

RIDECYMRU

TAKE ON THE WILD HEART OF WALES

TRAINING PLAN

INTERMEDIATE



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.....

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.

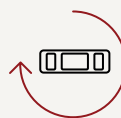
Obviously you will need access to a heart rate monitor or power meter for this test. Do not complete this test unless you are fit to do so.



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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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 th MAY	CYCLING: 1H Steady Pace 90-95rpm	REST	CYCLING: 1H Steady pace 90-95rpm.	REST	REST	CYCLING: 2H Steady Pace 90-95rpm.	CYCLING: 2H Steady Pace 90-95rpm.
WEEK 1 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.

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Training Schedule

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2 W/C 25 th MAY	REST	CYCLING: 1H Steady Pace 90-95rpm.	REST	CYCLING: 1H30 Steady Pace 90-95rpm. Include 10 mins of a brisk pace of 100-110rpm in the last half hour of your ride.	REST	CYCLING: 1H30 Steady Pace 90-95rpm. Include 2 blocks of 5 mins alternating 15 seconds hard and 45 seconds easy.	CYCLING: 2H Steady Pace 90-95rpm.
WEEK 2 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 120rpm.	Keep the cadence up and effort even up and down any hills.

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Training Schedule

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3 W/C 1 st JUNE	REST	CYCLING: 1H30 Steady Pace 90-95rpm.	REST	CYCLING: 1H30 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.	REST	CYCLING: 1H30 Steady Pace 90-95rpm. Include 3 blocks of 5 mins alternating 15 seconds hard, 45 seconds easy.	CYCLING: 2H Steady Pace 90-95rpm.
WEEK 3 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 120rpm 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.

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Training Schedule

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4 W/C 8 th JUNE	REST	CYCLING: 1H Easy ride, relax and enjoy.	REST	CYCLING: 1H FTP Test – 10 mins easy. 3 × 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.	REST	CYCLING: 1H Easy ride, relax and enjoy.	CYCLING: 2H Easy ride, relax and enjoy.
WEEK 4 Notes	This is a recovery and adaptation week. Where possible complete the FTP test in order that you can record a “benchmark” and measure “numbers”!	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.

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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 th JUNE	REST	CYCLING: 1H30 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.	REST	CYCLING: 1H30 30 mins warm up @90-100rpm. Interval set: 6 x 1min effort in large gear (53x14/15) @50-60rpm. 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.	REST	CYCLING: 2H Steady riding at 90-100rpm 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.	CYCLING: 3H 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.
WEEK 5 Notes	For those without pulse monitors or power measuring devices, the "brisk" pace should be: "comfortably hard not, hardly comfortable".	Concentrate on cadence. Make the brisk riding a constant effort to develop endurance.		These interval sessions are designed to develop speed and power. Don't forget your recovery routine following these interval sessions.		These interval sessions are designed to 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.

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Training Schedule

Week 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6 W/C 22 nd JUNE	REST	CYCLING: 1H30 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.	REST	CYCLING: 1H30 20 mins warm up @90-100rpm. Interval set: 8 × 1min effort in large gear (53×14/15) @50-60rpm. 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.	REST	CYCLING: 2H30 Steady riding at 90-100rpm 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.	CYCLING: 3H 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.
WEEK 6 Notes		Concentrate on cadence technique. Make the brisk riding a consistent effort to develop endurance.		The interval session will develop speed and power. Hydrate well throughout the session.	Take the time to check the bike. A thorough clean is often when wear and tear is spotted and replace items such as worn brake blocks and chains in good time to maintain efficiency.	Stretch before and after the ride. Use recovery drinks immediately after your session.	Follow your usual recovery routine and don't neglect the bike. Good opportunity to wash, clean & re lubricate the bike.

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Training Schedule

Week 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7 W/C 29 th JUNE	REST	CYCLING: 1H30 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.	REST	CYCLING: 1H30 20 mins warm up @90-100rpm. Interval set: 10 × 1min effort in large gear (53×14/15) @50-60rpm. 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.	REST	CYCLING: 2H Steady riding at 90-100rpm 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.	CYCLING: 3H30 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.
WEEK 7 Notes		Concentrate on cadence. Make the brisk riding a constant & consistent effort to develop endurance and relevant pacing strategies.		Hydrate well during the session particularly if being completed on a turbo.		This session can be completed during a longer ride to help alleviate the monotony. If done with a group ride – hang off the back for a few kms and complete the reps.	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.

