

**RIDECYMRU**

TAKE ON THE WILD HEART OF WALES

# TRAINING PLAN

## BEGINNER



# Your Training is Key

**RideCymru** is set to be one of the most unforgettable experiences of your life. Like all truly great adventures, it comes with a challenge, and that's where the journey really begins.

Before you dive in, the following plan is packed with essential information, key terms, and practical guidance to support your training. Use this section to build confidence, stay on track, and give yourself the best possible chance of crossing that finish line feeling strong, proud, and accomplished.



# Definitions/Glossary

With the increased use of technology many of us now have access to heart rate monitors and even power meters. Whilst these instruments help us measure our effort when training it is not imperative to use such instruments. It is possible to ride on “feel” alone and with practice you will know instinctively what “zone” the effort being expended equates to if you were using either a heart rate monitor or power meter. Old coaches used to describe how hard the intensity was by how freely you could speak whilst riding.

The basic zones are broken down opposite:

## The basic zones

Zone	Effort
1	Easy - You can speak as freely as if you were not riding you could probably even sing!
2	Slow - Possible to hold a normal conversation
3a	Steady - Speaking becomes less easy but still just about able to hold a conversation.
3b	Brisk - Speaking will be difficult and require you to take a breath between sentences.
4	Threshold/Tempo - only able to speak in short sentences between taking deep breaths.
5	Hard - possible to utter the odd word only.
6	Very Hard - unpleasant caveman type grunts at best.....

For Novice/Beginner riders without access to Heart Rate Monitors or power meters, the best way to monitor intensity/effort is by gauging the ability to hold a discussion while riding. If you can speak easily it will be zone 1 - 2. If Speaking becomes difficult because breathing is also difficult, the intensity is around the upper zone 3 - 4 which is the threshold.

Obviously the basic zones to measure effort is less objective than modern methods but does allow riders without such devices the chance to understand what effort they are making.

1	Equates to <60% Maximum heart rate
2	around 70%
3a	around 75%
3b	3b around 80%
4	4 around 85%
5	5 around 90%
6	Zone 6 as hard as you can.



For more accuracy it is advisable to contact a coach and arrange to complete a simple test to determine your exact values based on your heart rate.



## Functional Threshold(FT)

This is described as the average effort that one can sustain in 1 hour of non-stop riding. It is similar to the power produced when riding a 25 mile time trial. There is a simple test devised by Hunter Allen of training Peaks that is used extensively to determine FT.

- // Warm up for 20 mins
- // Complete 3 × 1min efforts at around 120rpm with a minute rest after each.
- // Ride easy for a further 4 minutes
- // Ride as hard as possible for 5 minutes
- // Ride easy for 10 minutes
- // Ride as hard as you can for 20 minutes. (You should finish feeling that you can give no more!)

You need to ascertain the average power or heart rate for the final 20 minute effort. Multiply that average by 0.95 to arrive at your Functional Threshold.

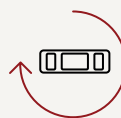
Obviously you will need access to a heart rate monitor or power meter for this test. Do not complete this test unless you are fit to do so.



## Cadence

This is the number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is similar to wheel speed but is a distinct measurement.

Certain bike computers are able to measure cadence. If you don't have one, count your pedal strokes for 15 seconds and multiply by 4.



## RPM

Pedal revolutions per min.



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# RIDECYMRU

TAKE ON THE WILD HEART OF WALES

## YOUR PLAN

This 16 week programme is designed to prepare you for the specific demands of a multi day cycling event. While fitness is important, success over consecutive days is built on riding at a **sustainable pace**, managing fatigue, recovering well, and arriving at the event **prepared, confident and healthy**.

This is a ride, not a race. The key objective throughout the plan is learning to distribute your effort evenly, day after day, rather than chasing speed or comparing yourself to others.

A photograph of a cyclist riding on a dirt path in a mountainous landscape. The cyclist is wearing a blue helmet, a white and red jersey, and a large black backpack. The background shows rolling hills and mountains under a cloudy sky. The image is partially obscured by a dark red diagonal overlay on the left side.

