This 15-week guide assumes your starting fitness level will allow you to progress steadily.

Be honest with yourself regarding your current level of fitness and allow more time if you require more gradual progression.
### Training Diary

**Week 1**  
**Getting back on the bike and using gears effectively**

<table>
<thead>
<tr>
<th>Day</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session Type</strong></td>
<td>Rest</td>
<td>In/Outdoor</td>
<td>Flexible</td>
<td>Rest</td>
<td>Cross</td>
<td>Flexible</td>
<td>Outdoor</td>
</tr>
<tr>
<td><strong>Time</strong></td>
<td>-</td>
<td>30 mins—1 hr</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>1-2 hrs</td>
</tr>
<tr>
<td><strong>Session Detail</strong></td>
<td>Everybody hates Mondays - we have therefore built this in as a rest day! Rest days need to be built into your training week as this is when we recover and build muscle.</td>
<td>Don’t over-do this first ride; build up gently. Winter is an especially hard time to get back on the bike, especially in the evenings. If you prefer not to head out on the road, use a turbo trainer or a gym bike, or go to a spinning class. Outside: Aim for 10-16km (6-10 miles) Inside: Add at least 5km (3 miles) to the above, or a 1-hour session.</td>
<td>Use this day to slot other sessions into if needed due to family or work commitments. Recover and build muscle Use this time to check your bike is road-ready or plan a new training route.</td>
<td>Choose an activity to raise your pulse, but nothing too strenuous! An hour’s walk can achieve this, or a gentle swim. Check the weekend weather forecast. Take your training ride on the day with best weather.</td>
<td>There is no greater bike training than time spent in the saddle. Go for a ride in your local area. Try aiming for 25-32km (15-20 miles) for this ride. Cadence: 70-85rpm. Track your progress: make a note of how far and how long your ride was.</td>
<td><strong>Tips &amp; Tricks</strong></td>
<td>Plan your training diary Avoid changing the rest days as they have been built in to allow your body time to adapt to the training.</td>
</tr>
</tbody>
</table>
### TRAINING DIARY

#### WEEK 2  | Reading the road ahead and efficiency

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SESSION TYPE</strong></td>
<td><strong>REST</strong></td>
<td><strong>IN/OUTDOOR</strong></td>
<td><strong>FLEXIBLE</strong></td>
<td><strong>REST</strong></td>
<td><strong>CROSS</strong></td>
<td><strong>FLEXIBLE</strong></td>
<td><strong>OUTDOOR</strong></td>
</tr>
<tr>
<td><strong>TIME</strong></td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>1-2 hrs</td>
</tr>
</tbody>
</table>
| **SESSION DETAIL** | Recover and feel smug having completed your first week’s training. | Keep aiming to do this session outside where possible. | Use this day to slot other sessions into if needed due to family or work commitments. | Recover and build muscle. Use this time to check your bike is road-ready or plan a new training route. | Get out there and do something again today, either before work, at lunch time or after work. Aim to raise your pulse but not get massively sweaty! | Check the weekend weather forecast. Take your training ride on the day with best weather | Time for your second big bike session. Try to avoid doing the same route over and over again as it will be hard to motivate yourself week after week. Try aiming for 32-40km (20-25 miles)!
| **Cadence:** | | | | | | | 70-85rpm |
| **TIPS & TRICKS** | Many people on our rides use cleats or SPDs, clipping their feet to the bikes. If you are thinking of doing so, now is the time to start practicing. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. |
| **Reading your itinerary** for your trip to inspire you for your 2nd week of training. | If parts of your trip are off-road try to plan some routes on wide gravel or dirt tracks to gain experience. If you are heading out on the roads in the evenings please ensure you have lights and high-vis clothing! | Read your itinerary for your trip to inspire you for your 2nd week of training. | If parts of your trip are off-road try to plan some routes on wide gravel or dirt tracks to gain experience. If you are heading out on the roads in the evenings please ensure you have lights and high-vis clothing! | If parts of your trip are off-road try to plan some routes on wide gravel or dirt tracks to gain experience. If you are heading out on the roads in the evenings please ensure you have lights and high-vis clothing! | If parts of your trip are off-road try to plan some routes on wide gravel or dirt tracks to gain experience. If you are heading out on the roads in the evenings please ensure you have lights and high-vis clothing! | If parts of your trip are off-road try to plan some routes on wide gravel or dirt tracks to gain experience. If you are heading out on the roads in the evenings please ensure you have lights and high-vis clothing! | If parts of your trip are off-road try to plan some routes on wide gravel or dirt tracks to gain experience. If you are heading out on the roads in the evenings please ensure you have lights and high-vis clothing! |
| **Reflect** - on the kit you need with you out on a ride. On any ride you want to make sure you are carrying too much but at the same time are prepped for all that British weather can throw at you. Try to fit what you need in your cycle jersey pockets. | | | | | | | |