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Training Schedule

Week 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 8 W/C 6 th JULY	REST	CYCLING: 1H Nice easy ride. Gentle spin enjoying the bike ride.	REST	CYCLING: 1H - 2H Steady ride at a constant cadence.	REST	CYCLING: 2H30 Nice steady ride without "pushing it" maintaining a cadence of between 90-100rpm.	CYCLING: 3H Same as yesterday. Include a stop at a café if convenient and time allows.
WEEK 8 Notes	Again, a recovery week for adaptation to take place. Think about general nutrition and quality rest.	Try a new route for a change or maybe use the mountain bike.		Enjoy the bike ride for the sake of it! Practising nutritional strategies.		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!!

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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 th JULY	REST	CYCLING: 1H30 Warm up for 30 mins then ride at brisk pace (95% of FT) for 9 mins, 1 min easy. 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100-110rpm.	REST	CYCLING: 1H30 Steady tempo @95-100rpm include a 10 min block at a brisk pace @100-110rpm in the last 30 mins. Try to find an undulating route for this work out.	REST	CYCLING: 3H Steady riding at 90- 100rpm 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.	CYCLING: 4H Steady pace @95-100rpm add 3 × 10 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the ten minute effort.
WEEK 9 Notes	Continue to stretch as part of your overall training regime.	Concentrate on cadence. Continue to consider your pacing strategy. Ensure the riding is completed at a consistent pace to help 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.		Don't neglect recovery generally. Sleep, nutrition etc.	Ideally the efforts should be completed on a flattish course. This will allow the efforts to remain as near constant as possible. A circuit course would be useful here.

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Training Schedule

Week 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 10 W/C 20 th JULY	REST	CYCLING: 1H30 Warm up for 30 mins then ride at brisk pace (95% of FT) for 9 mins, 1 min easy, 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100-110rpm.	REST	CYCLING: 1H30 Steady tempo @95- 100rpm include a 15 min block at a brisk pace @100-110rpm in the last 30 mins. Try to find an undulating route for this work out.	REST	CYCLING: 3H Steady riding at 90- 100rpm 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.	CYCLING: 4H Steady pace @95 - 100rpm add 3 × 12 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the twelve minute effort.
WEEK 10 Notes	Group riding will help alleviate the monotony of going out on your own. However, make sure the riders are of a similar ability or training will be compromised.	Peddalling technique and cadence remain the focus during this session. Don't neglect hydration especially if the session is being completed on the turbo.		Use same route as last week in order that you might be able to make direct comparisons notwithstanding weather conditions!	Bike maintenance!	Practice using different energy products during these rides to determine what works for you.	Ideally the efforts should be completed on a flattish course. Again make sure that the recovery process is followed religiously.

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Training Schedule

Week 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 11 W/C 27 th JULY	REST	CYCLING: 1H30 Warm up for 30 mins then ride at brisk pace (95% of FT) for 10 mins, 1 min easy. 8 min brisk, 1 min easy, 6 min brisk warm down. Brisk riding at 100-110rpm.	REST	CYCLING: 1H30 Steady tempo @95- 100rpm include a 20 min block at a brisk pace @100-110rpm in the last 30 mins. Try to find an undulating route for this work out.	REST	CYCLING: 3H Steady riding at 90-100rpm 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.	CYCLING: 4H30 Steady pace @95-100rpm add 3 × 15 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the fifteen-minute effort.
WEEK 11 Notes	As previously mentioned, the sessions are able to be adapted to include during a group ride. Be careful though not to disrupt the group and always consider what it is you want from “your” session!	As last week.				The interval session will develop speed and power. Don't forget your recovery routine following these interval sessions.	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.

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Training Schedule

Week 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 12 W/C 3 rd AUGUST	REST	CYCLING: 1H Nice easy ride. Gentle spin enjoying the bike ride.	REST	CYCLING: 1H FTP Test – 10 mins easy. 3 × 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.	REST	CYCLING: 2H30 Nice steady ride without “pushing it” maintaining a cadence of between 90-100rpm.	CYCLING: 3H Same as yesterday. Include a stop at a café if convenient and time allows.
WEEK 12 Notes	Again a recovery week for adaptation to take place. Think about general nutrition and quality rest. The test should show improved results!	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!		Ride with a buddy or a group of similar ability to ease the monotony of training alone.	Group riding at this stage will contribute to skills development.

