



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 Cycle	Training Zone	Perceived Effort Level (1-10)*	How it feels, the "Talk Test"
Warm Up / Recovery Ride	1	6 to 6.5	You can speak in complete sentences, totally conversational, you're cycling relaxed, enjoying it and not worrying about the watch / pace
Easy Ride	2	6 to 7	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 to 8	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
Threshold Effort Ride	4	8 to 8.5	You can speak in short sentences, you have a slight pause on your breath but are not out of breath, relaxed and in control
Speedwork	5	9 to 9.5	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

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



Intermediate Plan

54 Mile Cycle

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	20 - 30 minutes Conditioning Work	<p>Peddalling Technique Session. 8 minutes Warm Up @ Z1 Effort. 1 minute Cycling Right Leg Only, 1 minute Cycling Left Leg Only, 1 minutes Cycling Both Legs. Repeat that 5 times. 5 minutes Cool Down</p> <p>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 toes forward. In all positions, keep the toes relaxed. Aim to work at a 90 rpm+.</p> <p>Rest Day the non-working leg out the peddles when it isn't working</p>	30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	<p>40 minutes Progressive Peddling Session @ Zone 1. 5 minutes Warm Up @ Zone 1. 4 x 5 minutes at 75, 85, 90 and 100 rpm, 5 minutes Cool Down @ Zone 1. Relaxed form is more important than driving a high heart rate. 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 Day	60 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch

Week 2	20 - 30 minutes Conditioning Work	40 minutes Progressive Peddling Session @ Zone 1. 5 minutes Warm Up @ Zone 1. 2 x 10 minutes at 85 and 100 rpm, 5 minutes Cool Down @ Zone 1. Relaxed form is more important than driving a high heart rate. 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	30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Spin Ups. 15 minutes Easy Cycle Z1 to Z2. 10 x 30 seconds at High Cadence (around 120rpm - go NO higher than a Z3) with 30 seconds recovery, 15 minutes Easy Cycle Z2.	Rest Day	75 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
Week 3	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second Spin Ups). 4 x 4 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	45 minutes Easy Cross Training / Gym Class	45 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	Rest Day	Rest Day	90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch
Week 4	20 - 30 minutes Conditioning Work	45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	45 minutes Easy Cross Training / Gym Class	Indoor Session: 10 minute Warm Up (include 4 x 45 seconds Spin ups with 15 second recovery), 15, 10, 5 minutes at Z3 (Steady+) with a 2 minute recovery, 10 minutes Cool Down	Rest Day	105 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible. Can be done on an indoor trainer as well + stretch	Rest Day

Week 5	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second Spin Ups). 6 x 4 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	45 minutes Easy Cross Training / Gym Class	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	120 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible. Can be done on an indoor trainer as well + stretch	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
Week 6	20 - 30 minutes Conditioning Work	Indoor Session: 10 minute Warm Up (include 3 x 45 seconds Spin ups with 15 second recovery), 4 x (4 minutes @Zone 3, 2 minutes @Zone 4) with a 3 minute recovery @Zone 2, 5 minutes Cool Down	45 minutes Easy Cross Training / Gym Class	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	150 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible. Can be done on an indoor trainer as well + stretch	Rest Day
Week 7	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second Spin Ups). 5 x 5 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	45 minutes Easy Cross Training / Gym Class	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest Day

Week 8	20 - 30 minutes Conditioning Work	45 minutes Easy Cross Training / Gym Class	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second Spin Ups). 6 x 5 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	Rest Day	Rest Day	150 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible. Can be done on an indoor trainer as well + stretch	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
Week 9	20 - 30 minutes Conditioning Work	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	Spin Ups. 15 minutes Easy Cycle Z1 to Z2. 10 x 30 seconds at High Cadence (around 120rpm - go NO higher than a Z3) with 30 seconds recovery, 15 minutes Easy Cycle Z2.	Rest Day	160 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
Week 10	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second Spin Ups). 3 x 8 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	45 minutes Easy Cross Training / Gym Class	75 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest Day	180 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch

Week 11	20 - 30 minutes Conditioning Work	Indoor Session: 10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second Spin Ups), 20 x 90 seconds at Z5 effort with a 60 second Z2 recovery, 10 minutes Cool Down	45 minutes Easy Cross Training / Gym Class	75 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest Day	90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest Day
Week 12	20 - 30 minutes Conditioning Work	Indoor Session: 10 minute Warm Up (include 3 x 45 seconds Spin ups with 15 second recovery), 4 x (4 minutes @Zone 3, 2 minutes @Zone 4) with a 3 minute recovery @Zone 2, 5 minutes Cool Down	45 minutes Easy Cross Training / Gym Class	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	200 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible. Can be done on an indoor trainer as well + stretch	80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
Week 13	20 - 30 minutes Conditioning Work	45 minutes Easy Cross Training / Gym Class	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 3 x 10 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
Week 14	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 2 x 15 minutes at Z4 (Threshold Effort) with a 5 minute Recovery in Z2, 5 minutes Cool Down Z1	45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	75 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest Day	240 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible. Can be done on an indoor trainer as well + stretch	Rest Day

Week 15	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 3 x 10 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	Rest Day	45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest Day
	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 4 x 8 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	Rest Day	45 minutes Easy Cross Training / Gym Class	Rest Day	240 minutes Easy Effort Long Ride @ Zones 1 to 2. Rolling Course if possible. Can be done on an indoor trainer as well + stretch	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 2 x 15 minutes at Z4 (Threshold Effort) with a 5 minute Recovery in Z2, 5 minutes Cool Down Z1	45 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	75 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest Day	200 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 4 x 10 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	Rest Day	90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest Day	180 minutes Easy to Steady Effort Ride @ Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	80 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
Week 16							
Week 17							
Week 18							

Week 19	20 - 30 minutes Conditioning Work	Rest Day	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 2 x 10 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	30 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch	Rest Day	90 minutes Easy Effort Long Ride @ Zones 1 to 2. Can be done on an indoor trainer as well + stretch	60 minutes Recovery Ride @ Zone 1. Can be done on an indoor trainer. Stretch
	Week 20	20 - 30 minutes Conditioning Work	10 minutes Warm Up @ Z1 to 2 (include 1 minute single leg peddling on each leg). 4 x 5 minutes at Z4 (Threshold Effort) with a 2 minute Recovery in Z2, 5 minutes Cool Down Z1	Rest Day	Spin Ups. 15 minutes Easy Cycle Z1 to Z2. 10 x 30 seconds at High Cadence (around 120rpm - go NO higher than a Z3) with 30 seconds recovery, 15 minutes Easy Cycle Z2.	Rest Day	30 minutes Recovery Ride @ Zone 1. Pre Race Check- Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to the weekend. Good Luck

POST RACE RECOVERY TRAINING

It's vital after the exertions of your challenge to give yourself the chance to help your body recover fully. Doing some easy walking, swimming and cross training will aid this process and it's helpful to have a mental break too. Often people return to cycling too quickly and don't allow nature to help. Try to also get a sports massage during this period and find time to stretch. Enjoy the moment, wear your medal with pride and don't forget to get in touch with Blood Cancer UK to sign up for your next race or challenge.

Week 2	Week 1	Rest Day	30 minutes Gentle Walk	20 minutes Easy Swim. Light Stretch	Rest Day	30 minutes Easy Cross Training	Rest Day	45 minutes Brisk Walk
	Rest Day	20 minutes Easy Swim. Light Stretch	30 minutes Gentle Walk	Sports Massage	Rest Day	30 minutes Easy Cycle @ Z1	Rest Day	