### KEY FOCUS

1. Increase confidence riding on the road
2. Improve your understanding of safe road riding

### TIPS & TRICKS

- **Reading your itinerary** for your trip to inspire you for your 2nd week of training.
- **Visit British Cycling’s online Ridesmart pages for a video tutorial on safe road riding.**
- **TIPS & TRICKS**
  - **Read your itinerary** for your trip to inspire you for your 2nd week of training.
  - **If parts of your trip are off-road** try to plan some routes on wide gravel or dirt tracks to gain experience.
  - **If you are heading out on the roads in the evenings** please ensure you have lights and high-vis clothing!
  - **Visit British Cycling’s online Ridesmart pages for a video tutorial on safe road riding.**
  - **Reading the road ahead** will also prevent you from getting trapped in traffic behind parked cars or potholes; signal early and pull out, maintaining your speed.

---

**TRAINING DIARY**

**WEEK 2**  | Reading the road ahead and efficiency

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SESSION TYPE</strong></td>
<td><strong>REST</strong></td>
<td><strong>IN/OUTDOOR</strong></td>
<td><strong>FLEXIBLE</strong></td>
<td><strong>REST</strong></td>
<td><strong>CROSS</strong></td>
<td><strong>FLEXIBLE</strong></td>
<td><strong>OUTDOOR</strong></td>
</tr>
<tr>
<td><strong>TIME</strong></td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>1-2 hrs</td>
</tr>
</tbody>
</table>
| **SESSION DETAIL** | Recover and feel smug having completed your first week’s training. | Keep aiming to do this session outside where possible. | Use this day to slot other sessions into if needed due to family or work commitments. | Recover and build muscle. Use this time to check your bike is road-ready or plan a new training route. | Get out there and do something again today, either before work, at lunch time or after work. Aim to raise your pulse but not get massively sweaty! | Check the weekend weather forecast. Take your training ride on the day with best weather | Time for your second big bike session. Try to avoid doing the same route over and over again as it will be hard to motivate yourself week after week. Try aiming for 32-40km (20-25 miles)!
| **Cadence:** | | | | | | | 70-85rpm |
| **TIPS & TRICKS** | Many people on our rides use cleats or SPDs, clipping their feet to the bikes. If you are thinking of doing so, now is the time to start practicing. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. | Outside: Aim for at least 16km (10+ miles) further, or a 1-hour spinning class. Try going 1-2 km or 5 mins further than last week. |
| **Reflect** - on the kit you need with you out on a ride. On any ride you want to make sure you are carrying too much but at the same time are prepped for all that British weather can throw at you. Try to fit what you need in your cycle jersey pockets. | | | | | | | |

