

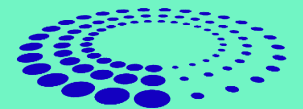


Template training plan

Cycling: 100 Mile
Intermediate



fullpotential



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

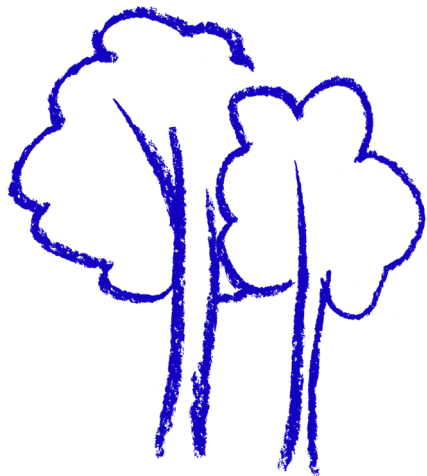
Important

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 some experience cycling, maybe entered an event before and can cycle for around 2 hours, then this 16 week plan will take you to event day and help develop your fitness. 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: intermediate

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------------------------------|--|--|--|----------|---|---|
| Week 1 | 20–30 minutes conditioning work | 40 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 | 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 | Rest day |
| Week 2 | 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). 4 x 5 minutes at zone 3 (steady) with a 2 minute recovery in zone 2, 5 minutes cool down zone | 45 Minutes easy cross training / gym class | Rest day | 90 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch | 45 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 to 2 (include 1 minute single leg peddling on each leg). 5 x 5 minutes at zone 3 (steady) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1 | Rest day | 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 | 60 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch |

Cycling intermediate plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------------------------------|--|---|--|----------|---|---|
| Week 4 | 20–30 minutes conditioning work | 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 | 30 minutes easy cross training / gym class | Rest day | Rest day | 150 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 5 | 20–30 minutes conditioning work | 10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 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 | 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 | 90 minutes easy effort long ride at zones 1 to 2. Can be done on an indoor trainer as well + stretch | 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). 3 x 8 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1 | 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 | 45 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 | 45 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch |

Cycling intermediate plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------------------------------|--|--|---|----------|---|---|
| Week 7 | 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). 5 x 5 minutes at zone 4 (threshold effort) with a 2 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 | Rest day | 210 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 8 | 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). 3 x 8 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 | 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 | 80 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch |
| Week 9 | 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 | Rest day | 45 minutes easy cross training / gym class | 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 |

Cycling intermediate 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). 5 x 6 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1 | Rest day | Rest day | 260 minutes easy effort long ride at zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer as well + stretch | 80 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch |
| Week 11 | 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). 3 x 10 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 | 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 | Rest day |
| 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 6 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1 | Rest day | 45 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 | Rest day |

Cycling intermediate plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------------|---|---|--|----------|---|---|
| Week 13 | 20–30 minutes conditioning work | 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 | 30 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch | 10 minutes warm up at zones 1 to 2 (include 1 minute single leg peddling on each leg). 4 x 7 minutes at zone 4 (threshold effort) with a 2 minute recovery in zone 2, 5 minutes cool down zone 1 | 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 | 80 minutes recovery ride at zone 1. Can be done on an indoor trainer. Stretch |
| Week 14 | 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). 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 |
| 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). 3 x 10 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 | 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 | 100 mile race day |

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

