



# Training Guide

## Completing a

### Gran Fondo

# 100km

Below is a basic training plan that will take you from a minimum level of fitness to being able to complete a Gran Fondo, a 100km bike ride, which originated in Italy in 70's. All of the sessions are based on a distance rather than time. This means that you progress through each ride allowing you to see how many kms you have accumulated over the weeks leading up to your 100k ride.

Cyclists of all levels will benefit from making their own personal plan that you can apply to your own ability and the time you have available to train. To do this, work your way through the following guidelines:

- Work out how many weeks you have from now until event day
- Work out the longest cycle ride you feel you could work towards within that time
- Plan this longest distance for 2-3 weeks before event day
- Work backwards and gradually decrease the mileage and time you are cycling all the way back to the current day
- Remember to schedule in a rest day or two after a long weekend ride
- During shorter weekday rides, do what you can and focus on hill training or speed over shorter amounts of time

It is also important nearer event day to practice your technique doing things such as grabbing a bottle of water from your bike and drinking & eating whilst cycling (if you feel comfortable in doing so). You can take the sessions at your own speed depending on your level of fitness. If you still find the sessions too hard, please progress through the program at your own pace. Equally if this is too easy, feel free to add more sessions or do longer rides than suggested.

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	Distance	Session
Monday		Make sure your bike and all your equipment are ready.
Tuesday	10 km	Easy cycle. If you have not ridden for a while, get used to your bike and the gears.
Wednesday	10 km	Riders Choice. Practice using your gears on different terrain to see what is comfortable and uncomfortable to ride in.
Thursday		Day Off
Friday	10 km	Gym / Fitness class
Saturday		Day Off
Sunday	20 km	Initial Fitness test. Find a circuit (approximately 20 km 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 as this will enable you to track your progress. When finished, do a 5 to 10 minute warm down of easy riding.

## Week 2:

Day	Distance	Session
Monday		Day Off
Tuesday	10 km	Easy cycle
Wednesday		Day Off
Thursday	15 km	Gym / Fitness class
Friday		Day Off
Saturday	10 km	Flat route. Try to use your bike computer to see how fast you are cycling. An average speed of 12mph is all you need, but remember by the event you will need to be cycling at a minimum of 12mph for the whole route.
Sunday	30 km	If you live in a flatter area, seek out your nearest hill to go up and down.

## Week 3:

Day	Distance	Session
Monday		Day Off
Tuesday	10 km	Easy cycle
Wednesday	20 km	Gym / Fitness class
Thursday		Day Off
Friday	20 km	Riders Choice
Saturday		Day Off
Sunday	40 km	Riders Choice

## Week 4:

Day	Distance	Session
Monday		Day Off
Tuesday	10 km	Easy cycle
Wednesday		Day Off
Thursday	10 km	Riders Choice
Friday		Day Off
Saturday	30 km	Practice drinking water from a bottle whilst cycling
Sunday		Day Off

## Week 5:

Day	Distance	Session
Monday		Day Off
Tuesday	20 km	Easy cycle on a flat route
Wednesday	20 km	Gym / Fitness class
Thursday		Day Off
Friday	25 km	Riders Choice
Saturday		Day Off
Sunday	50 km	Practice drinking water from a bottle whilst cycling

## Week 6:

Day	Distance	Session
Monday		Day Off
Tuesday	20 km	Hilly route
Wednesday	20 km	Easy cycle
Thursday		Day Off
Friday	30 km	Riders Choice
Saturday		Day Off
Sunday	20 km	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.

## Week 7 :

Day	Distance	Session
Monday		Day Off
Tuesday	20 km	Hilly route
Wednesday	20 km	Easy cycle
Thursday		Day Off
Friday	25 km	Riders Choice
Saturday		Day Off
Sunday	60 km	Flat route, with speed

## Week 8:

Day	Distance	Session
Monday		Day Off
Tuesday	20 km	Flat route
Wednesday	20 km	Easy cycle. Include 2 x 5min cycling at 3-4mph quicker than average, with 10min between efforts.
Thursday		Day Off
Friday	25 km	Riders Choice
Saturday		Day Off
Sunday	70 km	Hilly route including 5 tough hills. Practice eating whilst on the bike.

## Week 9:

Day	Distance	Session
Monday		Day Off
Tuesday	20 km	Hilly route
Wednesday		Day Off
Thursday	20 km	Gym / Fitness class
Friday		Day Off
Saturday	50 km	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		Day Off

## Week 10:

Day	Distance	Session
Monday		Day Off
Tuesday	25 km	Gym / Fitness class
Wednesday	15 km	Easy cycle
Thursday		Day Off
Friday	25 km	Flat route
Saturday		Day Off
Sunday	70 km	Hilly route, ride at least 4 hills. Race up the hills

## Week 11:

Day	Distance	Session
Monday		Day Off
Tuesday	25 km	Hilly ride, including 4 hills.
Wednesday	15 km	Easy cycle. Include 3 x 5min cycling 3/4mph quicker than average, with 10min between efforts.
Thursday		Day Off
Friday	25 km	Riders Choice
Saturday		Day Off
Sunday	80 km	Group ride. Hilly route, ride at least 5 hills. Race up the hills and wait for everyone to get together at the top.

## Week 12:

Day	Distance	Session
Monday		Day Off
Tuesday	25 km	Hilly ride, including 4 hills.
Wednesday	15 km	Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday		Day Off
Friday	25 km	Do 30 min easy as a warm up. Then 5 x 1min as fast as you can with 2min easy spinning between efforts.
Saturday		Day Off
Sunday	90 km	Hilly route, ride at least 6 hills. Race up the hills.

## Week 13:

Day	Distance	Session
Monday		Day Off
Tuesday		Day Off
Wednesday	20 km	Hilly route
Thursday		Day Off
Friday		Prepare water bottles, cycling clothes and nutrition for the event
Saturday	100 km	Event/sportive day
Sunday		Rest and recovery