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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 th AUGUST	REST	CYCLING: 1H30 Warm up for 30 mins then ride at brisk pace (95% of new FT) for 9 mins, 1 min easy. 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100-110rpm.	REST	CYCLING: 1H30 Steady tempo @95 - 100rpm include a 10 min block at a brisk pace @100-110rpm in the last 30 mins. Try to find an undulating route for this work out.	REST	CYCLING: 3H Steady riding at 90-100rpm 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.	CYCLING: 4H Steady pace @95-100rpm add 3 x 10 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the ten-minute effort.
WEEK 13 Notes	Change the effort levels of brisk and steady etc to reflect the new results from last week's FTP test. (If applicable!)	Continue to concentrate on cadence.		Be conscious of the effort level required to complete the same climbs as when you began the programme. It may take less time? You may be climbing in a higher gear etc. All signs of improvement.		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.

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Training Schedule

Week 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 14 W/C 17 th AUGUST	REST	CYCLING: 1H30 - 2H Warm up for 30 mins then ride at brisk pace (95% of FT) for 9 mins, 1 min easy, 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100-110rpm.	REST	CYCLING: 1H30 - 2H Steady tempo @95-100rpm include a 15 min block at a brisk pace @100-110rpm in the last 30 mins. Try to find an undulating route for this work out.	REST	CYCLING: 3H - 4H Steady riding at 90-100rpm 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.	CYCLING: 4H Steady pace @95-100rpm add 3 x 12 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the twelve-minute effort.
WEEK 14 Notes	Group riding will help alleviate the monotony of going out on your own. However, make sure the riders are of a similar ability or training will be compromised.	Pedalling technique and cadence remain the focus during this session. Don't neglect hydration especially if the session is being completed on the turbo.		Use same route as last week in order that you might be able to make direct comparisons notwithstanding weather conditions!	Bike maintenance!	Practice using different energy products during these rides to determine what works for you.	Ideally the efforts should be completed on a flattish course. Make sure that you carry on your tried and tested recovery routine.

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Training Schedule

Week 15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 15 W/C 2 nd AUGUST	REST	CYCLING: 1H30 - 2H Warm up for 30 mins then ride at brisk pace (95% of FT) for 10 mins, 1 min easy. 8 min brisk, 1 min easy, 6 min brisk warm down. Brisk riding at 100-110rpm.	REST	CYCLING: 1H30 - 2H Steady tempo @95-100rpm include a 20 min block at a brisk pace @100-110rpm in the last 30 mins. Try to find an undulating route for this work out.	REST	CYCLING: 3H - 4H Steady riding at 90-100rpm 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.	CYCLING: 4H30 Steady pace @95-100rpm add 3 x 15 min efforts at a brisk pace staying sat in the saddle aiming to maintain a cadence of 120rpm for the fifteen-minute effort.
WEEK 15 Notes	As previously mentioned, the sessions are able to be adapted to include during a group ride watch and learn from more experienced riders.	Try and think about the efficiency of your pedalling and the technique adopted.		Varied climbs work well mixing up some "short sharp lungbusters" and some long steady more gentle gradients.	Bike preparation! Surfing the net for new bike bits!	Don't forget your recovery routine following these interval sessions. Recovery shakes/ drinks, stretching. Washing bike etc.	When in a group situation consider skills development; cornering, climbing descending, gear selection etc. Make sure that when you get in you continue to follow your well practiced recovery process.

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Training Schedule

Week 16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 16 W/C 31 st AUGUST	REST	CYCLING: 1H - 2H Nice easy ride. Gentle spin enjoying the bike ride.	REST	CYCLING: 1H - 2H Good steady ride.	REST	CYCLING: 2H30 Nice steady ride without "pushing it" maintaining a cadence of between 90-100rpm.	CYCLING: 3H Same as yesterday. Include a stop at a café if convenient and time allows.
WEEK 16 Notes	This will be the end of the first phase of training for Ride CYMRU. Again, a recovery week for adaptation to take place. Think about general nutrition and quality rest.	Try a new route for a change or maybe use the mountain bike.		Enjoy the scenery! Keep the gears low concentrate on recovery.		Consider what has been achieved and developed over the initial 16-week base phase of the training plan.	Choose a new route. Ride with a buddy or a group of similar ability in order that you do "your" training not theirs!

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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.



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