

# 8 Training to achieve your riding goals

Producing training programmes for riders requires a great deal of skill, knowledge of your rider and experience. For the purposes of this resource we have documented three generic training programmes as a guideline. For simplicity the level of intensity will be rated based on the following four levels.

|               |   |
|---------------|---|
| <b>Easy</b>   | Riding is almost effortless. Use on rest days or if recovering from illness.  |
| <b>Steady</b> | Breathing and heart rate are raised but you can converse normally. Use to improve strength and endurance.                       |
| <b>Brisk</b>  | You will have to work hard to sustain this pace. Conversation will be minimal.  |
| <b>Fast</b>   | Your body is working just below its maximum and all your physical and mental energy is focused on riding and maintaining speed. |

## PROGRAMME ONE:

### Beginner or Introductory Programme (up to, 1 hour or 20km)

This programme provides guidance to those whose previous cycling has been limited to short occasional rides of a few kilometres. By riding two or three short sessions each week riders should be comfortable riding up to 20km or roughly an hour's riding by the end of the introductory programme.

|               | <b>Day</b>   | <b>Duration</b> | <b>Content</b>  |
|---------------|--------------|-----------------|---|
| <b>WEEK 1</b> | <b>Day 1</b> | 20-30 minutes   | Easy pace; ideally roads where you can ride steadily without stopping. Use gears to maintain a cadence of around 80rpm. |
|               | <b>Rest</b>  |                 | Unless commuting avoid consecutive days if possible   |
|               | <b>Day 2</b> | 20-30 minutes   | Easy pace; ideally roads where you can ride steadily without stopping. Use gears to maintain a cadence of around 80rpm  |
|               | <b>Or</b>    |                 | Commute to work some days if roads and distances are suitable.  |

|               |              |                 |   |
|---------------|--------------|-----------------|---|
| <b>WEEK 2</b> | <b>Day</b>   | <b>Duration</b> | <b>Content</b>  |
|               | <b>Day 1</b> | 30 minutes      | Steady pace; raise breathing rate slightly. Cadence 80rpm or higher.      |
|               | <b>Rest</b>  |                 | Unless commuting avoid consecutive days if possible                       |
|               | <b>Day 2</b> | 30 minutes      | Steady pace; raise your breathing rate slightly. Cadence 80rpm or higher. |
|               | <b>Or</b>    |                 | Commute to work some days if roads and distances are suitable.            |

|               |              |                 |  |
|---------------|--------------|-----------------|--|
| <b>WEEK 3</b> | <b>Day</b>   | <b>Duration</b> | <b>Content</b>   |
|               | <b>Day 1</b> | 30-40 minutes   | Steady pace; 80 rpm minimum cadence, mid-ride try a little harder for 5 minutes. |
|               | <b>Rest</b>  |                 | Unless commuting avoid consecutive days if possible                              |
|               | <b>Day 2</b> | 30-40 minutes   | Steady pace; 80 rpm minimum cadence, mid-ride try a little harder for 5 minutes. |
|               | <b>Rest</b>  |                 | Unless commuting avoid consecutive days if possible                              |
|               | <b>Day 3</b> | 30-40 minutes   | Steady pace; 80 rpm minimum cadence, mid-ride try a little harder for 5 minutes. |
|               | <b>Or</b>    |                 | Commute to work some days if roads and distances are suitable.                   |

|               |              |                 |  |
|---------------|--------------|-----------------|--|
| <b>WEEK 4</b> | <b>Day</b>   | <b>Duration</b> | <b>Content</b>   |
|               | <b>Day 1</b> | 40 minutes      | Steady pace; 80 rpm minimum cadence, mid-ride try a little harder for 5 minutes. |
|               | <b>Rest</b>  |                 | Unless commuting avoid consecutive days if possible                              |
|               | <b>Day 2</b> | 50 minutes      | Steady pace; 80 rpm minimum cadence.   |
|               | <b>Rest</b>  |                 | Unless commuting avoid consecutive days if possible                              |
|               | <b>Day 3</b> | 60 minutes      | Easy pace; 80 rpm minimum cadence.   |
|               | <b>Or</b>    |                 | Commute to work some days if roads and distances are suitable.                   |

## **PROGRAMME TWO:**

### **Intermediate Programme (up to, 2 hours or 50km)**

It is very difficult to develop a one size fits all programme for riders, as it does not cater for individual differences that exist between riders and will largely be dictated by the amount of time available to train and the specific needs of the rider involved. It may therefore be necessary to adapt the programme to suit the specific needs of the individual.

#### ***Some Golden Rules:***

- Fit the training days in as required.
- Fitness consists of several components (Aerobic Endurance, Speed, Strength, Strength Endurance) and the degree to which training focus will be placed on these relates to the cycling discipline, riders specific needs and training goals.
- Increase the training load in small increments, to allow riders adapt to the training loads being applied and promote healthy development in fitness across all the different components.
- Have at least two days each week where the rider is off the bike completely or no more than a short functional journey at an easy pace.
- Keep body fuelled up. On rides up to an hour ensure riders take a drink with them. On rides of more than 1 hour carry some additional fuel (cereal bar, banana, energy drink, etc.).

For the following programme we will assume the rider has 5-6 hours a week available to train. By riding three to four sessions each week riders should be comfortable riding up to 50km or roughly 2 hour's riding by the end of the intermediate programme.

