15 Week Intermediate Training Schedule

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

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, 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 is included on the sessions

Please be advised this is only a guideline. Bike sessions can be transferred for any other aerobic exercise as mentioned in the training plan. Please 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 ride with. For suggestions for groups to join ask your local cycle or triathlon club. However before leaving on a ride remember to check what standard the group is and how far they are going. Cycling in a group is great practice for the event and gets you used to riding in close contact with other cyclists. You will learn cycling etiquette and it will encourage you learn basic skills such as how to corner and brake smoothly at the same speed as everyone else.

Remember 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 food that will give you energy such as carbohydrates.

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Make sure your bike and all your equipment is ready.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>00:30</td>
<td>Easy cycle. If you have not ridden for a while, get used to your bike and</td>
</tr>
<tr>
<td></td>
<td></td>
<td>the gears.</td>
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<tr>
<td>Wednesday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Thursday</td>
<td>00:30</td>
<td>Gym / Fitness class to help build strong core muscles.*</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
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<tr>
<td>Saturday</td>
<td>00:45</td>
<td>Initial Fitness test. Find a circuit (approximately 5 miles and traffic</td>
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<td>free if possible) with no traffic lights and only left hand junctions.</td>
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<td></td>
<td>After 10 to 15 minutes easy riding as a warm up, ride this circuit as</td>
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<td></td>
<td>fast as possible. Record you time as this will enable you to track your</td>
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<tr>
<td></td>
<td></td>
<td>progress. When finished do a 5 to 10 minute warm down of easy riding.</td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
<td>Day Off</td>
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*Core muscles allow good posture and help prevent injuries by giving you the strength to hold your body together while exercising.*

### Week 2

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Tuesday</td>
<td>00:30</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Thursday</td>
<td>00:30</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>00:45</td>
<td>Flat route. Try to use your bike computer to see how fast you are cycling.</td>
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<td></td>
<td></td>
<td>An average speed of 12mph is all you need, but remember by the event</td>
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<td></td>
<td></td>
<td>you will need to be cycling at least 12mph for the whole route.</td>
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<tr>
<td>Sunday</td>
<td>01:00</td>
<td>Group ride see notes above. On a flat route. Practise drinking while</td>
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<td></td>
<td></td>
<td>cycling and concentrate on braking and cornering smoothly in your group.</td>
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### Week 3

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<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Tuesday</td>
<td>00:45</td>
<td>Hilly route. Cycle a route with 2 to 3 hills (of between 2-3 min of</td>
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<tr>
<td></td>
<td></td>
<td>ascent on each hill each if possible).</td>
</tr>
<tr>
<td>Wednesday</td>
<td>00:30</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Thursday</td>
<td>00:45</td>
<td>Gym / Fitness class</td>
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<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>00:45</td>
<td>Flat route.</td>
</tr>
<tr>
<td>Sunday</td>
<td>01:15</td>
<td>Group ride. Flat route.</td>
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### Week 4

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<th>Day</th>
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<td>Day</td>
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<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
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<tr>
<td>Tuesday</td>
<td>00:45</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>00:40</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>01:00</td>
<td>Hilly route. Cycle up a minimum of 4 hills throughout the route.</td>
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<tr>
<td>Sunday</td>
<td>01:00</td>
<td>Group ride. Flat route.</td>
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**Week 5**

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
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<tr>
<td>Tuesday</td>
<td>00:45</td>
<td>Hilly route.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>00:40</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>01:00</td>
<td>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.</td>
</tr>
<tr>
<td>Sunday</td>
<td>01:30</td>
<td>Group ride. Flat route.</td>
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</tbody>
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**Week 6**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Tuesday</td>
<td>00:45</td>
<td>Hilly route.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>00:30</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>00:45</td>
<td>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.</td>
</tr>
<tr>
<td>Sunday</td>
<td>01:45</td>
<td>Group ride. Flat route.</td>
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**Week 7**

