



**ARE YOU UP FOR IT?**

**Novice: 12 week training plan**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 x 30 mins on turbo or 1 hour on the road					1 hour	2 hour easy / medium on hills
2	2 x 30 mins on turbo or 1 hour on the road					1.5 h	2.5 h
3	2 x 30 mins on turbo or 1 hour on the road					1 h easy	3 h brisk
4	2 x 30 mins on turbo or 1 hour on the road					1 h easy	65 to 70 miles with cake
5	1 x 1.5 h on road + 2 x 30 mins on turbo					2 h	2 h
6	1 x 1.5 h on road + 2 x 30 mins on turbo					1 h easy	80 miles
7	1 x 1.5 h on road + 2 x 30 mins on turbo						50 to 60 miles
8	1 x 1.5 h on road + 2 x 30 mins on turbo						70 to 80 miles
9	1 x 1.5 h on road + 2 x 30 mins on turbo						80 miles – 2 x 40 with cake
10	1 x 1.5 h on road + 2 x 30 mins on turbo					1 h easy	100 miles 2 x 50 with cake
11	Rest	2 – 3 h	2 x 30 mins on turbo		Rest	1 h brisk	3 h brisk non stop
12	Rest		2 – 3 h		Rest	1 h	EVENT



Registered Charity No. 1005541





# ARE YOU UP FOR IT?

## Experienced Rider: 12 week training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 x 2 hours either on turbo or on the road at pace that is "comfortably hard not hardly comfortable"					2 - 3 hours	3 - 4 hours easy / medium on hills
2	2 X 2 hours as above					2 - 3 hours	3 - 4 hours easy / medium on hills
3	2 X 2 hours as above					2 - 3 hours	4 - 5 hours easy
4	2 X 2 hours as above					2 - 3 hours	60 to 65 miles with cake
5	2 X 2 hours as above					2 - 3 hours	3 - 4 hours easy / medium on hills
6	2 X 2 hours as above					2 - 3 hours	80 miles – Target 5 - 6 Hours
7	2 X 2 hours as above					2 - 3 hours	80 miles - Target 5 hours
8	2 X 2 hours as above					2 - 3 hours	60 to 70 miles with cake
9	2 X 2 hours as above					2 hours	85 - 90 miles
10	2 X 2 hours as above					2 hours	100 miles
11	Rest	2 hours	1 hour		Rest	2 hours	3 h brisk non stop
12	Rest	2 – 3 h			Rest	1 h	EVENT