A word of warning at this stage, it may be tempting for riders to feel that every available spare moment should be used for training. The rest days or active rest such as a commute to work at an easy pace are just as important as the riding days.

| WEEK 1 | Day   | Duration   | Content   |
|--------|-------|------------|---|
|        | Day 1 | 60 minutes | Steady pace; on relatively flat roads.  |
|        | Day 2 | 60 minutes | Steady pace; with three 20 second efforts and recovery up to 5 minutes at an easy pace. |
|        | Day 3 | 80 minutes | Steady pace; over variable terrain.   |

| WEEK 2 | Day        | Duration                           | Content  |
|--------|------------|------------------------------------|--|
|        | Day 1      | 60 minutes                         | Steady pace; on relatively flat roads                                    |
|        | Day 2      | 60 minutes                         | Steady pace; include 15 minutes at a brisk pace mid-way through the ride |
|        | Day 3      | 80 minutes                         | Steady pace; include two 15 minute intervals at a brisk pace.            |
| Day 3  | 60 minutes | Steady pace; over variable terrain |  |

| WEEK 3 | Day        | Duration   | Content  |
|--------|------------|--|--|
|        | Day 1      | 60 minutes   | Steady pace; include three 20 second intervals at a fast pace with 2 minutes recovery between each effort. |
|        | Day 2      | 60 minutes   | Steady pace; include 20 minutes at a brisk pace mid-way through the ride.                                  |
|        | Day 3      | 100 minutes  | Steady pace; include two 15 minute intervals at a brisk pace.  |
| Day 4  | 60 minutes | Steady pace; over variable terrain. Include 15 minutes at a brisk pace |  |

| WEEK 4 | Day   | Duration    | Content  |
|--------|-------|-------------|--|
|        | Day 1 | 60 minutes  | Steady pace. Include three 20 second intervals at a fast pace with 90 seconds recovery between each effort.  |
|        | Day 2 | 90 minutes  | Steady pace. Include 30 minutes at a brisk pace mid-way through the ride.  |
|        | Day 3 | 60 minutes  | Steady pace. Include two 15 minute intervals at a brisk pace. 10 minute warm-up, 15 minutes brisk, 10 minutes steady, 15 minutes brisk, 10 minutes easy. |
|        | Day 4 | 120 minutes | Steady pace over variable terrain.   |

| WEEK 5 | Day   | Duration    | Content  |
|--------|-------|-------------|--|
|        | Day 1 | 60 minutes  | Steady pace. Include three 20 second intervals at a fast pace with 60 seconds recovery between each effort.                              |
|        | Day 2 | 90 minutes  | Steady pace. Include two 15 minute intervals at a brisk pace mid-way through the ride with 5 minutes rest at a steady pace between them. |
|        | Day 3 | 90 minutes  | Steady pace. Include some hills. Include a 20 second fast effort on up to three hills.   |
|        | Day 4 | 140 minutes | Steady pace over variable terrain  |

| WEEK 6 | Day   | Duration    | Content  |
|--------|-------|-------------|--|
|        | Day 1 | 60 minutes  | Steady pace. Include three 20 second intervals at fast pace with 45 seconds recovery between each effort.  |
|        | Day 2 | 90 minutes  | Steady pace. Include 30 minutes at a brisk pace mid-way through the ride.  |
|        | Day 3 | 60 minutes  | Steady pace. Include two 15 minute intervals at a brisk pace. 10 minute warm-up, 15 minutes brisk, 10 minutes steady, 15 minutes brisk, 10 minutes easy. |
|        | Day 4 | 150 minutes | Steady pace over variable terrain  |

You should time your programme so that you have two days rest prior to your event.

## PROGRAMME THREE:

### Advanced (up to, 4 hours or 100km)

As a further progression to the Intermediate Programme riding three to four sessions each week, for a slightly longer duration, you should be comfortable riding up to 100km or roughly 4 hour's riding by the end of the advanced programme.

| WEEK 7 & 8 | Day   | Duration     | Content  |
|------------|-------|--------------|--|
|            | Day 1 | 80 minutes   | Steady pace; include three 20 second intervals at a fast pace with 45 seconds recovery between each effort.  |
|            | Day 2 | 100 minutes  | Steady pace; include 30 minutes at a brisk pace mid-way through the ride.  |
|            | Day 3 | 80 minutes   | Steady pace; include two 20 minute intervals at a brisk pace. 15 minute warm-up, 20 minutes brisk, 10 minutes steady, 20 minutes brisk, 15 minutes easy. |
|            | Day 4 | 150+ minutes | Steady pace over variable terrain  |

| WEEK 9 & 10 | Day   | Duration    | Content   |
|-------------|-------|-------------|---|
|             | Day 1 | 90 minutes  | Steady pace; 10 minutes warm-up, 30 minutes brisk, 10 minutes steady, 30 minutes brisk, finish at an easy pace. |
|             | Day 2 | 90 minutes  | Steady pace; 10 minutes warm-up, 30 minutes brisk, 10 minutes steady, 30 minutes brisk, finish at an easy pace. |
|             | Day 3 | 180 minutes | Steady pace.  |
|             | Day 4 | 180 minutes | Steady pace. (optional)   |

| WEEK 10 & 11 | Day   | Duration    | Content   |
|--------------|-------|-------------|---|
|              | Day 1 | 90 minutes  | Steady pace; 20 minutes steady, 30 minutes brisk, 10 minutes steady, 30 minutes brisk, finish at an easy pace |
|              | Day 2 | 150 minutes | Steady pace   |
|              | Day 3 | 150 minutes | Steady pace.  |
|              | Day 4 | 150 minutes | Steady pace (optional)  |

| WEEK BEFORE EVENT | Day   | Duration    | Content                 |
|-------------------|-------|-------------|-------------------------|
|                   | Day 1 | 120 minutes | Steady pace.            |
|                   | Day 2 | 120 minutes | Steady pace.            |
|                   | Day 3 | 120 minutes | Steady pace. (optional) |