

Grand Départ Classic **beginner** plan

Created for Prostate Cancer UK by runningwithus



**PROSTATE
CANCER UK**

runningwithus



GRAND DEPART CLASSIC – BEGINNER PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 1	Rest	30-40 minute easy ride	Rest + Core	30-45 minutes easy ideally pre-breakfast – practise regular steady cadence of 90 rpm.	Rest	Rest or steady aerobic cross training	75-90 minute ride – fully conversational
Wk 2	Rest	30-40 minute easy ride	Rest + Core	30-45 minutes easy ideally pre-breakfast – practise regular steady cadence of 90 rpm.	Rest	Rest or steady aerobic cross training	90 min – 1.45 ride – fully conversational
Wk 3	Rest	30 minutes inc. 3 x 5 mins at threshold (3 min easy spin recovery) outside or on spin/watt bike	Rest + Core	45 minutes easy ideally pre-breakfast – practise regular steady cadence of 90 rpm OR/. Spin class	Rest	Rest or steady aerobic cross training	1 hr 45 mins including rolling terrain
Wk 4	Rest	30 minutes inc. 3 x 5 mins at threshold (3 min easy spin recovery)	Rest + Core	30-45 minutes all easy pre-breakfast ride	Rest	Rest	75-90 mins all easy conversational effort

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Wk 5	Rest	40 minutes inc. 4 x 5 mins at threshold (3 min easy spin recovery) outside or on spin/watt bike	Rest + Core	Hilly pre-breakfast ride 45-60 minutes all easy	Rest	Rest or steady aerobic cross training	2hrs - 2hrs 15 mins - all easy conversational paced riding
Wk 6	Rest	45 minutes inc. 5 x 5 mins at threshold (3 min easy spin recovery) - outside or on spin/watt bike	Rest + Core	45-60 min hilly pre-breakfast ride to include 8 climbs between 45s and 120s – climb at threshold effort and descend safely	Rest	Rest or steady aerobic cross training	2hrs 30-45 mins easy
Wk 7	Rest	45 minutes inc. 6 x 5 mins at threshold (3 min easy spin recovery) - outside or on spin/watt bike	Rest + Core	60 min hilly ride include 10 x 45-60s hill climbs - working hard effort on climbs and descending slowly to recover	Rest	Rest or steady aerobic cross training	3hrs – 3hrs 15 mins all easy
Wk 8	Rest	40 minutes inc. 4 x 5 mins at threshold (3 min easy spin recovery) outside or on spin/watt bike	Rest + Core	45-60 minutes all easy pre-breakfast ride	Rest	Rest or steady aerobic cross training	2hrs 30 mins easy

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Wk 9	Rest	45 minutes inc. 3 x 10 mins at threshold (3 min easy spin recovery) outside or on spin/watt bike	Rest + Core	60-75 min hilly pre-breakfast ride to include 10-12 climbs between 45s and 120s – climb at threshold effort and descend safely	Rest	Rest or steady aerobic cross training	3hrs 30 mins final 30 mins @ steady to threshold effort
Wk 10	Rest	45 mins inc 2 x 15 mins (5 minute easy spin recovery) outside or on spin/watt bike	Rest + Core	60-75 min hilly pre-breakfast ride to include 10-12 climbs between 45s and 120s – climb at threshold effort and descend safely	Rest	Rest or steady aerobic cross training	3hrs 45 mins - 4hrs 15 mins with final 45 mins at steady to threshold effort - practise ride day nutrition
Wk 11	Rest	60 mins inc. 3 x 12 mins (3 minute easy spin recovery) outside or on spin/watt bike	Rest + Core	20/20/20 progression ride pre-breakfast – 20 mins easy, 20 mins steady, 20 mins ‘threshold effort’	Rest	Rest or steady aerobic cross training	4 hrs – 4 hrs 45 minutes all easy over a rolling terrain
Wk 12	Rest	45 minutes with final 25 @ threshold effort outside or on spin/watt bike	Rest	40 minute ‘out and back ride’ – ride out for 40 minutes at steady effort, turn and get back several minutes faster	Rest	Rest or steady aerobic cross training	3 hours easy effort, relax and enjoy.

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Wk 13	Rest	60 mins inc 3 x 15 at threshold (5 easy spin recovery) outside or on spin/watt bike	Rest + Core	75 minute ride with final 30 minutes @ threshold	Rest	Rest or steady aerobic cross training	5hrs – 6hrs with final 45-60 mins @ steady to threshold effort over a rolling terrain
Wk 14	Rest	60 minutes – 30 easy / 30 threshold outside or on spin/watt bike	Rest + Core	30/30/30 riding easy/steady/threshold with no rest pre breakfast	Rest	Rest or steady aerobic cross training	3-4 hours practising ride day nutrition
Wk 15	Rest	60 minutes – 30 easy / 30 threshold outside or on spin/watt bike	Rest + Core	60 minute ‘out and back ride’ – ride out for 30 minutes at steady effort, turn and get back several minutes faster	Rest	Rest	90 mins all easy practise race day nutrition
Wk 16	Rest	30 minutes inc. 3 x 5 mins steady (3-4 min spin recovery) outside or on spin/watt bike	Travel to Portsmouth	Travel to Mont Saint-Michel	The Grand Depart Classic 2016	Travel back to the UK	Rest