



CYCLE TRAINING GUIDE

for challenges graded within
the Yellow range



This 15-week guide assumes your starting fitness level will allow you to progress steadily.

Be honest with yourself regarding your current level of fitness and allow more time if you require more gradual progression.

DISCOVER
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TRAINING DIARY

WEEK 1 | Getting back on the bike and using gears effectively

KEY FOCUS

1. Building your aerobic endurance
2. Improve your understanding of gears
3. Get used to being on a bike again








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	30 mins—1 hr	-	-	1 hr	-	1-2 hrs
SESSION DETAIL	<p>Everybody hates Mondays - we have therefore built this in as a rest day!</p> <p>Rest days need to be built into your training week as this is when we recover and build muscle.</p>	<p>Don't over-do this first ride; build up gently.</p> <p>Winter is an especially hard time to get back on the bike, especially in the evenings. If you prefer not to head out on the road, use a turbo trainer or a gym bike, or go to a spinning class.</p> <p>Outside: Aim for 10-16km (6-10 miles) Inside: Add at least 5km (3 miles) to the above, or a 1-hour spinning class</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>Recover and build muscle Use this time to check your bike is road-ready or plan a new training route.</p>	<p>Choose an activity to raise your pulse, but nothing too strenuous! An hour's walk can achieve this, or a gentle swim.</p>	<p>Check the weekend weather forecast. Take your training ride on the day with best weather.</p>	<p>There is no greater bike training than time spent in the saddle.</p> <p>Go for a ride in your local area. Try aiming for 25-32km (15-20 miles) for this ride. Cadence: 70-85rpm</p> <p>Track your progress: make a note of how far and how long your ride was.</p>
TIPS & TRICKS	<p>Plan your training diary</p> <p>Avoid changing the rest days as they have been built in to allow your body time to adapt to the training.</p> <p>Tip - If your cycle challenge is outside Europe, it's likely you'll be riding a mountain bike. Training on a similar bike will prepare you best: the riding position is quite different to a road bike. Distances in this guide can be reduced by 20% when riding a mountain bike.</p>	<p>Whether on your bike or on a gym bike, ensure it is sized properly for you. If you're not sure how to do this check out our online tutorial.*</p> <p>Tip - Training with a bike set up incorrectly can cause injuries that will hinder your training.</p> <p>Tip - An hour inside is worth two hours outside for fitness gains, but time on your bike on the road is better in so many other ways.</p>	<p>This flexible day has been built in for you to adjust things around, but if work or family commitments require you to make changes, avoid doing three consecutive days of riding/exercise.</p>	<p>Watch our bike safety M check video online.* Doing this regularly will help to avoid riding a bike that isn't road-safe, and will help to increase the lifespan of your bike.</p> <p><i>*You can also find our online tutorials in the video gallery of the Cycle Training Weekend on our website</i></p>	<p>Tip - Avoid the bike on this one to work some different muscles and give your bottom a break.</p> <p>Trick - build some time in to do some stretches - as we increase the amount of exercise we are doing, stretching will help prevent injuries.</p>	<p>Tip - Plan tomorrow's ride and get your kit ready. If all your kit is ready the night before it'll help motivate you to get out the door.</p>	<p>Cadence: This is simply how fast your legs go around. Too fast and you're working inefficiently, burning more energy than is needed. Too slow and you'll over-strain your knees. Use your gears to try and maintain a constant cadence.</p> <p>Tip - If you want people to ride with try and find your local club who will be riding over the weekend.</p>