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**Weeks 1-4**

## **Settling in & re establishing rhythm**

The opening phase is about transitioning into event focused training. While you may already have a solid base, the priority here is re establishing consistency and rhythm after earlier training blocks.

While fitness is important, success over consecutive days is built on riding at a sustainable pace, managing fatigue, recovering well, and arriving at the event prepared, confident and healthy.

This is a ride, not a race. The key objective throughout the plan is learning to distribute your effort evenly, day after day, rather than chasing speed or comparing yourself to others.



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# Training Schedule

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 W/C 18 <sup>th</sup> MAY	<b>CYCLING: 1H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>CYCLING: 1H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>REST</b>	<b>CYCLING: 1H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.	<b>CYCLING: 1H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.
WEEK 1 Notes	Plan a flattish route and use it for the next few weeks. Concentrate on cadence.		Use the same route.			Try to inject a few harder efforts to gauge levels of exertion.	Take a friend with you and chat as you go along. Make sure they are of a similar ability so that you don't end up "racing" each other!.

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# Training Schedule

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2 W/C 25 <sup>th</sup> MAY	<b>REST</b>	<b>CYCLING: 1H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>CYCLING: 1H</b> 20 mins warm up at a steady pace of 90-95 rpm - 5 mins brisk @110rpm, - followed by 10 mins easy @80rpm, - then 5 mins brisk @110 rpm, - warm down for 20 mins to a steady pace @90 rpm.	<b>REST</b>	<b>CYCLING: 1H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.	<b>CYCLING: 1H30</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.
WEEK 2 Notes	Check your bike - so that it's ready to go out on next time.	Make a simple comparison based on effort from the first ride last week. Try not to conduct a "test"!		Introducing some effort sessions to start to increase anaerobic fitness. Concentrate on the cadence and smooth pedalling style.		Again try to inject a few harder efforts to gauge levels of exertion.	Take a friend with you and chat as you go along. Make sure they are of a similar ability so that you don't end up "racing" each other!

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# Training Schedule

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3 W/C 1 <sup>st</sup> JUNE	<b>REST</b>	<b>CYCLING: 1H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>CYCLING: 1H</b> 20 mins warm up at a steady pace of 90-95 rpm – 5 mins brisk @110rpm, – followed by 10 mins easy @80rpm, – then 5 mins brisk @110 rpm, – warm down for 20 mins to a steady pace @90 rpm.	<b>REST</b>	<b>CYCLING: 1H - 1H30</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	<b>CYCLING: 1H30 - 2H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.
WEEK 3 Notes	Introduce some gentle stretching exercises to encourage flexibility & core stability.	Make sure that you are conducting a proper recovery regime after each training session.		Make sure you rest and recover well after your ride.	Consider energy drinks and food; prepare to try some different brands on your rides in the next few weeks.	Think about varying the route to inject some variation and possibly introduce some gentle climbs.	Ride with a friend. Consider joining a cycling club and find out about leisure rides. It's more fun & sociable to ride with a group.

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# Training Schedule

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4 W/C 8 <sup>th</sup> JUNE	<b>REST</b>	<b>CYCLING: 1H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>CYCLING: 1H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>CYCLING: 1H - 1H30</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.	<b>CYCLING: 2H</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.
WEEK 4 Notes	Easy week. Stretching session - consider joining a yoga or Pilates class.	Steady ride, relax and enjoy - no hard efforts. Choose a new route.		Steady pace - relax and enjoy.			Steady pace - not out of breath. Ride with friends or club. Don't get carried away with other peoples' speed if too fast.

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**Weeks 5-8**

## **Building Endurance & Efficiency**

As mileage and ride duration increase, the focus shifts towards building endurance while maintaining efficiency. Longer rides and structured sessions help develop resilience, while still emphasising smooth pedalling and sustainable effort.

Recovery becomes increasingly important during this phase. Stretching, sleep, hydration and nutrition are essential to allow adaptation to take place. Group riding can be beneficial, but it is important to ride with others of similar ability and avoid being pulled into riding beyond your plan.