### KEY FOCUS

1. Increase confidence riding on the road
2. Improve your understanding of safe road riding

### TIPS & TRICKS

- **Read your itinerary** for your trip to inspire you for your 2nd week of training.
- **Visit British Cycling’s online Ridesmart pages for a video tutorial on safe road riding.**
- **TIPS & TRICKS**
  - **Read your itinerary** for your trip to inspire you for your 2nd week of training.
  - **If parts of your trip are off-road** try to plan some routes on wide gravel or dirt tracks to gain experience.
  - **If you are heading out on the roads in the evenings** please ensure you have lights and high-vis clothing!
  - **Visit British Cycling’s online Ridesmart pages for a video tutorial on safe road riding.**
  - **Reading the road ahead** will also prevent you from getting trapped in traffic behind parked cars or potholes; signal early and pull out, maintaining your speed.
### TRAINING DIARY

#### WEEK 3 | Riding position, climbing and descending

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SESSION TYPE</strong></td>
<td>REST</td>
<td>IN/OUTDOOR</td>
<td>FLEXIBLE</td>
<td>REST</td>
<td>CROSS</td>
<td>FLEXIBLE</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td><strong>TIME</strong></td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>2-3 hrs</td>
</tr>
<tr>
<td><strong>SESSION DETAIL</strong></td>
<td>Keep up the Monday kick back and prepare for the week ahead.</td>
<td>If venturing outside - incorporate a hill into your ride that takes about 5 mins to climb.</td>
<td>Use this day to slot other sessions into if needed due to family or work commitments.</td>
<td>Rest, Relax &amp; Recover</td>
<td>This may not feel like much but this session really helps build your aerobic endurance.</td>
<td>Check the weekend weather forecast. Take your training ride on the day with best weather.</td>
<td>Today is about hills – hopefully you’ll have some hills in your area. If not, add another 10km to your ride. Don’t go for anything too steep. long gentle hills are more realistic for a Grade 1 or 2 cycle. Try aiming for 40-50km (25-30 miles) for this ride. Or an extra 10km (6 miles) if it’s flat.</td>
</tr>
<tr>
<td><strong>TIPS &amp; TRICKS</strong></td>
<td><strong>Tip</strong> - Your bike should be comfortable – not as comfy as a sofa but it shouldn’t be causing you pain. If it is, have a look at our bike fitting tutorial* to make some adjustments.</td>
<td><strong>Tip</strong> - If you have drop handlebars (like the ones in the picture above) put your hands on the lower part when descending – this increases your control of the bike and makes it easier to brake.</td>
<td><strong>Tip</strong> - If you have drop handlebars (like the ones in the picture above) put your hands on the lower part when descending – this increases your control of the bike and makes it easier to brake.</td>
<td><strong>Tip</strong> - Remember to reduce distances by 20% if riding a mountain bike.</td>
<td><strong>Tip</strong> - Try finding an activity you enjoy and use it as a reason to try new things.</td>
<td><strong>Tip</strong> - Take a snack with you on longer rides to give you an energy boost, and don’t forget to drink! In typical British weather, aim to drink every 15-20 minutes (one water-bottle roughly every two hours) – obviously you’ll need more if it’s hot. Cycling is no fun if you’re dehydrated.</td>
<td><strong>Tip</strong> - Try to avoid standing up on the pedals, it uses up a lot of energy for little gain. Save it for when you need to give your bottom a break.</td>
</tr>
<tr>
<td></td>
<td><strong>Tip</strong> - If you have drop handlebars (like the ones in the picture above) put your hands on the lower part when descending – this increases your control of the bike and makes it easier to brake.</td>
<td><strong>Trick</strong> - When ascending put your hands on top of your handlebars towards the middle. This helps open your lungs, helping you take on more oxygen.</td>
<td><strong>Trick</strong> - When ascending put your hands on top of your handlebars towards the middle. This helps open your lungs, helping you take on more oxygen.</td>
<td><strong>Trick</strong> - When ascending put your hands on top of your handlebars towards the middle. This helps open your lungs, helping you take on more oxygen.</td>
<td><strong>Trick</strong> - This session could be done over a lunch-time, be it a walk or a jog.</td>
<td><strong>Trick</strong> - Getting the correct gear is essential for getting up hills. There is no shame in using the lowest gear. Get into it early – don’t ‘save’ it for later as you’ll use up unnecessary energy.</td>
<td><strong>Trick</strong> - Getting the correct gear is essential for getting up hills. There is no shame in using the lowest gear. Get into it early – don’t ‘save’ it for later as you’ll use up unnecessary energy.</td>
</tr>
</tbody>
</table>