TRAINING DIARY

WEEK 2 | Reading the road ahead and efficiency

KEY FOCUS

1. Increase confidence riding on the road
2. Improve your understanding of safe road riding
3. Cycle more efficiently








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1 hr	-	-	1 hr	-	1-2 hrs
SESSION DETAIL	<p>Recover and feel smug having completed your first week's training.</p>	<p>Keep aiming to do this session outside where possible.</p> <p>Outside: Aim for at least 16km (10+ miles)</p> <p>Inside: at least 5km (3 miles) further, or a 1-hour spinning class</p> <p>(Try going 1-2 km or 5 mins further than last week)</p> <p>Remember to reduce distances by 20% if riding a mountain bike.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>Recover and build muscle.</p> <p>Use this time to check your bike is road-ready or plan a new training route.</p>	<p>Get out there and do something again today, either before work, at lunch time or after work. Aim to raise your pulse but not get massively sweaty!</p>	<p>Check the weekend weather forecast. Take your training ride on the day with best weather</p>	<p>Time for your second big bike session. Try to avoid doing the same route over and over again as it will be hard to motivate yourself week after week.</p> <p>Try aiming for 32-40km (20-25 miles)</p> <p>Cadence: 70-85rpm</p> <p>Make a note of how long it takes you and compare it to last week.</p>
TIPS & TRICKS	<p>Many people on our rides use cleats or SPDs, clipping their feet to the bikes. If you are thinking of doing so, now is the time to start practicing.</p> <p>Read your itinerary for your trip to inspire you for your 2nd week of training.</p> <p>If parts of your trip are off-road, try to plan some routes on wide gravel or dirt tracks to gain experience.</p> <p>If you are heading out on the roads in the evenings please ensure you have lights and high-vis clothing!</p> <p>Visit: British Cycling's online Ridesmart pages for a video tutorial on safe road riding.</p>	<p>Tip - If you are nervous about trying cleats use them on a turbo trainer first to get used to clipping in and out.</p> <p>Don't worry if you don't want to: many of our riders opt not to use them.</p> <p>Trick - If you aren't using SPDs make sure your feet are placed correctly on the pedal. The balls of your feet should be placed on the pedals.</p>	<p>By this point you should have been on three bike rides for your training. Well done!</p>	<p>Reflect - on the kit you need with you out on a ride.</p> <p>On any ride you want to make sure you not carrying too much but at the same time are prepared for all that British weather can throw at you. Try to fit what you need in your cycle jersey pockets.</p>	<p>Tip - Why not try yoga or pilates - great for core strength and flexibility!</p>	<p>Tip - give your bike a clean, it increases the bike's lifespan and we kid you not – a clean bike actually is faster!!</p>	<p>Tip - Cycling is all about efficiency, which is why cyclists wear lycra to avoid wind drag.</p> <p>Efficiency is also about reading the road ahead— e.g. spotting a small hill at the end of a descent and putting a bit of effort in will aid your momentum over it.</p> <p>Trick - Reading the road ahead will also prevent you from getting trapped in traffic behind parked cars or potholes; signal early and pull out, maintaining your speed.</p>

TRAINING DIARY

WEEK 3 | Riding position, climbing and descending

KEY FOCUS

1. Making your bike comfortable
2. Increase confidence descending
3. Tricks for climbing hills








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1 hr	-	-	1 hr	-	2-3 hrs
SESSION DETAIL	Keep up the Monday kick back and prepare for the week ahead.	<p>If venturing outside - incorporate a hill into your ride that takes about 5 mins to climb.</p> <p>Outside: At least 20km (12 miles)</p> <p>Inside: at least 5km (3 miles) further, or a 1-hour spinning class</p> <p>Some gym bikes have a hill setting – if it does, add a 10% hill into your session for about 5 mins.</p> <p>If on a turbo – increase the resistance for 5 mins of your workout.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	Rest, Relax & Recover	This may not feel like much but this session really helps build your aerobic endurance .	Check the weekend weather forecast . Take your training ride on the day with best weather	<p>Today is about hills – hopefully you'll have some hills in your area. If not, add another 10km to your ride.</p> <p>Don't go for anything too steep: long gentle hills are more realistic for a Grade 1 or 2 cycle.</p> <p>Try aiming for 40-50km (25-30 miles) for this ride. Or an extra 10km (6 miles) if it's flat.</p> <p>Cadence: 70-85rpm</p>
TIPS & TRICKS	<p>Tip - Your bike should be comfortable – not as comfy as a sofa but it shouldn't be causing you pain. If it is, have a look at our bike fitting tutorial* to make some adjustments.</p> <p><i>*You can also find our online tutorials in the video gallery of the Cycle Training Weekend on our website</i></p>	<p>Tip – If you have drop handlebars (like the ones in the picture above) put your hands on the lower part when descending – this increases your control of the bike and makes it easier to brake.</p> <p>Trick – When ascending put your hands on top of your handle bars towards the middle. This helps open your lungs, helping you take on more oxygen.</p> <p>Tip - Remember to reduce distances by 20% if riding a mountain bike.</p>		<p>Food – Nutrition can be key to cycling success. The night before a longer ride try to eat carbohydrates as they will give you energy.</p> <p>Avoid using energy gels when riding as they give you short-term energy boosts, but give you a sugar come-down after. They can also give you stomach upsets if you are not used to them. Flapjack is much better (and tastier) when out and about – jelly babies also work well!</p>	<p>Tip - Try finding an activity you enjoy and use it as a reason to try new things.</p> <p>Trick – This session could be done over a lunch-time, be it a walk or a jog.</p>	<p>Tip – Take a snack with you on longer rides to give you an energy boost, and don't forget to drink! In typical British weather, aim to drink every 15-20 minutes (one water-bottle roughly every two hours) – obviously you'll need more if it's hot. Cycling is no fun if you're dehydrated.</p> <p>Plain water is best (you're not racing!) but if you want to use the many energy drinks around this is the time to experiment.</p>	<p>Tip – Try to avoid standing up on the pedals, it uses up a lot of energy for little gain. Save it for when you need to give your bottom a break.</p> <p>Trick - Getting the correct gear is essential for getting up hills. There is no shame in using the lowest gear. Get into it early – don't 'save' it for later as you'll use up unnecessary energy.</p>