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# Training Schedule

Week 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5 W/C 15 <sup>th</sup> JUNE	<b>REST</b>	<b>CYCLING: 1H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>CYCLING: 1H</b> 20 mins warm up at a steady pace of 90-95 rpm – 5 mins brisk @110rpm, – followed by 10 mins easy @80rpm, – then 5 mins brisk @110 rpm, – warm down for 20 mins to a steady pace @90 rpm.	<b>REST</b>	<b>CYCLING: 2H</b> Steady paced ride @95-100 rpm. Try some efforts on the hills – keep pedalling over the top.	<b>CYCLING: 2H - 2H30</b> Ride with friends or club. Keep cadence smooth and constant.
WEEK 5 Notes	This week consider rest and recovery routine. Important to re-fuel immediately after your ride, use a recovery drink, or have a protein and carbohydrate rich meal.	Steady pace – will need to add a few miles on to training route as will be increasing speed slightly from this week.		Try and keep the efforts constant. Rest and re-fuel afterwards.		Make sure you rest and re-fuel after the ride.	Make sure you rest and re-fuel after the ride.

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# Training Schedule

Week 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 6</b> W/C 22 <sup>nd</sup> JUNE	<b>REST</b>	<b>CYCLING: 1H30</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>CYCLING: 1H15</b> 20 mins warm up at a steady pace of 90-95rpm – 5 mins brisk @110 rpm followed by, 10 mins easy @80rpm, then 5 mins brisk @110 rpm, then 10 mins easy @80rpm, 5 mins brisk @110rpm, and finally warm down for 20 mins steady @90rpm.	<b>REST</b>	<b>CYCLING: 2H</b> Steady paced ride @95-100rpm. Try some efforts on the hills – keep pedalling over the top.	<b>CYCLING: 2H30</b> Ride with friends or club. Keep cadence smooth and constant.
<b>WEEK 6</b> Notes	Consider your clothing – shorts, base layers, shoes. If you are going to change things do it now and get used to new gear.	Adapt your training route to increase distance.		Try and keep the efforts constant and concentrate on cadence. Rest and re-fuel afterwards.		Keep cadence smooth up hill and over the top.	Rest and re-fuel straight away. Make sure you're checking your bike and cleaning it regularly.

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# Training Schedule

Week 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7 W/C 29 <sup>th</sup> JUNE	REST	<b>CYCLING: 1H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	REST	<b>CYCLING: 1H30</b> 20 mins warm up at a steady pace of 90-95rpm – 5 mins brisk @110rpm followed by, 8 mins easy @80rpm, then 5 mins brisk @110rpm, then 8 mins easy @80rpm, 5 mins brisk @110rpm, and finally warm down for 20 mins steady @90rpm.	REST	<b>CYCLING: 2H - 2H30</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	<b>CYCLING: 3H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.
WEEK 7 Notes	Check your bike – including tyres, brake and gear cables.	Steady pace.		Reduce recovery time in interval session to further increase anaerobic capacity.		Concentrate on cadence and smooth riding position.	Ride with friends or club. Include one “tea stop”. 15-20 mins. Rest and re-fuel when you get home straight away.

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# Training Schedule

Week 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 8 W/C 6 <sup>th</sup> JULY	REST	<b>CYCLING: 1H - 1H30</b> Steady ride. Enjoy the bike ride for what it is and don't go hard!	REST	<b>CYCLING: 1H - 1H30</b>	REST	REST	<b>CYCLING: 3H30</b> Steady paced ride - try not to get out of breath. Pedal @90-95rpm.
WEEK 8 Notes	Easy week. Think about drinking and eating on bike - practice this week. Stretching session - yoga or Pilates class.	Relaxed ride - use a different route for a change. Take a friend.		Relax and enjoy. Practice using bottle while riding and taking energy bars out of back pocket.			Ride with friends or club. Include a tea stop. Eat and drink on the bike. Practice a good recovery routine when you get home.

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**Weeks 9-12**

## **Event Readiness & Fatigue Resistance**

This phase closely reflects the demands of the event. Longer rides and back to back sessions help you become comfortable riding on tired legs while maintaining a steady, controlled pace.