---

*You can also find our online tutorials in the video gallery of the Cycle Training Weekend on our website*
### TRAINING DIARY

#### WEEK 4  |  Rest week – with a bit of cycling

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION TYPE</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>CROSS</td>
<td>FLEXIBLE</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td>TIME</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>2-3 hrs</td>
</tr>
<tr>
<td>SESSION DETAIL</td>
<td>Hooray – your first rest week! Well done, you’ve earned it.</td>
<td>If your trip has a Facebook page it’s a great way of connecting with other people on your ride and comparing training tips.</td>
<td>So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.</td>
<td>Check the weekend weather forecast. Take your training ride on the day with best weather.</td>
<td>We don’t want to take things too easy so keep up this weekend ride. This is your 4th long ride so choose your favourite if you have done 3 different ones. If you have done the same ride each week find a new ride. Focus on your gears again – keeping that consistent leg speed and using your gears to achieve this.</td>
<td>Tip – Combine your ability to read the road ahead with selecting the right gear. Pre-emitting what gear you’ll need as you approach a climb will stop you having to change multiple gears when you start climbing.</td>
<td></td>
</tr>
</tbody>
</table>

### TIPS & TRICKS

**Tip** – If you feel you really, really need this rest because you are in pain and have tried adjusting your bike already, consider getting a professional bike fit. They do cost a bit but everyone who’s had one says they are worth every penny.

**Tip** – If you are eager to get back on the bike and feel this training is too easy – we will be ramping things up a little next week.

Still not satisfied? Go for an hour’s spin as normal.

**Tip** – Cyclists get tight hamstrings as legs are never fully extended. As we increase the amount of miles we do each week, ensure you keep stretching!

**Tip** – If you are eager to get back on the bike and feel this training is too easy – we will be ramping things up a little next week.

Still not satisfied? Go for an hour’s spin as normal.

**Tip** – Cyclists get tight hamstrings as legs are never fully extended. As we increase the amount of miles we do each week, ensure you keep stretching!

**Tip** – If you are eager to get back on the bike and feel this training is too easy – we will be ramping things up a little next week.

Still not satisfied? Go for an hour’s spin as normal.

**Tip** – Cyclists get tight hamstrings as legs are never fully extended. As we increase the amount of miles we do each week, ensure you keep stretching!
**TRAINING DIARY**

**WEEK 5 | Good braking and riding in groups**

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION TYPE</td>
<td>REST</td>
<td>IN/OUTDOOR</td>
<td>FLEXIBLE</td>
<td>REST</td>
<td>CROSS</td>
<td>FLEXIBLE</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td>TIME</td>
<td>-</td>
<td>1-2 hrs</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>2-3 hrs</td>
</tr>
</tbody>
</table>

**SESSION DETAIL**

**MON (REST)**
- This week we are looking at **riding as a group**. Try to find some people to go for a ride with this weekend.
- Look at the adjusted times in the time row — we have stepped things up a little this week.

**TUE (IN/OUTDOOR)**
- If venturing outside - incorporate 2 hills into your ride that take about 5 mins to climb.
- Outside: 20-25km (12-15 miles)
- Inside: At least 5-10km (3-6 miles) further
- Gym bikes – put a 10% hill into your session 2 x 5 mins
- Turbo – increase the resistance for 2 x 5 mins

**WED (FLEXIBLE)**
- Use this day to slot other sessions into if needed due to family or work commitments.

**THU (REST)**
- Rest, Relax & Recover
- This may not feel like much but this session really helps build your *aerobic endurance*.

**FRI (CROSS)**
- Cross Training
- Check the weekend *weather forecast*. Take your training ride on the day with best weather.