TRAINING DIARY

WEEK 4 | Rest week – with a bit of cycling

KEY FOCUS

1. Rest, Relax and Recover
2. Re-focus on gears
3. Re-focus on reading the road








DAY	MON	TUE	WED	THU	FRI	SAT	SUN	
SESSION TYPE								
	REST	REST	REST	REST	CROSS	FLEXIBLE	OUTDOOR	
TIME	-	-	-	-	1 hr	-	2-3 hrs	
SESSION DETAIL	<p>Hooray – your first rest week! Well done, you've earned it.</p>				<p>If your trip has a Facebook page it's a great way of connecting with other people on your ride and comparing training tips.</p>		<p>So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.</p>	<p>Check the weekend weather forecast. Take your training ride on the day with best weather</p>
TIPS & TRICKS	<p>Tip – If you feel you really, really need this rest because you are in pain and have tried adjusting your bike already, consider getting a professional bike fit. They do cost a bit but everyone who's had one says they are worth every penny.</p>		<p>Tip – If you are eager to get back on the bike and feel this training is too easy – we will be ramping things up a little next week.</p> <p>Still not satisfied? Go for an hour's spin as normal.</p>		<p>Tip – Cyclists get tight hamstrings as legs are never fully extended. As we increase the amount of miles we do each week, ensure you keep stretching!</p>		<p>Tip – Combine your ability to read the road ahead with selecting the right gear. Pre-empting what gear you'll need as you approach a climb will stop you having to change multiple gears when you start climbing.</p>	