Attention should now extend beyond training sessions themselves to include nutrition strategy, hydration, pacing, recovery routines and kit choices. Nothing should feel unfamiliar – this is the time to practise what you will use and do on event days.

Looking after yourself is critical during this phase. Avoid the temptation to “catch up” if sessions are missed; consistency and health remain the priority.



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# Training Schedule

Week 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 W/C 13 <sup>th</sup> JULY	REST	<b>CYCLING: 1H30</b> Steady pace, Increase your cadence up the hills, sitting in saddle as long as possible.	REST	<b>CYCLING: 1H30</b> 20 mins warm up at a steady pace of 90-95rpm – 5 mins brisk @110rpm followed by, 8 mins easy @80rpm, then 5 mins brisk @110rpm, then 8 mins easy @80rpm, 5 mins brisk @110rpm, 8 mins easy @80rpm, 5 mins brisk @110rpm and finally warm down for 20 mins steady @90rpm.	REST	<b>CYCLING: 2H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	<b>CYCLING: 4H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.
WEEK 9 Notes	Think about your event you are ultimately aiming for. There will be varied terrain including a mixture of short sharp and long climbs. Introduce some climbing!	Make sure to keep speed going right over the top of hill.		Make sure you warm down well and then implement your recovery routine.		Steady pace, Vary your route for a change.	Steady pace ride with group or club. Have one stop – 15 mins. Eat and drink on bike. Good recovery routine at home.

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# Training Schedule

Week 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 10 W/C 20 <sup>th</sup> JULY	<b>REST</b>	<b>CYCLING: 1H30</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	<b>REST</b>	<b>CYCLING: 1H30</b> 20 mins warm up at a steady pace of 90-95rpm – 5 mins brisk @110rpm followed by, 8 mins easy @80rpm, then 5 mins brisk @110rpm, then 8 mins easy @80rpm, 5 mins brisk @110rpm, 8 mins easy @80rpm, 5 mins brisk @110rpm and finally warm down for 20 mins steady @90rpm.	<b>REST</b>	<b>CYCLING: 3H</b> Steady pace, keep your cadence high, concentrate on climbing smoothly.	<b>CYCLING: 4H</b> Ride with group or club. Have one tea stop – 15 mins.
WEEK 10 Notes	Continue to concentrate on riding at a consistent pace except when advised otherwise during interval sessions.	Use regular route – you should notice you are going up the hills quicker and easier.		Increase speed in interval session. Make sure to warm down well and do recovery routine.		Remember to drink and eat on ride. Good recovery routine.	Eat and drink on ride. Good recovery routine.

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# Training Schedule

Week 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 11 W/C 27 <sup>th</sup> JULY	<b>REST</b>	<b>CYCLING: 1H30</b> Steady pace ride – increase effort by pedalling faster not by using a bigger gear.	<b>REST</b>	<b>CYCLING: 1H30</b> 20 mins warm up at a steady pace of 90- 95rpm – 5 mins brisk @110rpm followed by, 8 mins easy @80rpm, then 5 mins brisk @110 rpm, then 8 mins easy @80rpm, 5 mins brisk @110rpm, 8 mins easy @80rpm, 5 mins brisk @110rpm and finally warm down for 20 mins steady @90rpm.	<b>REST</b>	<b>CYCLING: 3H</b> Steady pace, keep cadence high.	<b>CYCLING: 4H</b> Ride with group. Have one tea stop. Keep cadence high. Keep going over the hills.
WEEK 11 Notes	Take it easy – your legs will be a bit sore after the weekend. Keep up with stretching activities.	Stretch and recover.		Concentrate on the pedalling action and remember to refuel during and after the session.		if possible. Practice good recovery routine. Very important at this stage of the event preparation.	Enjoy the bike ride!

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# Training Schedule

Week 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 12 W/C 3 <sup>rd</sup> AUGUST	REST	<b>CYCLING: 1H30</b> Steady pace ride – increase effort by pedalling faster not by using a bigger gear.	REST	<b>CYCLING: 1H30</b> Steady paced ride. Cadence 85-100rpm.	REST	<b>CYCLING: 2H - 3H</b> Steady pace, keep cadence high.	<b>CYCLING: 3H - 4H</b> Ride with group. Have one tea stop. Keep cadence high. Keep going over the hills.
WEEK 12 Notes	This should be another adaptation week so think about intensity of effort and good sleep patterns.	Stretch and recover.		Concentrate on the pedalling action and remember to refuel during and after the session.		Go with a group if possible. Practice good recovery routine.	Enjoy the bike ride!