**SAT (FLEXIBLE)**
- This week’s aim is to increase our distance to 50-60km (30-36 miles)
- Cadence: 70-85rpm
- When riding as a group keep looking forward and be aware of potential hazards. Communicate with the rest of the group by voice and hand signals. Riders that are behind you may not be able to see far in front.

**SUN (OUTDOOR)**
- Move your bottom back as far as you can on the saddle when braking.
- **Tip** – If you haven’t already done so – look at local cycle clubs that almost always go out on Sundays.
- **Tip** – On your trip you will be riding with other people. To prevent a collision it is vital you continue to read the road ahead and use your brakes gently so as people don’t run into the back of you.
- **Tip** – Remember to reduce distances by 20% if riding a mountain bike.

**TIPS & TRICKS**

**Tip** – If you haven’t already done so – look at local cycle clubs that almost always go out on Sundays.

**Tip** – As we are now into Week 5 of our training plan, recap the bike safety check video* from Week 1.

**Tip** – Remember to keep stretching after all of your exercise sessions. Don’t stretch cold muscles though!

**Tip** – Remember to keep stretching after all of your exercise sessions. Don’t stretch cold muscles though!

**Tip** – Move your bottom back as far as you can on the saddle when braking.

**Tip** – If riding in a group work as a team! Drafting or slipstreaming is essentially the essence of tour cycling. Slotting in behind someone on long straight sections keeps the wind off you and will reduce the amount of effort you need to make to keep up. Taking it in turns to be on the front helps to give you a chance to rest on the back of the group.

---

*You can find our online tutorials in the video gallery of the Cycle Training Weekend on our website*
<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION TYPE</td>
<td>REST</td>
<td>IN/OUTDOOR</td>
<td>FLEXIBLE</td>
<td>REST</td>
<td>CROSS</td>
<td>FLEXIBLE</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td>TIME</td>
<td>-</td>
<td>1-2 hrs</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>2-3 hrs</td>
</tr>
<tr>
<td>SESSION DETAIL</td>
<td>Keep up the Monday kick back and prepare for the week ahead.</td>
<td>Outside: 20-25km (12–15 miles) Inside: At least 5-10km (3-6 miles) further</td>
<td>Use this day to slot other sessions into if needed due to family or work commitments.</td>
<td>Rest, Relax &amp; Recover</td>
<td>This may not feel like much but this session really helps build your aerobic endurance.</td>
<td>Check the weekend weather forecast. Take your training ride on the day with best weather.</td>
<td>Today is about cornering – hopefully you’ll be able to find some gentle hills with good bends. If not a twisty flat ride will do. Aim again for 50-60km (30-40 miles) for this ride. Or an extra 10km (6 miles) if it’s flat. Cadence: 70-85rpm</td>
</tr>
<tr>
<td>TIPS &amp; TRICKS</td>
<td>Remember to reduce distances by 20% if riding a mountain bike.</td>
<td>Trick – Taking on water is a vital part of cycling. Your trip might be in a hotter climate than the UK, increasing your need to drink. Practice drinking on the move: - Hold the brake hoods or tops of your handlebars. - Keep looking ahead when you remove and replace the bottle from your bottle-cage. Tip – If you’re nervous about this, practice riding for small sections with one hand.</td>
<td>Use this day to slot other sessions into if needed due to family or work commitments.</td>
<td>Rest, Relax &amp; Recover</td>
<td>This may not feel like much but this session really helps build your aerobic endurance.</td>
<td>Check the weekend weather forecast. Take your training ride on the day with best weather.</td>
<td>Today is about cornering – hopefully you’ll be able to find some gentle hills with good bends. If not a twisty flat ride will do. Aim again for 50-60km (30-40 miles) for this ride. Or an extra 10km (6 miles) if it’s flat. Cadence: 70-85rpm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## TRAINING DIARY  
### WEEK 7 | Pedalling