TRAINING DIARY

WEEK 5 | Good braking and riding in groups

KEY FOCUS

1. Using your brakes safely
2. Riding with other people
3. An introduction to drafting




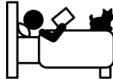



DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1-2 hrs	-	-	1 hr	-	2-3 hrs
SESSION DETAIL	<p>This week we are looking at riding as a group. Try to find some people to go for a ride with this weekend.</p> <p>Look at the adjusted times in the time row – we have stepped things up a little this week.</p>	<p>If venturing outside - incorporate 2 hills into your ride that take about 5 mins to climb.</p> <p>Outside: 20-25km (12-15 miles) Inside: At least 5-10km (3-6 miles) further</p> <p>Gym bikes – put a 10% hill into your session 2 x 5 mins</p> <p>Turbo – increase the resistance for 2 x 5 mins</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>Rest, Relax & Recover</p>	<p>This may not feel like much but this session really helps build your aerobic endurance.</p>	<p>Check the weekend weather forecast. Take your training ride on the day with best weather</p>	<p>This week's aim is to increase our distance to 50-60km (30-36 miles)</p> <p>Cadence: 70-85rpm</p> <p>When riding as a group keep looking forward and be aware of potential hazards. Communicate with the rest of the group by voice and hand signals. Riders that are behind you may not be able to see far in front.</p>
TIPS & TRICKS	<p>Tip – If you haven't already done so – look at local cycle clubs that almost always go out on Sundays.</p>	<p>Tip – on your trip you will be riding with other people. To prevent a collision it is vital you continue to read the road ahead and use your brakes gently so as people don't run into the back of you.</p> <p>Tip - Remember to reduce distances by 20% if riding a mountain bike.</p>		<p>Tip – As we are now into Week 5 of our training plan, recap the bike safety check video* from Week 1.</p> <p><i>*You can find our online tutorials in the video gallery of the Cycle Training Weekend on our website</i></p>	<p>Tip – Remember to keep stretching after all of your exercise sessions. Don't stretch cold muscles though!</p>	<p>Tomorrow's (or today's) ride will focus on using your brakes properly.</p> <p>If you are reading the road ahead you should almost always be able to avoid having to slam on the brakes. Always try and introduce the brakes slowly, avoiding the wheels locking up.</p> <p>Tip - Try to apply both brakes at the same time with more force on the front brake than the rear; this will stop you quicker and prevent your back wheel from skidding.</p>	<p>Tip – Move your bottom back as far as you can on the saddle when braking.</p> <p>Trick – If riding in a group work as a team! Drafting or slipstreaming is essentially the essence of tour cycling. Slotting in behind someone on long straight sections keeps the wind off you and will reduce the amount of effort you need to make to keep up. Taking it in turns to be on the front helps to give you all a chance to rest on the back of the group.</p>

TRAINING DIARY

WEEK 6 | Cornering

KEY FOCUS

1. Maintaining speed through corners
2. Road position for corners
3. Drinking on the move








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1-2 hrs	-	-	1 hr	-	2-3 hrs
SESSION DETAIL	Keep up the Monday kick back and prepare for the week ahead.	Outside: 20-25km (12-15 miles) Inside: At least 5-10km (3-6 miles) further	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover	This may not feel like much but this session really helps build your aerobic endurance .	Check the weekend weather forecast . Take your training ride on the day with best weather.	Today is about cornering – hopefully you'll be able to find some gentle hills with good bends . If not a twisty flat ride will do. Aim again for 50-60km (30-40 miles) for this ride. Or an extra 10km (6 miles) if it's flat. Cadence: 70-85rpm
TIPS & TRICKS	Remember to reduce distances by 20% if riding a mountain bike.	Trick – Taking on water is a vital part of cycling. Your trip might be in a hotter climate than the UK, increasing your need to drink. Practice drinking on the move: - Hold the brake hoods or tops of your handlebars. - Keep looking ahead when you remove and replace the bottle from your bottle-cage. Tip – If you're nervous about this, practice riding for small sections with one hand.			Tip - Try finding an activity you enjoy and use it as a reason to try new things.	Tip – Nervous about downhill? The key is to relax and get your hands on the lower bars. Have your hands covering the brakes so you can brake gently. Try lifting your bottom off the saddle a fraction - it will help you balance the bike better. Trick - Want some help in person? We have training rides you can attend that give you the opportunity to ask all of those niggling questions.	Tip – When cornering take a wide line into the corner, cut the apex and take a wide line out. Look to the exit of the corner. Keep inside pedal up and weight pushing down on the outside pedal. Tip – When riding as a group give each other a bit more space at corners and go single file.

TRAINING DIARY

WEEK 7 | Pedalling

KEY FOCUS

1. Get to grips with cadence
2. Using your gears to maintain cadence
3. Stabilising your upper body








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1-2 hrs	-	-	1 hr	-	3-4 hrs
SESSION DETAIL	Keep up the Monday kick back and prepare for the week ahead.	<p>Outside: 20-25km (12-15 miles)</p> <p>Inside: At least 5-10km (3-6 miles) further</p>	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover	This may not feel like much but this session really helps build your aerobic endurance .	Check the weekend weather forecast . Take your training ride on the day with best weather.	<p>As today's focus is pedalling, choose from hilly or flat – whatever you like best.</p> <p>Aim for 65 – 80km (40-50 miles)</p> <p>Cadence: 70-85rpm</p>
TIPS & TRICKS		<p>Tip – When pedalling try keeping your upper body as stable as possible, there should be limited movement. If you start to bob in the saddle, slow your cadence and concentrate on engaging your abdominal muscles to stabilise your hips.</p>			<p>Tip - Try finding an activity you enjoy and use it as a reason to try new things.</p>		<p>Tip – If using cleats or SPDs pull back and up with your foot at the bottom of your revolution.</p> <p>Trick - Keep enough tension in the body to stabilise it without being rigid on the bike.</p>