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Tuesday</td>
<td>01:00</td>
<td>Hilly route.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>01:00</td>
<td>Easy cycle. Include 2 x 5min cycling at 3-4mph quicker than average, with 10min between efforts.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>01:30</td>
<td>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.</td>
</tr>
<tr>
<td>Day</td>
<td>Time</td>
<td>Session</td>
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</tr>
<tr>
<td>Sunday</td>
<td>02:00</td>
<td>Group ride. Hilly route including 5 hills.</td>
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**Week 8**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Tuesday</td>
<td>00:45</td>
<td>Hilly route.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>00:45</td>
<td>Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with 10min between efforts.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>01:15</td>
<td>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.</td>
</tr>
<tr>
<td>Sunday</td>
<td>02:30</td>
<td>Group ride. Hilly route. Race up the hills and wait for everyone to get together at the top.</td>
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</tbody>
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**Week 9**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
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<tr>
<td>Tuesday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Wednesday</td>
<td>00:45</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>01:00</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Sunday</td>
<td>03:00</td>
<td>Group ride. Hilly route, ride at least 4 hills. Race up the hills and wait for everyone to get together at the top.</td>
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**Week 10**

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Tuesday</td>
<td>01:15</td>
<td>Hilly ride, including 4 hills.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>01:15</td>
<td>Easy cycle. Include 3 x 5min cycling 3/4mph quicker than average, with 10min between efforts.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>02:00</td>
<td>Group ride on the flat.</td>
</tr>
<tr>
<td>Sunday</td>
<td>02:30</td>
<td>Group ride. Hilly route, ride at least 5 hills. Race up the hills and wait for everyone to get together at the top.</td>
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**Week 11**

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
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<tr>
<td>Tuesday</td>
<td>01:30</td>
<td>Hilly ride, including 4 hills.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>01:30</td>
<td>Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with</td>
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### Week 12

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Day Off</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>01:30</td>
<td>Hilly ride, including 4 hills, work hard up the hills.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>01:00</td>
<td>Easy cycle. Include 3 x 5min cycling 3-4mph quicker than average, with 10min between efforts.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td>Day Off</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>04:30</td>
<td>Group ride, hilly route.</td>
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<tr>
<td>Sunday</td>
<td>Day Off</td>
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### Week 13

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<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Day Off</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>01:45</td>
<td>Hilly ride, including 4 hills, work hard up the hills.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>01:30</td>
<td>Easy cycle. Include 4 x 5min cycling 3-4mph quicker than average, with 10min between efforts.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td>01:00</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Saturday</td>
<td>02:30</td>
<td>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.</td>
</tr>
<tr>
<td>Sunday</td>
<td>04:15</td>
<td>Group ride.</td>
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### Week 14

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Day Off</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>01:15</td>
<td>Easy cycle. Flat route.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>01:00</td>
<td>Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with 10min between efforts.</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td>01:00</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Saturday</td>
<td>Day Off / Give you’re bike a service and a clean</td>
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</tr>
<tr>
<td>Sunday</td>
<td>05:00</td>
<td>Group ride.</td>
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### Week 15

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<th>Day</th>
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<tr>
<td>Monday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Tuesday</td>
<td>01:00</td>
<td>Easy cycle. Flat route.</td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Thursday</td>
<td>01:00</td>
<td>Gym / Fitness class</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Day Off</td>
</tr>
<tr>
<td>Saturday</td>
<td>01:00</td>
<td>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.</td>
</tr>
<tr>
<td>Sunday</td>
<td>02:00</td>
<td>Group ride.</td>
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### Event Week

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<td>Monday</td>
<td></td>
<td>Day Off</td>
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<tr>
<td>Tuesday</td>
<td>01:00</td>
<td>Easy cycle.</td>
</tr>
<tr>
<td>Wednesday</td>
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<td>Day Off / Pack your bike</td>
</tr>
<tr>
<td>Thursday</td>
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<td><strong>Start Day Thursday 14th July</strong></td>
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<td>Friday</td>
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<td>Saturday</td>
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<tr>
<td>Sunday</td>
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