



CASUAL CYCLIST TRAINING PLAN

This training plan is aimed at casual cyclists undertaking the short or middle-distance ride for the Pilgrims Hospice ride.

The plan assumes you are going to ride 3 times per week and have some experience of riding. You should be in good health and have a mechanically safe bike before undertaking any training plan.

The days of the week are not fixed but if you do move a ride try and have a rest day between rides to still allow adequate recovery.

These sessions can be done outside or on a turbo/gym bike.

Different types of riding intensity.

EASY – This should be less than 60% of maximum effort. During an easy ride you should be very relaxed and able to maintain a conversation. Remember to ease back on hills to maintain a low intensity.

STEADY – 60-70% of maximum effort. This is the main area for training. These are your 'base miles' and will improve your aerobic capacity. Conversation is still just about possible but you should be aware of raised breathing rate and effort.

TEMPO – 70-80% of maximum effort. This will form in blocks within your rides where you will have to concentrate to maintain the effort and only able to say a few words at a time.

FRC – 80-90% of maximum effort. This will again form in small blocks within the rides to help with the steep hills within the routes. This intensity should feel almost as hard as you can go. Breathing should remain controlled though.

Week One

Monday – Rest Day.
Tuesday – 30mins **EASY** pace.
Wednesday - Rest Day.
Thursday - 30mins **STEADY** pace.
Friday - Rest Day.
Saturday - Rest Day.
Sunday - 60mins **STEADY** pace.

Week Two.

Monday - Rest Day.
Tuesday - 45mins **EASY** pace.
Wednesday - Rest Day
Thursday - 45mins **STEADY** pace.
Friday - Rest Day.
Saturday - Rest Day.
Sunday - 75mins **STEADY** pace.

VELD Tips –

- Make sure you are comfortable on the bike. When your hands are on the handlebars covering the brake levers your arms should be nice and relaxed with a small bend in the elbow while your shoulders can remain relaxed. Your knee should have a slight bend in it when your foot reaches the bottom of the pedal stroke.
- Keep ride food simple like bananas, cereal bars or even jam sandwiches. Sports nutrition products are great but only if you have trained/tested them before on the bike.
- Before riding always check your wheels are done up properly and you don't have any deep cuts to your tyres before setting off.

Week Three.

Monday - Rest Day.
Tuesday - 30mins **EASY** pace.
Wednesday - Rest Day
Thursday - 45mins **EASY** pace BUT include 2 x 5mins of **TEMPO** with 10mins **EASY** between each block within the ride.
Friday - Rest Day.
Saturday - Rest Day.
Sunday - 60mins **STEADY** pace BUT include 2 x 10mins **TEMPO** with 10mins **EASY** between each block.

Week Four.

Monday - Rest Day.
Tuesday - 30mins **EASY** pace.
Wednesday - Rest Day.
Thursday - 45mins **EASY** pace BUT include 3 x 2mins **FRC** with 5mins **EASY** Between each interval.
Friday - Rest Day.
Saturday - Rest Day.
Sunday - 90mins **STEADY** pace.

VELD Tips –

- Listen to your body. If you are feeling overly tired or not well take an extra rest day within the plan.
- Try and eat at least 90mins before training to allow time for your food to be digested.
- Try and refuel straight after training to help replenish your stores and kick start the recovery process. A good portion of carbohydrates and high-quality protein is recommended.
- Visualise riding the route and conquering the hills during your training intervals to help with motivation.

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Week Five.

Monday - Rest Day.
Tuesday - 45mins **EASY** pace.
Wednesday - Rest Day.
Thursday - 45mins **STEADY** pace BUT include
1 x 15min **TEMPO** pace block within the ride.
Friday - Rest Day.
Saturday - Rest Day.
Sunday - 120mins **STEADY** pace ride.

Week Six.

Monday - Rest Day.
Tuesday - 30mins **EASY** pace.
Wednesday - Rest Day.
Thursday - Rest Day.
Friday - Rest Day.
Saturday - Rest Day.
Sunday - **PILGRIMS HOSPICE RIDE**

VELD Tips –

- Use the week five Sunday **STEADY** ride as a mock Pilgrims Hospice ride. Wear your favourite shorts and kit. Try out your planned nutrition and pacing strategies. To see if you need to change anything for the actual event.
- In week six put your feet up and relax. Check over your bike and kit, if you have to have any work carried out on your bike use Saturday to make sure everything is ready.

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