

Grand Départ Classic **improver** plan

Created for Prostate Cancer UK by runningwithus



**PROSTATE
CANCER UK**



GRAND DEPART CLASSIC – IMPROVER PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 1	30-40 minute recovery spin or cross training	30-40 minute easy ride	Rest OR/. 45 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	45 minutes easy ideally pre-breakfast – practise regular steady cadence of 90 rpm at steady cadence of 90 rpm OR/. Spin class	Rest	Rest or 30 minute 'tempo' ride – easy effort for 10 minutes then 20 minutes at a controlled discomfort or steady aerobic cross training	2 hour ride – fully conversational
Wk 2	30-40 minute recovery spin or cross training	40 minute ride to include 4 x 5 minutes @ threshold effort (3 min easy recovery) either outside, or on spin or watt bike	Rest OR/. 45 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	45 minutes easy ideally pre-breakfast including hills – practise regular steady cadence of 90 rpm at steady cadence of 90 rpm OR/. Spin class	Rest	Rest or 30 minute 'tempo' ride – easy effort for 10 minutes then 20 minutes at a controlled discomfort or steady aerobic cross training	2 hour ride – fully conversational
Wk 3	30-40 minute recovery spin or cross training	40 minute ride to include 5 x 5 minutes @ threshold effort (3 min easy recovery) either outside, or on spin or watt bike	Rest OR/. 45 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	45 minutes easy ideally pre-breakfast including hills – practise regular steady cadence of 90 rpm OR/. Spin class	Rest	Rest or 30 minute 'tempo' ride – easy effort for 10 minutes then 20 minutes at a controlled discomfort or steady aerobic cross training	2 hours 15-30 minutes easy but include rolling terrain
Wk 4	30 minute recovery spin or cross training	30 minutes as a progression of 10 minutes easy / 10 steady / 10 threshold outside, or on spin or watt bike	Rest + Core	30-45 minutes all easy pre-breakfast ride	Rest	Rest or easy 30 minute ride or cross training	90 mins all easy conversational effort

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Wk 5	30-40 minute recovery spin or cross training	45-60 minute ride to include 5 x 6 minutes @ threshold effort (3 min easy recovery) either outside, or on spin or watt bike	Rest OR/. 45 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	Hilly pre-breakfast ride 45-60 minutes a steady effort OR/. Spin class	Rest	Rest or 40 minute 'tempo' ride – easy effort for 5 minutes then 20-30 minutes at a controlled discomfort before cooling down or steady aerobic cross training	2hrs 30-45 mins - all easy conversational paced riding
Wk 6	30-40 minute recovery spin or cross training	45-60 minute ride to include 3 x 10 minutes @ threshold effort (3 min easy recovery) either outside, or on spin or watt bike	Rest OR/. 45-60 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	60 min hilly pre-breakfast ride to include 10 climbs between 90s and 120s – climb at threshold effort and descend safely OR/. Spin	Rest	Rest or 40 minute 'tempo' ride – easy effort for 5 minutes then 20-30 minutes at a controlled discomfort before cooling down or steady aerobic cross training	2hrs 45mins -3hrs mins easy
Wk 7	30-40 minute recovery spin or cross training	45-60 minute ride to include 3 x 12 minutes @ threshold effort (3 min easy recovery) either outside, or on spin or watt bike	Rest OR/. 45-60 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	45-60 min hilly pre-breakfast ride to include 12-15 climbs between 90s and 120s – climb at threshold effort and descend safely OR/. Spin	Rest	Rest or 40 minute 'tempo' ride – easy effort for 5 minutes then 20-30 minutes at a controlled discomfort before cooling down or steady aerobic cross training	3hrs 15-30 mins all easy
Wk 8	30 minute recovery spin or cross training	40 minutes – 20 easy, 20 threshold effort either outside, or on spin or watt bike	Rest	45-60 minutes all easy pre-breakfast ride	Rest	Light 20 minute spin and check bike	Ideal weekend for a 'sportive' or own ride of 40-60 miles

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Wk 9	30-40 minute recovery spin or cross training	45-60 minute ride to include 2 x 20 minutes @ threshold effort (5 min easy recovery) either outside, or on spin or watt bike	Rest OR/. 45-60 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	60-75 min hilly pre-breakfast ride to include 10-15 efforts of 30-60 seconds in a 'big gear' working 9/10 effort with 30-60 sec easy spin recovery Or/ spin	Rest	Rest or 45 minutes with final 25 at a controlled discomfort or steady aerobic cross training	3hrs 30 mins final 30 mins @ steady to threshold effort
Wk 10	30-40 minute recovery spin or cross training	45-60 minute ride to include 3 x 15 minutes @ threshold effort (5 min easy spin recovery) either outside, or on spin or watt bike	Rest OR/. 45-60 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	60-75 min hilly pre-breakfast ride to include 15 efforts of 30-60 seconds in a 'big gear' working 9/10 effort with 30-60 sec easy spin recovery Or/ spin	Rest	Rest or 40-60 minute easy ride or cross training	4hrs - 4hrs 30 mins picking up pace in final 45-60 minutes - practise ride day nutrition
Wk 11	30-40 minute recovery spin or cross training	45-60 minute ride to include 3 x 15 minutes @ threshold effort (5 min easy spin recovery) either outside, or on spin or watt bike	Rest OR/. 45-60 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	60-75 min hilly pre-breakfast ride to include 15-20 efforts of 30-60 seconds in a 'big gear' working 9/10 effort with 30-60 sec easy spin recovery Or/ spin	Rest	Rest or 40-60 minute easy ride or cross training	4 hrs 30 – 4 hrs 45 minutes all easy over a rolling terrain
Wk 12	30 minute recovery spin or cross training	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	20-30 minutes all easy	Ideal weekend for a 'sportive' or own ride of 100km

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Wk 13	30-40 minute recovery spin or cross training	60-70 minute ride to include 2 x 25 minutes @ threshold effort (5 min easy spin recovery) either outside, or on spin or watt bike	Rest OR/. 45-60 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	75 minute ride with final 30 minutes @ threshold	Rest	Rest or 40-60 minute easy ride or cross training	5hrs – 6hrs to include 4 x 20 minutes @ steady to light threshold effort
Wk 14	30-40 minute recovery spin or cross training	60-70 minutes – with final 30-40 at threshold outside or on spin/watt bike	Rest OR/. 45-60 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	30/30/30 riding easy/steady/threshold with no rest pre breakfast	Rest	Rest or 40-60 minute easy ride or cross training	3-4 hours practising ride day nutrition with picking up pace in final 60 minutes
Wk 15	30-40 minute recovery spin or cross training	60 minutes – 30 easy / 30 threshold outside or on spin/watt bike	Rest OR/. 30-40 minutes easy on bike (cycle commute ideal) or cardio cross training + Core	60 minute ‘out and back ride’ – ride out for 30 minutes at steady effort, turn and get back several minutes faster	Rest	Rest or 30-40 minute easy ride or cross training	90 mins all easy practise race day nutrition
Wk 16	30 minute recovery spin or cross training	30 minutes inc. 3 x 5 mins threshold (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