

# Your 10-week training plan for a 100km ride

Start your ride at an easy pace to warm up (about 5 mins) and then finish at a slower pace too (5-10 mins). Spending 5-10 minutes stretching after your ride will help with recovery.

## Week 1

Monday	Rest day – no riding today. But do spend some time preparing for tomorrow's ride. Make sure your bike is in good working order and get all your kit ready
Tuesday	Ride 30 mins at easy effort – you should easily be able to hold a conversation
Wednesday	Rest day
Thursday	Ride 30 mins at easy effort
Friday	Rest day
Saturday	Ride 15-25km at easy effort
Sunday	Rest day

## Week 2

Monday	Rest day
Tuesday	Ride 30 mins at easy effort
Wednesday	Rest day
Thursday	Ride 45 mins at easy effort
Friday	Rest day
Saturday	Ride 15-25km at easy effort
Sunday	Rest day

## Week 3

Monday	Rest day
Tuesday	Ride 45 mins at easy effort
Wednesday	Rest day
Thursday	Ride 45 mins at easy effort
Friday	Rest day
Saturday	Ride 30-40km at easy effort
Sunday	Ride for 60 mins: 20 mins easy warm up, 20 min steady (you should be able to talk in short sentences), 20 mins easy cool down

## Week 4

Monday	Rest day
Tuesday	Ride 60 mins at easy effort
Wednesday	Rest day
Thursday	Ride 45 mins at easy effort
Friday	Rest day
Saturday	Ride 40-50km at easy effort
Sunday	Ride for 60 mins: 20 mins easy warm up, 20 mins steady (you should be able to talk in short sentences), 20 mins easy cool down

## Week 5

Monday	Rest day
Tuesday	Ride 60 mins: interval training – easy effort mixed with 3 x 5 mins harder effort – you should be out of breath – spaced out throughout the ride
Wednesday	Rest day
Thursday	Ride 60 mins at easy effort
Friday	Rest day
Saturday	Ride 50-60km at easy effort
Sunday	Ride for 65 mins: 20 mins easy warm up, 25 mins steady, 20 mins easy cool down

## Week 6

Monday	Rest day
Tuesday	Ride 60 mins: interval training – include 4 x 5 mins harder effort spaced out throughout the ride
Wednesday	Rest day
Thursday	Ride 75 mins at easy effort
Friday	Rest day
Saturday	Ride 60-70km at easy effort
Sunday	Ride for 65 mins: 20 mins easy warm up, 25 mins steady, 20 mins easy cool down

## Week 7

Monday	Rest day
Tuesday	Ride 60 mins: easy pace but with 2 x 10 min stints at harder pace
Wednesday	Rest day
Thursday	Ride 75 mins at easy effort
Friday	Rest day
Saturday	Ride 70km-80km at easy effort
Sunday	Ride for 70 mins: 20 mins easy warm up, 30 mins steady, 20 mins easy cool down

## Week 8

Monday	Rest day
Tuesday	Ride 60 mins: easy pace but with 2 x 10 min stints at harder pace
Wednesday	Rest day
Thursday	Ride 90 mins at easy effort
Friday	Rest day
Saturday	Ride 80-90km at easy effort
Sunday	Ride for 70 mins: 20 mins easy warm up, 30 mins steady, 20 mins easy cool down

## Week 9

Monday	Rest day
Tuesday	Ride 60 mins: easy pace but with 2 x 10 min stints at harder pace
Wednesday	Rest day
Thursday	Ride 90 mins at easy effort
Friday	Rest day
Saturday	Ride 90-100km at easy effort
Sunday	Rest day

## Week 10

Monday	Rest day
Tuesday	Ride 60 mins at easy pace
Wednesday	Rest day
Thursday	Ride 45 mins at easy pace
Friday	Rest day