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## Weeks 13-16

# Tapering, Preparation & Confidence

The final weeks consolidate the work you have completed. Training volume reduces while maintaining rhythm and confidence, allowing fatigue to diminish without losing fitness.

This phase is about arriving at the start line fresh, organised and mentally prepared. Ensure your bike has been checked, your kit is finalised, and your nutrition plan is familiar. In the final week, resist the temptation to do too much – calm, rest and preparation will serve you better than extra miles.

Trust the process and enjoy the build up. Every steady mile completed over the past weeks has helped prepare you for a positive and rewarding event experience.



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# Training Schedule

Week 13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 13 W/C 10 <sup>th</sup> AUGUST	REST	<b>CYCLING: 1H30</b> Steady pace. Increase your cadence up the hills, sitting in saddle as long as possible.	REST	<b>CYCLING: 1H30</b> 20 mins warm up at a steady pace of 90-95rpm – 5 mins brisk @110rpm followed by, 8 mins easy @80rpm, then 5 mins brisk @110rpm, then 8 mins easy @80rpm, 5 mins brisk @110rpm, 8 mins easy @80rpm, 5 mins brisk @110rpm and finally warm down for 20 mins steady @90rpm.	REST	<b>CYCLING: 2H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	<b>CYCLING: 4H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.
WEEK 13 Notes	Continue to think about your event you are ultimately aiming for. There will be varied terrain including a mixture of short sharp and long climbs. Continue with finding good varied climbs!	Make sure to keep speed going right over the top of hill.		Make sure you warm down well and then implement your recovery routine.		Steady pace. Vary your route for a change.	Steady pace ride with group or club. Have one stop – 15 mins. Eat and drink on bike. Good recovery routine at home.

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# Training Schedule

Week 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 14 W/C 17 <sup>th</sup> AUGUST	REST	<b>CYCLING: 1H30 - 2H</b> Steady paced ride – try not to get out of breath. Pedal @90-95rpm.	REST	<b>CYCLING: 1H30</b> 20 mins warm up at a steady pace of 90-95rpm – 5 mins brisk @110rpm followed by, 8 mins easy @80rpm, then 5 mins brisk @110rpm, then 8 mins easy @80rpm, 5 mins brisk @110rpm, 8 mins easy @80rpm, 5 mins brisk @110rpm and finally warm down for 20 mins steady @90rpm.	REST	<b>CYCLING: 3H</b> Steady pace, keep your cadence high, concentrate on climbing smoothly.	<b>CYCLING: 4H</b> Ride with group or club. Have one tea stop – 15 mins.
WEEK 14 Notes	Continue to concentrate on riding at a consistent pace except when advised otherwise during interval sessions.	Use regular route. You should notice you are going up the hills quicker and easier.		Increase speed in interval session. Make sure to warm down well and do recovery routine. (Stretching and nutrition).		Remember to drink and eat on ride. Good recovery routine.	Eat and drink on ride. Good recovery routine.

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# Training Schedule

Week 15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 15 W/C 24 <sup>th</sup> AUGUST	REST	<b>CYCLING: 1H30 - 2H</b> Steady pace ride - increase effort by pedalling faster not by using a bigger gear.	REST	<b>CYCLING: 1H30</b> 20 mins warm up at a steady pace of 90- 95rpm - 5 mins brisk @110rpm followed by, 8 mins easy @80rpm, then 5 mins brisk @110rpm, then 8 mins easy @80rpm, 5 mins brisk @110rpm, 8 mins easy @80rpm, 5 mins brisk @110rpm and finally warm down for 20 mins steady @90rpm.	REST	<b>CYCLING: 3H</b> Steady pace, keep cadence high.	<b>CYCLING: 4H</b> Ride with group. Have one tea stop. Keep cadence high. Keep going over the hills.
WEEK 15 Notes	Keep up with stretching activities.	Practising drinking whilst riding. Stretch and recover afterwards.		Concentrate on the pedalling action and remember to refuel during and after the session.		Go with a group if possible. Practice good recovery routine.	Enjoy the bike ride!