TRAINING DIARY

WEEK 8 | Rest week

KEY FOCUS

1. Rest, Relax and Recover
2. Re-focus on gears
3. Re-focus on reading the road








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	REST	REST	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	-	-	-	1 hr	-	2-3 hrs
SESSION DETAIL	Hooray – your second rest week! Well done, you've earned it.			If you have followed the training plan by now you'll have done over 400km (250 miles)!		So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.	
						We don't want to take things too easy so keep up the weekend ride. This is your 8 th weekend ride so choose your favourite. Enjoy yourself – you've been cycling for 8 weeks on this routine. Hopefully you've found a love for cycling.	
TIPS & TRICKS	<p>Visit: British Cycling's online Ridesmart pages for a tutorial on riding safely, including useful hand signals when riding in a group.</p>		<p>Tip – If you are eager to get back on the bike and feel this training is too easy – we will be ramping things up more next week.</p> <p>Still not satisfied? Go for an hour's spin as normal.</p>		<p>Tip – Cyclists get tight hamstrings as we never fully extend our legs. As we increase the amount of miles we do each week ensure you keep stretching!</p>		<p>Tip – Don't be scared to go out in strong winds or rain – it will give you experience in different weather conditions, which is important for your main trip.</p>

TRAINING DIARY

WEEKS 9-10 | Riding in a group

KEY FOCUS

1. Safe riding in a group
2. Back-to-back rides
3. Drafting








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	OUTDOOR	OUTDOOR
TIME	-	1-2 hrs	-	-	1 hr	1-2 hrs	3-4 hrs
SESSION DETAIL	This week is a re-focus on riding as a group. If you don't already have a regular group of riders try and find some companions for this week's rides.	Outside: 20-25km (12-15 miles) Inside: At least 5-10km (3-6 miles) further	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover	This may not feel like much but this session really helps build your aerobic endurance .	Aim for 20-30km (12-18 miles) Cadence: 70-85rpm From now on our weekends focus on riding for two consecutive days to build stamina and better prepare you for your trip. Consolidate your fitness by repeating this week again on Week 10	Try to practice your cornering – hopefully you'll have some hills in your area which will have some corners. If not a twisty flat ride will do. Long gentle hills are great for training, but don't avoid short sharp climbs – they are good for gauging progress and help build strength. Aim for 65 – 80km (40-50 miles) Cadence: 70-85rpm
TIPS & TRICKS	Remember to reduce distances by 20% if riding a mountain bike.	Tip – When cornering in a group the front person will set the correct line and speed through a corner. Be aware of riders who have taken a straighter line into the corner, their exit route might push you of your line. When you exit a corner, you will find riders become stretched out as the front riders get back up to speed.			Tip - Try finding an activity you enjoy and use it as a reason to try new things.	Tip – When drafting stay close to the wheel in front but avoid overlapping in case your companions suddenly slow down. Remain relaxed but alert to hazards. If you need to slow down, move slightly to the side into the wind; avoid sudden braking .	Trick – This second day is a good test for your bottom as well as your legs! Cycle shorts with a good chamois will become your new best friend. Chamois cream will become your new life partner.

