

# 100km cycle training plan

If you've signed up for the Wheels For Change event, or are just considering it, this training guide will help you get ready for the 100km course in no time. Whether you're a beginner, intermediate or advanced cyclist, read on to get ready for the challenge this September.

**See you there.**



# Cycle

## **Any bike you're currently riding will work just fine.**

It can be a road bike, mountain bike or hybrid bike. It just must have two brakes, gears and a free-wheel. Many people have completed their first race on a borrowed bicycle. Be sure the bike is correctly fitted to you and is in good working order; no rotted, bald tires or frayed cables. If in doubt, it's worth taking it down to a local bike shop to get it serviced by a professional.

## **Setting up your bike:**

- Keep the saddle flat. Tilting it forward can increase the pressure on your arms.
- Seat height should allow for a slight bend in the legs at the bottom of the pedal stroke.
- Bar position should allow for relaxed shoulders and a bend at the elbows.
- The ball of your foot should be placed directly over the pedal axle.

# Beginner training plan: 8 weeks to success

**If the Wheels For Change is your first cycle sportive and you are looking for the perfect reason to increase your exercise and activity levels, then this programme is for you.**

The programme encourages 2 cycling sessions per week, and 1 additional session if time and energy levels permit

## **Session 1**

is the ride that builds in distance and time, taking you towards the big event

## **Session 2**

complements your long steady ride and can be performed indoors or outside

## **Session 3**

is an optional session that doesn't have to be cycling. Perhaps its gym based activity instead

Week	Session 1	Session 2	Optional Extra
Week 1	1 hour / 20 km	20 minutes	20 minutes
Week 2	1.5 hours / 30 km	25 minutes	25 minutes
Week 3	2 hours / 40 km	30 minutes	30 minutes
Week 4	2.5 hours / 55 km	35 minutes	35 minutes
Week 5	3 hours / 65 km	40 minutes	40 minutes
Week 6	3.5 hours / 75 km	45 minutes	45 minutes
Week 7	2h 15m / 50 km	30 minutes	30 minutes
Race week	Rest	20 minutes	20 minutes

# Intermediate training plan: 8 weeks to success

**If you are a keen cyclist and train on a regular basis then this is the programme for you. The programme requires commitment to 3 cycling sessions per week.**

## **Session 1**

is your long steady ride, ideally performed outdoors on your bike.

## **Session 2**

compliments your long ride and can be performed outside or indoors.

## **Session 3**

allows you to add some intensity, perhaps with some hill repeats or intervals.

If you chose this programme, you are sure to have one eye on your finish time!!

Week	Session 1	Session 2	Session 3
Week 1	1.5 hours / 35 km	30 minutes	30 minutes
Week 2	2 hours / 50 km	30 minutes	30 minutes
Week 3	2.5 hours / 60 km	45 minutes	45 minutes
Week 4	3 hours / 70 km	45 minutes	45 minutes
Week 5	3.5 hours / 85 km	60 minutes	45 minutes
Week 6	4 hours / 100 km	60 minutes	45 minutes
Week 7	2.5 hours / 60 km	40 minutes	30 minutes
Race week	Rest	30 minutes	20 minutes

# Advanced training plan: 8 weeks to success

**If you are a regular cyclist with a competitive edge then this challenging programme provides the opportunity to build a solid base of endurance with added intensity work. The programme involves 4 cycling sessions per week.**

## **Session 1**

is the ride that builds in distance and time, as you progress you can mix in some hill works and intensity

## **Session 2**

is the first of your two intensity sessions allowing you to raise your cycling threshold

## **Session 3**

is the second endurance based ride of the week. Slightly shorter than session 1 and slightly harder

## **Session 4**

allows you to tailor your programme. Perhaps more intensity work or maybe a recovery ride is what you need

Week	Session 1	Session 2	Session 3	Session 4
Week 1	2 hours / 55 km	30 minutes	30 minutes	30 minutes
Week 2	3 hours / 90 km	45 minutes	45 minutes	45 minutes
Week 3	3.5 hours / 100 km	45 minutes	60 minutes	45 minutes
Week 4	2 hours / 55 km	30 minutes	30 minutes	30 minutes
Week 5	4 hours / 110 km	45 minutes	75 minutes	45 minutes
Week 6	4.5 hours / 120 km	45 minutes	90 minutes	45 minutes
Week 7	3 hours / 90 km	30 minutes	60 minutes	30 minutes
Race week	Rest	30 minutes	30 minutes	30 minutes

# Bringing your training plan to life

- 1.** The most important ride of each week is your long steady duration ride. This is Session 1 in each week. This ride increases in time and distance week by week. The norm is for these rides to be performed on weekends, however, during the week may work better for you.
- 2.** Be realistic when choosing your training plan. Assess your time commitments such as work, family and social activities. Then make your decision and stick to it.
- 3.** Plan each week in advance, allocating each ride to a specific day and time. Ideally you can be consistent with your training pattern.
- 4.** Spread your workouts as much as possible. Rest days between sessions will provide the necessary recovery time and help to improve the quality of your workouts.
- 5.** Control your intensity, sometimes referred to as effort level. Think fairly light or comfortable pace, especially for beginners. This will enable you to build endurance, improving your aerobic fitness.
- 6.** Your training plan gives you target training times and recommended distances (for long rides). You could either chose to ride by time, or distance covered, or distance covered in the timeframe. Remember these are guidelines and will not be exacting.

# Preventing and rebounding from injury

The tips in this guide aim to help you prevent common injuries. Should you have any questions, speak to any member of the fitness team at your Nuffield Health gym. Just remember never to work through pain. Pain is often your body's way of telling you that something is wrong and ignoring it can make the injury more severe. If you find yourself requiring a physiotherapist's care, you'll be pleased to know that wherever you live or work you're never more than a 20-minute drive from a Nuffield Health physiotherapist. We have a nationwide network of over 3,500 registered physiotherapists at our physio clinics, hospitals and Fitness & Wellbeing centres available to deliver your treatment.

**To find out more or book an appointment**

call **0300 123 9201**

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