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# Training Schedule

Week 16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 16 W/C 31 <sup>st</sup> AUGUST	REST	<b>CYCLING: 1H30</b> Steady pace ride – increase effort by pedalling faster not by using a bigger gear.	REST	<b>CYCLING: 1H30</b> Steady paced ride. Cadence 85-100rpm.	REST	<b>CYCLING: 2H - 3H</b> Steady pace, keep cadence high.	<b>CYCLING: 3H - 4H</b> Ride with group. Have one tea stop. Keep cadence high. Keep going over the hills.
WEEK 16 Notes	This is another adaptation week so think about intensity of effort and quality of sleep patterns and general nutrition!	Practising eating “on the go”. Stretch and recover after the ride.		Concentrate on the pedalling action and remember to refuel during and after the session.		Go with a group if possible. Practice good recovery routine.	Enjoy the bike ride!

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# Tips for Sportive riders

TIPS

## Bike

- 1** // Firstly make sure that your bike fits you, don't try to fit yourself to an unsuitable machine. Adjustments can be made to fine tune saddle and handlebar position, but it as well to start with the correct sized frame. Take advice from a qualified coach or a good bike shop where many now offer professional and modern bike fitting services.
- 2** // Get used to checking and pumping tyres to the recommended pressure for both efficiency and safety when riding sportives. In wetter weather consider a lower tyre pressure for more grip.
- 3** // Make a habit of quickly checking brakes, tyres, wheels and transmission before every ride.
- 4** // Carry a spare inner tube (or two), and puncture repair outfit together with the necessary tyre levers AND a working pump on all rides, together with a small multi tool. Even if you have difficulty handling repairs it is as well to have the means for someone to help you.
- 5** // Check your gear ratios. Is the cassette right for your style of riding and the event chosen? Would a larger sprocket help you climb a little easier? If you are thinking of changing then allow time to make the changes and check with your supplier as to whether the derailleur is compatible with the intended ratios. Bear in mind that this could need a new chain as well. It is as well not to make such changes the day before your big ride!
- 6** // Check the indexing of your gears. Make sure that the changes are smooth, tweaking the adjusters where necessary. Ensure this is completed a few days prior to the target event.
- 7** // If using Rim Brakes, Correct brake pad alignment will give better and safer braking. The blocks should be slightly toed in at the front, so that the block closes on the rim correctly. This correction will improve performance and give more confidence when descending. If using Disc Brakes, ensure that there is sufficient Brake pad material and that the rotors are not worn.



# Tips for Sportive riders

TIPS

## Clothing

- 1** Take care in fitting cleats to your shoes. Position these so that the ball of your foot is centrally over the pedal spindle and allows the leg to function in the correct fashion, ie without twisting the leg and particularly ankle and knee. It is as well to involve someone else when checking position, as it is not easy to see the set up while you are on the saddle. Tighten the fixing bolts securely once correctly positioned and check for looseness from time to time. A loose cleat will not release from the pedal in an emergency. Also regularly check for wear. Again a qualified coach or good bike shop can help with fitting cleats correctly.
- 2** While trainers maybe OK for going to the shops and back they will give you a real problem on longer rides. If you are new to cycling shoes try “touring” shoes to start, they are not as stiff as racing shoes and have the cleat within the sole which means you can walk in them. Also get your local shop to set the pedals fairly loose so that your feet pop in and out easily while you are still getting used to the system.
- 3** Learn to dress for the weather. Look at the thermometer, rather than the calendar and pay no attention to the light meter. Allow for changes during the course of the day. Always carry at least a lightweight rain jacket especially when riding in mountainous terrain. Quite apart from use in wet and windy conditions they can be an invaluable protection on cold descents and even on those unwanted stops when a roadside repair is required
- 4** Invest in a good merino wool or synthetic fabric wicking base layer. This garment can make all the difference to your comfort and therefore performance.
- 5** In cold conditions keep the knees covered. These badly designed but important joints are susceptible to cold and although apparently unaffected at the time, can suffer at a later stage. A pair of knee warmers can be added to your shorts and easily removed and stowed away once the weather improves.
- 6** Your closest friend should be the seat/pad of your shorts. Treat it accordingly, ensuring both self and shorts are cleaned meticulously after every ride. Failure to do so can lead to infection and time off the bike.
- 7** Application of “anti-chafing” cream to the seat of your shorts should cut down friction and soreness. This tends to be very personal and the appropriate cream needs to be determined. A quality cream will also help to prevent infection occurring.
- 8** Your hands can take a hammering, so a good pair of close fitting track mitts becomes a must. As well as cushioning the hands when holding the bars, they will stop unpleasant grazes, should you have the misfortune to fall.



