



Measuring Your Effort

It's important that you cycle at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that cycling "harder is better" so we end up cycling too quickly, which can result in feeling tired, getting ill or injured. Understand what each session is trying to achieve and how it should feel is the way to train smart. Below you'll find a guide to the sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of Ride / HR Zone	PERCEIVED EFFORT LEVEL (1-10)*	HEART RATE	HOW IT SHOULD FEEL - "THE TALK TEST"
Recovery Ride / 1	6 - 6.5	65 - 70%	You can speak in complete sentences, totally conversational, you're cycling relaxed, enjoying it and not worrying about the watch / pace
Long Ride / 2	6.5 - 7	65 - 70%	You're in control, cycling fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue
Steady Effort Ride / 3	7 - 8	70 - 80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do
Race Pace / 4	7.5 - 8	78%	You can speak in short sentences, you have a slight pause on your breath but are not out of breath, relaxed and in control
Threshold Effort Ride / 5	8 - 8.5	80 - 85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'
Speedwork / 5A	9 - 9.5	90 - 95%	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to

*Perceived effort = where 1 is easy and represents minimum effort and 10 is hard and represents maximum effort

Intermediate

100 Mile Ride Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
Week 1	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p>40 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2</p> <p>10 minutes warm up 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch</p> <p>NOTE: Relaxed form is more important than driving a high heart rate for these sessions. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch</p>	REST	<p>40 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 6 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch</p> <p>NOTE : The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.</p>	<p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>
Week 2	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p>40 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2</p> <p>10 minutes warm up 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch</p>	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today) + stretch	<p>40 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 8 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch</p>	<p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>

Week 3	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1 - 2 10 minutes warm up zone 1, 2 x 10 mins at 95 and 100rpm with 1 min easy effort recovery interval 10 minutes cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today) + stretch	40 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 8 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch
Week 4	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1 - 2 10 minutes warm up zone 1, 2 x 10 mins at 95 and 100rpm with 1 min easy effort recovery interval 10 minutes cool down + stretch	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today) + stretch	45 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 10 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch
Week 5	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible. Remain in the saddle on the hills + stretch

Week 6	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	REST	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible. Remain in the saddle on the hills + stretch
Week 7	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST
Week 8	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	50 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	REST	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible. Remain in the saddle on the hills + stretch

Week 9	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	50 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible. Remain in the saddle on the hills + stretch
Week 10	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	50 MINS 4 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 4 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well
Week 11	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	50 MINS 4 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 4 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch	45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well	REST

Week 12	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p>60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>
Week 13	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p>60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>

Week 14	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p>60 MINS 4 x 6 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>
Week 15	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p>60 MINS 4 x 6 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	REST

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Week 16</p>	<p>15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch</p>	<p>REST</p>	<p>60 MINS 3 x 8 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 8 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible. Remain in the saddle on the hills + stretch</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Week 17</p>	<p>15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch</p>	<p>REST</p>	<p>60 MINS 3 x 8 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 8 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible. Remain in the saddle on the hills + stretch</p>

Week 18	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p>60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible. Remain in the saddle on the hills + stretch</p>
Week 19	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p>60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible. Remain in the saddle on the hills + stretch</p>
Week 20	REST	<p>45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT</p> <p>After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	REST	<p>30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	100 Mile Sportive / Challenge