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SESSION TYPE</strong></td>
<td>REST</td>
<td>IN/OUTDOOR</td>
<td>FLEXIBLE</td>
<td>REST</td>
<td>CROSS</td>
<td>FLEXIBLE</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td><strong>TIME</strong></td>
<td>-</td>
<td>1-2 hrs</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>3-4 hrs</td>
</tr>
</tbody>
</table>
| **SESSION DETAIL** | Keep up the Monday kick back and prepare for the week ahead. | Outside: 20-25km (12-15 miles)  
Inside: At least 5-10km (3-6 miles) further | Use this day to slot other sessions into if needed due to family or work commitments. | Rest, Relax & Recover  
This may not feel like much but this session really helps build your aerobic endurance. | Check the weekend weather forecast. Take your training ride on the day with best weather. | As today’s focus is pedalling, choose from hilly or flat – whatever you like best.  
Aim for 65 – 80km (40-50 miles)  
Cadence: 70-85mph  
Remember to use your gears to maintain that even cadence.  
Remember to reduce distances by 20% if riding a mountain  
Tip – If using cleats or SPDs pull back and up with your foot at the bottom of your revolution.  
Tip – Keep enough tension in the body to stabilise it without being rigid on the bike. |
| **TIPS & TRICKS** | Tip – When pedalling try keeping your upper body as stable as possible, there should be limited movement. If you start to bob in the saddle, slow your cadence and concentrate on engaging your abdominal muscles to stabilise your hips. | Use this day to slot other sessions into if needed due to family or work commitments. | Rest, Relax & Recover  
This may not feel like much but this session really helps build your aerobic endurance. | Check the weekend weather forecast. Take your training ride on the day with best weather. | As today’s focus is pedalling, choose from hilly or flat – whatever you like best.  
Aim for 65 – 80km (40-50 miles)  
Cadence: 70-85mph  
Remember to use your gears to maintain that even cadence.  
Remember to reduce distances by 20% if riding a mountain  
Tip – If using cleats or SPDs pull back and up with your foot at the bottom of your revolution.  
Tip – Keep enough tension in the body to stabilise it without being rigid on the bike. |
# TRAINING DIARY

## WEEK 8 | Rest week

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION TYPE</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>CROSS</td>
<td>FLEXIBLE</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td>TIME</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>-</td>
<td>2-3 hrs</td>
</tr>
</tbody>
</table>

### SESSION DETAIL

**Hooray – your second rest week!** Well done, you’ve earned it.

If you have followed the training plan by now you’ll have done over **400km (250 miles)**!

So even on rest weeks we do **some exercise** – we have kept this slot here as you might well have found a **club or class** you want to keep going to.

We don’t want to take things too easy so keep up the weekend ride.

This is your 8th weekend ride so choose your favourite.

**Enjoy** yourself – you’ve been cycling for 8 weeks on this routine. Hopefully you’ve found a **love for cycling**.

### TIPS & TRICKS

**Visit**: British Cycling’s online Ridesmart pages for a tutorial on riding safely, including useful hand signals when riding in a group.

**Tip** – If you are **eager to get back on the bike** and feel this training is too easy – we will be ramping things up more next week.

Still not satisfied? Go for an hour’s spin as normal.

**Tip** – Cyclists get tight **hamstrings** as we never fully extend our legs. As we increase the amount of miles we do each week ensure you **keep stretching**!

**Tip** – Don’t be scared to go out in strong winds or rain – it will give you experience in **different weather conditions**, which is important for your main trip.

**Tip** – We have kept this **flexible** slot to allow you to find a club or class to keep going to.

**Key Focus**

1. Rest, Relax and Recover
2. Re-focus on gears
3. Re-focus on reading the road
This week is a **re-focus** on riding as a group. If you don’t already have a regular group of riders try and find some **companions** for this week’s rides.

**Outside:** 20-25km (12-15 miles)

**Inside:** At least 5-10km (3-6 miles) further

Use this day to slot other sessions into if needed due to family or work commitments.

**This may not feel like much but this session really helps build your aerobic endurance.**

**Aim for 20-30km (12-18 miles)**

**Cadence:** 70-85rpm

**From now on our weekends focus on riding for two consecutive days to build stamina and better prepare you for your trip.**

**Consolidate your fitness by repeating this week again on Week 10**

Tip – Try finding an activity you enjoy and use it as a reason to try new things.