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# Tips for Sportive riders

TIPS

## Nutrition

- 1** // Get used to carrying a bottle of fresh drink on all rides. Discard unused liquid, especially if using proprietary sports drinks. Choose bottles made from soft plastic, as these are much easier to squeeze when riding. Practice drinking whilst “on the move” without wobbling or slowing down during training rides.
- 2** // Check out energy and replenishment food and drink at home, so as to ascertain whether it agrees with you. Then try it on your training rides, so as to be sure that you are not going to encounter any problems on the important rides and later stages of your programme. A cereal bar that is very tasty at home may prove very difficult to consume on a ride, even causing choking. Once you have decided on the right food for you stick to it. If confronted with unknown drinks, it is probably as well to stick to water.
- 3** // Wash and sterilise your drinking bottles after use, particularly after using with active replenishing drinks. It is worth looking for bottles with a cap to cover the spout, although this will make drinking en route a little more awkward. This helps to keep the spout protected from road grime and other unpleasant substances that transfer from the road to cycle such as manure!.

## Information

- 1** // Record everything you do when training, noting the effects. These records will prove very useful when planning later schedules and will be invaluable as background for anyone involved in arranging a future coaching /training plan specifically for you.
- 2** // Keep to your training schedule, for best results, but if illness prevents this don't be tempted to miss out sections so as to keep to the dates of the programme. Once you are well enough to resume, go back at least to the point where you had to stop.
- 3** // Study and take a note of the route beforehand. It is not unknown for direction signs to have been removed. Even the best modern instruments can fail, or even suggest the wrong way. Don't rely on following other riders, they may be lost too! There is even the chance that the cyclists you are following are not riding the same event!



# Tips for Sportive riders



## On the road

- 1** // For most efficient riding consider your pedalling action. To maintain a good cadence it is as well to treat your pedals like a treadle operated machine. With practice this will involve the ankles so as to create a smooth, complete pedalling action. Avoid the temptation to just push down on the pedals.
- 2** // Try to stay relaxed while riding, tension will give you aches and pains as well as use up extra energy. Use the wiggle test, can you wiggle your fingers, if not you are way too tense.
- 3** // Practice changing a tyre and inner tube at home. It is far more pleasant to learn how to do this in a nice dry garage or workshop, than on an open rain and windswept hillside.
- 4** // Sleep and rest form an important part of your preparation. You will not train properly if fatigued, so ensure that a good routine is maintained. If circumstances create extreme tiredness choose to sleep well rather than train badly.

## Safety

- 1** // Most people realise that it is necessary to look where you are going but it is just as important to clearly signal to others where you intend to go! This makes a lot of difference to the safety of the people you are riding with, as well as other road users. Communication is key! Don't be frightened to call out your intended movements particularly when riding in a group situation.
- 2** // Carry some identification at all times. Add your next of kin details to your mobile phone under ICE - "In Case of Emergency". A great help to all, including your family and event organisers.
- 3** // Even in the UK the sun can be quite fierce at times, so apply sun protection remembering to coat the neck, nose and ears, as well as exposed limbs. Sunglasses will protect your eyes from dust and insects as well as the glare.

Make a check list for **ALL** the things you might need. It is worth laminating this and keeping it with your kit bag. A small point, but having made your list, remember to refer to it when packing.