TRAINING DIARY

WEEKS 11-12 | Pacing yourself

KEY FOCUS

1. Finding your pace
2. Building up distance
3. Mind-set








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1-2 hrs	-	-	1 hr	2-3 hrs	4-5 hrs
SESSION DETAIL	Keep up the Monday kick back and prepare for the week ahead.	<p>Outside: Aim for 30km (18 miles)</p> <p>Inside: At least 5-10km (3-6 miles) further</p> <p>This week note down how far you go in an hour on your two shorter rides</p> <p>Remember to reduce distances by 20% if riding a mountain bike.</p>	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover	This may not feel like much but this session really helps build your aerobic endurance .	<p>Aim this week for 50km (30 miles) as this is usually the furthest you'll have to ride between stops on your big trip. This will help you visualise what's to come.</p> <p>Cadence: 70-85rpm</p>	<p>Aim for 85-95km (50-60 miles) for this ride</p> <p>Cadence: 70-85rpm</p>
TIPS & TRICKS		<p>Tip - As we near the end of your training plan you'll now know what sort of speed you can average. This allows you to gauge your pace for your big trip.</p> <p>On your trip you'll typically have a break every 30-50km so we're now approaching that on your shorter rides.</p> <p>When the going gets tough on your big trip picture these training rides as what you have to do between each water stop!</p>			<p>You are progressing nicely through your training plan – if you want to extend this session then do so. Don't over-do it though!</p>	<p>Tip – You will be amazed how powerful your mind is on your trip. Keep breaking the trip down into small chunks and don't dwell on the bigger picture.</p> <p>Trick – Remember to enjoy your ride. It's not a race – it's a journey through a beautiful part of the world that is meant to take all day!</p> <p>Consolidate your fitness by repeating this week again on Week 12</p>	

TRAINING DIARY

WEEKS 13-14 | Climbing and descending

KEY FOCUS

1. Finding your preferred climbing technique
2. Getting the right gear while climbing
3. Efficient pedalling








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	FLEXIBLE	REST	CROSS	FLEXIBLE	OUTDOOR
TIME	-	1-1.5 hrs	-	-	1 hr	2 hrs	4-5 hrs
SESSION DETAIL	Keep up the Monday kick back and prepare for the week ahead.	<p>Keep the distance the same, but dig out the hilly routes again for this week as we refocus on climbing and descending again.</p> <p>Outside: 30km (18 miles) Inside: 35-40km (21-25 miles)</p> <p>Remember to reduce distances by 20% if riding a mountain bike.</p>	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover	This may not feel like much but this session really helps build your aerobic endurance .	Aim for 50km (30 miles) again, but incorporate a few more hills this week if you can.	Today is about more hills – incorporate some long gentle gradients to boost your confidence!
TIPS & TRICKS		<p>Tip - Concentrate on your gear selection to maintain efficient pedalling. If you need to stand when it gets steeper, avoid rocking from side to side while pedalling.</p> <p>Trick - Efficient pedalling while climbing will help to save energy.</p>			<p>Tip – Cyclists get tight hamstrings as the legs are never fully extended. As we increase the amount of miles we do each week ensure you keep stretching!</p>	<p>Cadence: 70-85rpm</p> <p>Tip: When going uphill, try to keep your breathing under control. Ease up if you're panting, and take deep breaths through your nose to regain control and increase your oxygen intake.</p> <p>Try to start the hill at a pace you can sustain. If you can keep the same cadence, it's a good sign that you are improving.</p>	<p>Try aiming for 90-105km (55-65 miles) for this ride. Or add 10km if there are no hills nearby.</p> <p>Cadence: 70-85rpm</p> <p>Tip – Everyone has a preferred climbing style. Sit or stand, forward or back on the saddle. Aim for seated where possible and a cadence above 70rpm. You can always go for a bit of a stand to relieve the pressure off your bottom and then sit down again. Efficient pedalling while climbing will help to save energy.</p> <p>Consolidate your fitness by repeating this week again on Week 14</p>

TRAINING DIARY

WEEK 15 | Tapering off week

KEY FOCUS

1. Rest, Relax and Recover
2. Taper off to keep fresh for your big trip
3. Enjoy yourself!

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	REST	REST	REST	CROSS	OUTDOOR	OUTDOOR
TIME	-	-	-	-	1 hr	Up to 2 hrs	Up to 2 hrs
SESSION DETAIL	Hooray – your final rest week! Well done – you’ve earned it.	Rest	Relax	Recover	So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.	You’ll probably be wanting to go for one last blast ! We have put two short rides in this weekend for you to enjoy yourself on – keep them short, and you’ll feel fresh for your trip.	Why not go for a ride with your family . They have supported / put up with you over this 15-week plan, so get them involved . Enjoy your final short spin before taking part in your big trip !
TIPS & TRICKS		Tip – It’s important to taper off in the build-up to your big trip, so don’t panic this week. Be calm and confident that you’ve prepared well!	Tip – Use your time to check through your kitlist and ensure you have everything you need.				GOOD LUCK!!! If you have stuck to this plan you’ll be more than fit enough to spin away over those miles!



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