

Training Plan For Intermediate Cyclists (Week 1-4)

Up To 100 miles

This training plan is designed to build you up to long distance cycling.

REMEMBER: Warming up and cooling down before and after you exercise is very important. Rest days are also a MUST!

Week	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Warm up 10 mins fast cycle 10 mins slow cycle Repeat x2 Cool down	Warm up 45 mins medium pace cycle Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 30 mins at long-distance pace with a 5 min sprint every 10 mins Cool down	Warm up 1 hour at long-distance pace Cool down
2	Warm up 6 mins fast cycle 2 mins slow-medium cycle 20 mins cycling long-distance pace Repeat x3 Cool down	Warm up 50 mins medium pace cycle Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 35 mins at long-distance pace with a 5 min sprint every 5 mins Cool down	Warm up 1 hour 30 mins at long-distance pace Cool down
3	Warm up 1 min sprint 75 secs slow-med cycle Repeat x12 15 mins long-distance pace Cool down	Warm up 1 hour medium pace cycle Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 40 mins at long-distance pace with a 5 min sprint every 10 mins Cool down	Warm up 2 hours at long-distance pace Cool down
4	Warm up 1 min sprint 75 secs slow-med pace Repeat x8 10 mins at long-distance pace Repeat whole workout x2 Cool down	Warm up 1 hour medium pace cycle Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 45 mins at long-distance pace with a 8 min sprint every 15 mins Cool down	Warm up 2 hours 30 mins at long-distance pace Cool down

Training Plan For Intermediate Cyclists (Week 5-8)

Up To 100 miles

This training plan is designed to build you up to long distance cycling.

REMEMBER: Warming up and cooling down before and after you exercise is very important. Rest days are also a MUST!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest	Warm up 6 mins sprint 2 mins slow-med pace Repeat x5 15 mins at long-distance pace Cool down	Warm up 1 hour 15 mins at medium pace Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 1 hour at long-distance pace with a 10 mins sprint every 30 mins Cool down	Warm up 3 hours at long-distance pace Cool down
6	Rest	Warm up 6 mins sprint 2 mins slow-medium pace Repeat x5 20 mins at long-distance pace Cool down	Warm up 1 hour 15 mins at long-distance pace Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 1 hour at long-distance pace with a 15 mins sprint every 30 mins Cool down	Warm up 3 hours 30 mins at a long-distance pace Cool down
7	Rest	Warm up 9 mins sprint 2 mins slow-medium pace Repeat x3 40 mins at long-distance pace Cool down	Warm up 1 hour 15 mins at long-distance pace Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 1 hour at long-distance pace with 8 mins sprint every 15 mins Cool down	Warm up 4 hours at long-distance pace Cool down
8	Rest	Warm up 45 mins 70-80% pace Cool down	Warm up 1 hour 15 mins at long-distance pace Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 20 min long-distance pace 25 min sprint Cool down	Warm up 4 hours at long-distance pace Cool down

Training Plan For Intermediate Cyclists (Week 9-12)

Up To 100 miles

This training plan is designed to build you up to long distance cycling.

REMEMBER: Warming up and cooling down before and after you exercise is very important. Rest days are also a MUST!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Rest	Warm up 6 min sprint 2 min slow-med pace Repeat x5 15 mins at long-distance pace Cool down	Warm up 1 hour 15 mins at medium pace Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 1 hour at long-distance pace with a 10 min sprint every 30 mins Cool down	Warm up 3 hour cycle at long-distance pace Cool down
10	Rest	Warm up 1 hour at medium pace Cool down	Warm up 50 mins at long-distance pace Cool down	Warm up 1 hour gentle jog Cool down	Rest	Warm up 20 mins at long-distance pace 20 mins medium pace 10 mins sprint Cool down	Warm up 2 hours 30 mins cycle at long-distance pace Cool down
11	Rest	Warm up 40 mins at long-distance pace incl. 4 bursts of 5 secs at your max effort Cool down	Warm up 50 mins at long-distance pace Cool down	Warm up 1 hour gentle jog Cool down	Rest	Rest (or gentle low-impact exercise such as X-trainer/walking)	Warm up 1 hour 30 mins cycle at a long-distance pace Cool down
12	Rest	Warm up 15 min sprint 3 mins slow-med pace Repeat x3 Cool down	Warm up 45 mins at long-distance pace Cool down	Warm up 1 hour gentle jog Cool down	Rest	Rest (or gentle, low-impact exercise such as walking)	Race Day! 