**Tip – When drafting stay close to the wheel in front but avoid overlapping in case your companions suddenly slow down. Remain relaxed but alert to hazards. If you need to slow down, move slightly to the side into the wind; avoid sudden braking.**

**Trick – This second day is a good test for your bottom as well as your legs! Cycle shorts with a good chamois will become your new best friend. Chamois cream will become your new life partner.**
### TRAINING DIARY

#### WEEKS 11-12  |  Pacing yourself

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SESSION TYPE</strong></td>
<td>REST</td>
<td>IN/OUTDOOR</td>
<td>FLEXIBLE</td>
<td>REST</td>
<td>CROSS</td>
<td>FLEXIBLE</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td><strong>TIME</strong></td>
<td>-</td>
<td>1-2 hrs</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>2-3 hrs</td>
<td>4-5 hrs</td>
</tr>
</tbody>
</table>

#### SESSION DETAIL
- **MON**: Keep up the Monday kick back and prepare for the week ahead.
- **TUE**: Outside: Aim for 30km (18 miles)  
  Inside: At least 5-10km (3-6 miles) further  
  This week note down how far you go in an hour on your two shorter rides  
  Remember to reduce distances by 20% if riding a mountain bike.  
  Tip - As we near the end of your training plan you’ll now know what sort of speed you can average. This allows you to gauge your pace for your big trip.
  On your trip you’ll typically have a break every 30-50km so we’re now approaching that on your shorter rides.
  When the going gets tough on your big trip picture these training rides as what you have.

- **WED**: Use this day to slot other sessions into if needed due to family or work commitments.

- **THU**: Rest, Relax & Recover  
  This may not feel like much but this session really helps build your aerobic endurance.
  This is an important week for family and work commitments.

- **FRI**: Cross  
  You are progressing nicely through your training plan – if you want to extend this session then do so. Don’t over-do it though!

- **SAT**: Flexible  
  Aim this week for 50km (30 miles) as this is usually the furthest you’ll have to ride between stops on your big trip.  
  This will help you visualise what’s to come.

- **SUN**: Outdoors  
  Cadence: 70-85rpm  
  Tip – You will be amazed how powerful your mind is on your trip. Keep breaking the trip down into small chunks and don’t dwell on the bigger picture.
  Trick – Remember to enjoy your ride. It’s not a race – it’s a journey through a beautiful part of the world that is meant to take all day!

**Consolidate** your fitness by repeating this week again on Week 12

#### TIPS & TRICKS
1. **Tip** – As we near the end of your training plan you’ll now know what sort of speed you can average. This allows you to gauge your pace for your big trip.
2. **Tip** – You will be amazed how powerful your mind is on your trip. Keep breaking the trip down into small chunks and don’t dwell on the bigger picture.
3. **Trick** – Remember to enjoy your ride. It’s not a race – it’s a journey through a beautiful part of the world that is meant to take all day!

