



# 15 Week Intermediate Training Schedule

Below is a training plan that will take you from a minimum level of fitness to being able to complete your chosen ride.

All of the sessions below are based on time rather than distance. This means that you can take the sessions at your own speed depending on your level of fitness. If you still find the sessions too hard, progress through the program at your own pace. Equally if it is too easy add more sessions or do longer rides than is included on the sessions.

Please be advised this is only a guideline. Bike sessions can be swapped for any other aerobic exercise as mentioned in the training plan. Be aware however that not all aerobic exercise is equal in intensity, for example a 2hr bike ride would be roughly equivalent to a 45min run.

**Group Ride.** In the programme we suggest some of the rides you do are in a group. Try and find a group of similar ability to your own to ride with. For suggestions for groups to join ask your local cycle or triathlon club. However, before leaving on a ride check what standard the group is and how far they are going. Cycling in a group is great practice and gets you used to riding in close contact with other cyclists. You will learn cycling etiquette and it will encourage you to learn other skills such as how to corner and brake smoothly, at the same speed as everyone else.

On the event you will be cycling for multiple days so the training schedule is designed to build up to this. Each time you go out, tell someone where you are going, take a mobile phone and basic spares such as a spare tube and a pump. Always take water with you and on the longer rides take easy to digest carbohydrate rich food that will give you energy.

It is advisable to consult your doctor before embarking on any training schedule. Please seek assistance from a professional if you have difficulty with any of the schedule.

Remember, this is all part of the challenge, the more you do now the easier it will be on the day. Enjoy!

## Week 1:

Day	Time	Session
Monday		Make sure your bike and all your equipment is ready.
Tuesday	00:30	Easy cycle. If you have not ridden for a while, get used to your bike and the gears.
Wednesday		Day Off
Thursday	00:30	Gym / Fitness class to help build strong core muscles.*
Friday		Day Off
Saturday	00:45	Initial Fitness test. Find a circuit (approximately 5 miles and traffic free if possible) with no traffic lights and only left hand junctions. After 10 to 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record your time so you can track your progress. When finished do a 5 to 10 minute warm down of easy riding.
Sunday		Day Off

\* Core muscles allow good posture and help prevent injuries by giving you the strength to hold your body together while exercising.

## Week 2:

Day	Time	Session
Monday		Day Off
Tuesday	00:30	Easy cycle.
Wednesday		Day Off
Thursday	00:30	Gym / Fitness class
Friday		Day Off
Saturday	00:45	Flat route. Use your bike computer to see how fast you are cycling. An average speed of 12mph is all you need, but remember by the ride you will need to be cycling at least 12mph for the whole route.
Sunday	01:00	Group ride see notes above. On a flat route. Practise drinking while cycling and concentrate on braking and cornering smoothly in your group.

## Week 3:

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Hilly route. Cycle a route with 2 to 3 hills (of between 2-3 min of ascent on each hill each if possible).
Wednesday	00:30	Easy cycle.
Thursday	00:45	Gym / Fitness class
Friday		Day Off
Saturday	00:45	Flat route.
Sunday	01:15	Group ride. Flat route.

## Week 4:

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Easy cycle.
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:00	Hilly route. Cycle up a minimum of 4 hills throughout the route.
Sunday	01:00	Group ride. Flat route.

## Week 5:

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Hilly route.
Wednesday	00:40	Easy cycle.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:00	Flat route. Do 15 min easy as a warm up. Then 3 x 1min as fast as you can with 2min easy spinning between efforts.
Sunday	01:30	Group ride. Flat route.

## Week 6:

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Hilly route.
Wednesday	00:30	Easy cycle.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	00:45	Fitness test. Using the same circuit as Week 1, after 10 to 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record your time and compare your progress to when you started. When finished do a 10 to 15 minute warm down of easy riding.
Sunday	01:45	Group ride. Flat route.

## Week 7:

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Hilly route.
Wednesday	01:00	Easy cycle. Include 2 x 5min cycling at 3-4mph quicker than your average, with 10min between efforts.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:30	Flat route. Do 15 min easy as a warm up. Then 5 x 1min as fast as you can with 2min easy spinning between efforts.
Sunday	02:00	Group ride. Hilly route including 5 hills.

## Week 8:

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Hilly route.
Wednesday	00:45	Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:15	Flat route. Do 30 min easy as a warm up. Then 5 x 1min as fast as you can with 2min easy spinning between efforts.
Sunday	02:30	Group ride. Hilly route. Race up the hills and wait for everyone to get together at the top.

## Week 9

Day	Time	Session
Monday		Day Off
Tuesday		Day Off
Wednesday	00:45	Easy cycle.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:00	Easy cycle.
Sunday	03:00	Group ride. Hilly route, ride at least 4 hills. Race up the hills and wait for everyone to get together at the top.

## Week 10

Day	Time	Session
Monday		Day Off
Tuesday	01:15	Hilly ride, including 4 hills.
Wednesday	01:15	Easy cycle. Include 3 x 5min cycling 3/4mph quicker than average, with 10min between efforts.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	02:00	Group ride on the flat.
Sunday	02:30	Group ride. Hilly route, ride at least 5 hills. Race up the hills and wait for everyone to get together at the top.

## Week 11

Day	Time	Session
Monday		Day Off
Tuesday	01:30	Hilly ride, including 4 hills.
Wednesday	01:30	Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	02:00	Group ride, flat route. Do 30 min easy as a warm up. Then 5 x 1min as fast as you can with 2min easy spinning between efforts.
Sunday	03:30	Group ride. Hilly route, ride at least 6 hills. Race up the hills and wait for everyone to get together at the top.

## Week 12

Day	Time	Session
Monday		Day Off
Tuesday	01:30	Hilly ride, including 4 hills, work hard up the hills.
Wednesday	01:00	Easy cycle. Include 3 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	04:30	Group ride, hilly route.
Sunday		Day Off

## Week 13

Day	Time	Session
Monday		Day Off
Tuesday	01:45	Hilly ride, including 4 hills, work hard up the hills.
Wednesday	01:30	Easy cycle. Include 4 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday	01:00	Gym / Fitness class
Friday	01:00	Easy cycle.
Saturday	02:30	Group ride, flat route. Do 30 min easy as a warm up. Then 5 x 1min as fast as you can with 2min easy spinning between efforts.
Sunday	04:15	Group ride. Hilly route.

## Week 14

Day	Time	Session
Monday		Day Off
Tuesday	01:15	Easy cycle. Flat route.
Wednesday	01:00	Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday	01:00	Gym / Fitness class
Friday	01:00	Easy cycle.
Saturday		Day Off / Give your bike a service and a clean
Sunday	05:00	Group ride.

## Week 15

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Easy cycle. Flat route.
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:00	Fitness test. Using the same circuit as Week 1, after 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record your time to compare your progress to week 1 and week 6. When finished do a 15 minute warm down of easy riding.
Sunday	02:00	Group ride.

## Event Week:

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Easy cycle.
Wednesday		Day Off/Pack your bike
Thursday		<b>Event Day</b>
Friday		<b>Event Day</b>
Saturday		<b>Event Day</b>
Sunday		<b>Event Day</b>