

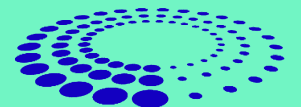


# Template training plan

**Cycling: 100 Mile  
Advanced**



fullpotential





This template training plan has been provided by Mind's training partner, Full Potential.

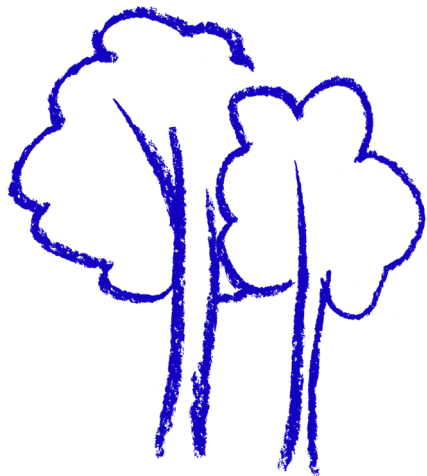
## Important

**Disclaimer:** Full Potential is an independent service provider.

Mind does not endorse or guarantee the services of Full Potential, and you take part in a training programme recommended by Full Potential at your own risk.

It's your responsibility to consult with your GP to make sure that you're medically and physically fit and well enough to take part in a Full Potential training programme and – as per our **terms and conditions** your fundraising challenge.

Mind will not be held responsible for any injury or illness related to your training or taking part in a fundraising event.



We know physical activity can be an amazing way to support mental health. However, it isn't helpful for everyone all the time.

It's important to recognise that some of us can develop an unhealthy relationship with physical activity. Anyone can develop an unhealthy relationship with exercise.

But this may be more likely if you have certain types of mental health problems. There's lots of tips for developing a healthy relationship with physical activity on **Mind's website**.



Type of ride	Training zone	Perceived effort level (1 10)*	How it should feel – The talk test
Warm up / recovery ride	1	6 – 6.5	You can speak in complete sentences, totally conversational, you're cycling relaxed, enjoying it and not worrying about the watch / pace.
Easy ride	2	6 – 7	You're in control, cycling fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady effort ride	3	7 – 8	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do.
Threshold effort ride	4	8 – 8.5	You can speak in short sentences, you have a slight pause on your breath but are not out of breath, relaxed and in control.
Speedwork	5	9 – 9.5	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.

## How the plan works

If you have done a 100 mile cycle event before, or are an experienced cyclist looking for a challenging plan, then this 16 week plan will take you to event day and put you in a great position to cycle a great time. We'll use back to back weekend cycles to help build the endurance required for this epic event.

Cross training allows us to build volume without additional miles on the bike. Our key with this plan is to keep you injury free.

It's important that you cycle at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up training too hard, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart.

On the left, is our guide to the training sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

## Making the training plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind.

- Key sessions for each week are highlighted in **BLUE**. These are the non-negotiable sessions that you need to fit into your diary in order to cycle your best race.
- Sessions in **BLACK** are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.



# Cycling training plan: advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	20–30 minutes conditioning work	45 minutes easy to steady effort ride at zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	Spin ups. 15 minutes easy cycle zones 1 to 2. 10 x 30 seconds at high cadence (around 120rpm – go no higher than a zone 3) with 30 seconds recovery, 15 minutes easy cycle zone 2	Rest day	120 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch
Week 2	20–30 minutes conditioning work	10 minutes warm up at zones 1–2 (inc. 1 minute single leg peddling on each leg and 3 x 30 second spin ups). 4 x 4 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	45 minutes easy to steady effort ride at zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	Rest day	120 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	90 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch
Week 3	20–30 minutes conditioning work	10 minutes warm up at zones 1–2 (inc. 1 minute single leg peddling on each leg and 3 x 30 second spin ups). 6 x 4 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	45 minutes easy cross training / gym class	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	Rest day	120 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch

Cycling advanced plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	20–30 minutes conditioning work	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second spin ups). 5 x 5 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	Rest day	180 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	90 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch
Week 5	20–30 minutes conditioning work	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	Rest day	Spin ups. 15 minutes easy cycle zones 1 to 2. 10 x 30 seconds at high cadence (around 120rpm – go no higher than a zone 3) with 30 seconds recovery, 15 minutes easy cycle zone 2	Rest day	120 minutes easy effort long ride at zone 1	Rest day
Week 6	20–30 minutes conditioning work	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second spin ups). 3 x 8 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	75 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest day	240 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	90 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch



Cycling advanced plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	20–30 minutes conditioning work	Indoor session: 10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg and 3 x 30 second spin ups), 20 x 90 seconds at zone 5 effort with a 60 second zone 2 recovery, 10 minutes cool down	45 minutes easy cross training / gym class	75 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest day	270 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	Rest day
Week 8	20–30 minutes conditioning work	Indoor session: 10 minute warm up (include 3 x 45 seconds spin ups with 15 second recovery), 4 x (4 minutes at zone 3, 2 minutes at zone 4) with a 3 minute recovery at zone 2, 5 minutes cool down	30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	Rest day	240 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	120 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch
Week 9	20–30 minutes conditioning work	45 minutes easy cross training / gym class	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 3 x 10 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	Rest day	300 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch

Cycling advanced plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	20–30 minutes conditioning work	45 minutes easy cross training / gym class	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 2 x 15 minutes at zone 4 (threshold effort) with a 5 minute recovery in zone 2, 5 minutes cool down zone 1	Rest day	Rest day	330 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	Rest day
Week 11	20–30 minutes conditioning work	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 3 x 10 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	60 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest day	300 minutes easy effort long ride at zones 2 to 3. Rolling course if possible. Can be done on an indoor trainer as well + stretch	120 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch
Week 12	20–30 minutes conditioning work	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 4 x 8 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	Rest day	60 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest day	330 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	Rest day

Cycling advanced plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	20–30 minutes conditioning work	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 2 x 15 minutes at zone 4 (threshold effort) with a 5 minute recovery in zone 2, 5 minutes cool down zone 1	45 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	75 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest day	300 minutes easy effort long ride at zones 2 to 3. Rolling course if possible. Can be done on an indoor trainer as well + stretch	120 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch
Week 14	20–30 minutes conditioning work	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 4 x 10 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	Rest day	90 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch	Rest day	330 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch
Week 15	20–30 minutes conditioning work	Rest day	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 2 x 10 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch	Rest day	90 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch	60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 16	20–30 minutes conditioning work	10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 4 x 5 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1	Rest day	Spin ups. 15 minutes easy cycle zones 1 to 2. 10 x 30 seconds at high cadence (around 120rpm – go no higher than a zone 3) with 30 seconds recovery, 15 minutes easy cycle zone 2	Rest day	30 minutes recovery ride at zone 1. Pre-race check- make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to the weekend. Good luck	<b>100 mile race day</b>

**Thank you for supporting Mind!**

**Did you know...?**

Full Potential would be happy to provide you with a personalised training plan. To get your plan and to see other training content, visit [mind.org.uk/traininghub](http://mind.org.uk/traininghub)