#### KEY FOCUS
1. Finding your pace
2. Building up distance
3. Mind-set
<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION TYPE</td>
<td>REST</td>
<td>IN/OUTDOOR</td>
<td>FLEXIBLE</td>
<td>REST</td>
<td>CROSS</td>
<td>FLEXIBLE</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td>TIME</td>
<td>-</td>
<td>1-1.5 hrs</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>2 hrs</td>
<td>4-5 hrs</td>
</tr>
<tr>
<td>SESSION DETAIL</td>
<td>Keep up the Monday kick back and prepare for the week ahead.</td>
<td>Keep the distance the same, but dig out the hilly routes again for this week as we refocus on climbing and descending again.</td>
<td>Use this day to slot other sessions into if needed due to family or work commitments.</td>
<td>Rest, Relax &amp; Recover</td>
<td>This may not feel like much but this session really helps build your aerobic endurance.</td>
<td>Aim for 50km (30 miles) again, but incorporate a few more hills this week if you can.</td>
<td>Today is about more hills – incorporate some long gentle gradients to boost your confidence!</td>
</tr>
<tr>
<td>TIPS &amp; TRICKS</td>
<td>Tip – Concentrate on your gear selection to maintain efficient pedalling. If you need to stand when it gets steeper, avoid rocking from side to side while pedalling.</td>
<td>Tip - Cyclists get tight hamstrings as the legs are never fully extended. As we increase the amount of miles we do each week ensure you keep stretching!</td>
<td>Tip: When going uphill, try to keep your breathing under control. Ease up if you’re panting, and take deep breaths through your nose to regain control and increase your oxygen intake.</td>
<td>Tip – Everyone has a preferred climbing style. Sit or stand, forward or back on the saddle. Aim for seated where possible and a cadence above 70rpm. You can always go for a bit of a stand to relieve the pressure off your bottom and then sit down again. Efficient pedalling while climbing will help to save energy.</td>
<td>Tip: When going uphill, try to keep your breathing under control. Ease up if you’re panting, and take deep breaths through your nose to regain control and increase your oxygen intake.</td>
<td>Try to start the hill at a pace you can sustain. If you can keep the same cadence, it’s a good sign that you are improving.</td>
<td></td>
</tr>
</tbody>
</table>

**TRAINING DIARY**

**WEEKS 13-14** | Climbing and descending

**KEY FOCUS**

1. Finding your preferred climbing technique
2. Getting the right gear while climbing
3. Efficient pedalling

---

**OUTDOOR**

| Outside: 30km (18 miles) Inside: 35-40km (21-25 miles) |
| Remember to reduce distances by 20% if riding a mountain bike. |

Tip: Use this day to slot other sessions into if needed due to family or work commitments.

---

**TIPS & TRICKS**

- Concentrate on your gear selection to maintain efficient pedalling.
- If you need to stand when it gets steeper, avoid rocking from side to side while pedalling.
- Try to start the hill at a pace you can sustain. If you can keep the same cadence, it’s a good sign that you are improving.

---

**Cadence: 70-85rpm**

| Cadence: 70-85rpm |
| Tip: When going uphill, try to keep your breathing under control. Ease up if you’re panting, and take deep breaths through your nose to regain control and increase your oxygen intake. |

---

**Consolidate your fitness by repeating this week again on Week 14.**
# TRAINING DIARY
## WEEK 15  |  Tapering off week

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION TYPE</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>CROSS</td>
<td>OUTDOOR</td>
<td>OUTDOOR</td>
</tr>
<tr>
<td>TIME</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>Up to 2 hrs</td>
<td>Up to 2 hrs</td>
</tr>
</tbody>
</table>

**SESSION DE- TAIL**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>Hooray – your final rest week!</td>
<td>Relax</td>
<td>Recover</td>
<td>Cross</td>
<td>OUTDOOR</td>
<td>OUTDOOR</td>
<td></td>
</tr>
<tr>
<td>TIME</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>1 hr</td>
<td>Up to 2 hrs</td>
<td>Up to 2 hrs</td>
<td></td>
</tr>
</tbody>
</table>

### KEY FOCUS
1. Rest, Relax and Recover
2. Taper off to keep fresh for your big trip
3. Enjoy yourself!

### TIPS & TRICKS

**Tip** – It’s important to taper off in the build-up to your big trip, so don’t panic this week. Be calm and confident that you’ve prepared well!

**Tip** – Use your time to check through your kitlist and ensure you have everything you need.

So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.

You’ll probably be wanting to go for one last blast!

We have put two short rides in this weekend for you to enjoy yourself on – keep them short, and you’ll feel fresh for your trip.

Why not go for a ride with your family. They have supported / put up with you over this 15-week plan, so get them involved.

Enjoy your final short spin before taking part in your big trip!

**GOOD LUCK!!** If you have stuck to this plan you’ll be more than fit enough to spin away over those miles!