100rpm. Interval set: 10 X 1min effort in large gear (53X14/15) @ 50 - 60 rpm. 1 min rest after each effort spinning a small gear @100rpm. After 1st set of 10 interval 5 min rest then repeat set. Finish with warm down in light gear @90-100rpm		Steady riding at 90 - 100 rpm in the middle of the ride include four sets of 5 mins changing from 15 sec hard to 45 sec easy. During the hard 15 secs stay seated in the saddle & aim to maintain 120rpm in the 15 sec bursts.	A "sociable" ride with a group or a club. Try not to enter into any "group" racing but by all means have a few blasts up a few climbs.
Notes		Concentrate on cadence. Make the brisk riding a constant effort to develop endurance		The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions		The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions	Try and think about gear choice and don't be tempted to try and push too big a gear. Maintain a cadence of 90-100rpm.	



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1 hr		1 hr		2.5hr	3hr
	Instructions		Nice easy ride. Gentle spin enjoying the bike ride		FTP Test - 10 mins easy. 3 X 1 min @120rpm with 1 min easy after each. 4 min easy then 5 min hard. Take 10 min easy then 20 min as hard as possible. 10-15 warm down		Nice steady ride without "pushing it" maintaining a cadence of between 90 - 100rpm	Same as yesterday. Include a stop at a café if convenient and time allows.
Notes		Try a new route for a change or maybe use the mountain bike.		Again good to have an assistant to record the all important numbers! Hopefully the average number will have gone up to prove the training is working!		Choose a new route. Ride with a buddy of similar ability in order that you do "your" training not theirs!!	Choose a new route. Ride with a buddy of similar ability in order that you do "your" training not theirs!!	



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5 hr		3hr	4hr
	Instructions		Warm up for 30 mins then ride at brisk pace (95% of FT) for 9mins, 1 min easy. 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100 - 110rpm		Steady tempo @ 95 - 100rpm include a 10 min block @ a brisk pace @100 - 110rpm in the last 30 mins. Try to find an undulating route for this work out		Steady riding at 90 - 100 rpm in the middle of the ride include four sets of 5 mins changing from 15 sec hard to 45 sec easy. During the hard 15 secs stay seated in the saddle & aim to maintain 120rpm in the 15 sec bursts.	Steady pace @ 95 - 100rpm add 3 X10 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the ten minute effort
Notes	Change the effort levels of brisk and steady etc to reflect the new results from last week's FTP test.	Concentrate on cadence. Make the brisk riding a constant effort to develop endurance		Identify a more demanding route including some climbs. Make sure if possible they are not too steep but have gradual inclines to help maintain even efforts.		The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions	Ideally the efforts should be completed on a flattish course. Again make sure that the recovery process is followed religiously.	



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5 hr		3hr	4hr
	Instructions		Warm up for 30 mins then ride at brisk pace (95% of FT) for 9mins, 1 min easy. 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100 - 110rpm		Steady tempo @ 95 - 100rpm include a 15 min block @ a brisk pace @100 - 110rpm in the last 30 mins. Try to find an undulating route for this work out		Steady riding at 90 - 100 rpm in the middle of the ride include five sets of 5 mins changing from 15 sec hard to 45 sec easy. During the hard 15 secs stay seated in the saddle & aim to maintain 120rpm in the 15 sec bursts.	Steady pace @ 95 - 100rpm add 3 X12 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the twelve minute effort
Notes		Concentrate on cadence. Make the brisk riding a constant effort to develop endurance		Use same route as last week		The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions	Ideally the efforts should be completed on a flattish course. Again make sure that the recovery process is followed religiously.	



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5		3hr	4.5 hr
	Instructions		Warm up for 30 mins then ride at brisk pace (95% of FT) for 10mins, 1 min easy. 8 min brisk, 1 min easy, 6 min brisk warm down. Brisk riding at 100 - 110rpm		Steady tempo @ 95 - 100rpm include a 20 min block @ a brisk pace @100 - 110rpm in the last 30 mins. Try to find an undulating route for this work out		Steady riding at 90 - 100 rpm in the middle of the ride include six sets of 5 mins changing from 15 sec hard to 45 sec easy. During the hard 15 secs stay seated in the saddle & aim to maintain 120rpm in the 15 sec bursts.	Steady pace @ 95 - 100rpm add 3 X15 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the fifteen minute effort
	Notes		Concentrate on cadence. Make the brisk riding a constant effort to develop endurance			The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions THIS IS GETTING MOST IMPORTANT NOW	If Inclined and riding in company a café stop is acceptable and would help to break up the ride. Make sure that when you get in you continue to follow your well practiced recovery process.	



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		Duration	1 hr		1 -1.5 hr		1 hr	
Week 12	Instructions		FTP Test - 10 mins easy. 3 X 1 min @120rpm with 1 min easy after each. 4 min easy then 5 min hard. Take 10 min easy then 20 min as hard as possible. 10-15 warm down		Have a nice light spin. Enjoy a bike ride at an easy pace.		Have a nice light spin. Enjoy a bike ride at an easy pace.	THE EVENT STARTS
	Notes		A test this close to the event helps prove that the training has worked and provides you with relevant confidence. Make sure the conditions for the test are the same as the previous ones. Using a turbo helps maintain similar conditions.		Start preparing your mind for the target event and what needs preparing for the weekend ahead.		Nothing you do today will help tomorrow except making sure you're relaxed in the knowledge that you have done all you can by way of preparation for the big target event.	Enjoy the event. Make sure you pace yourself.