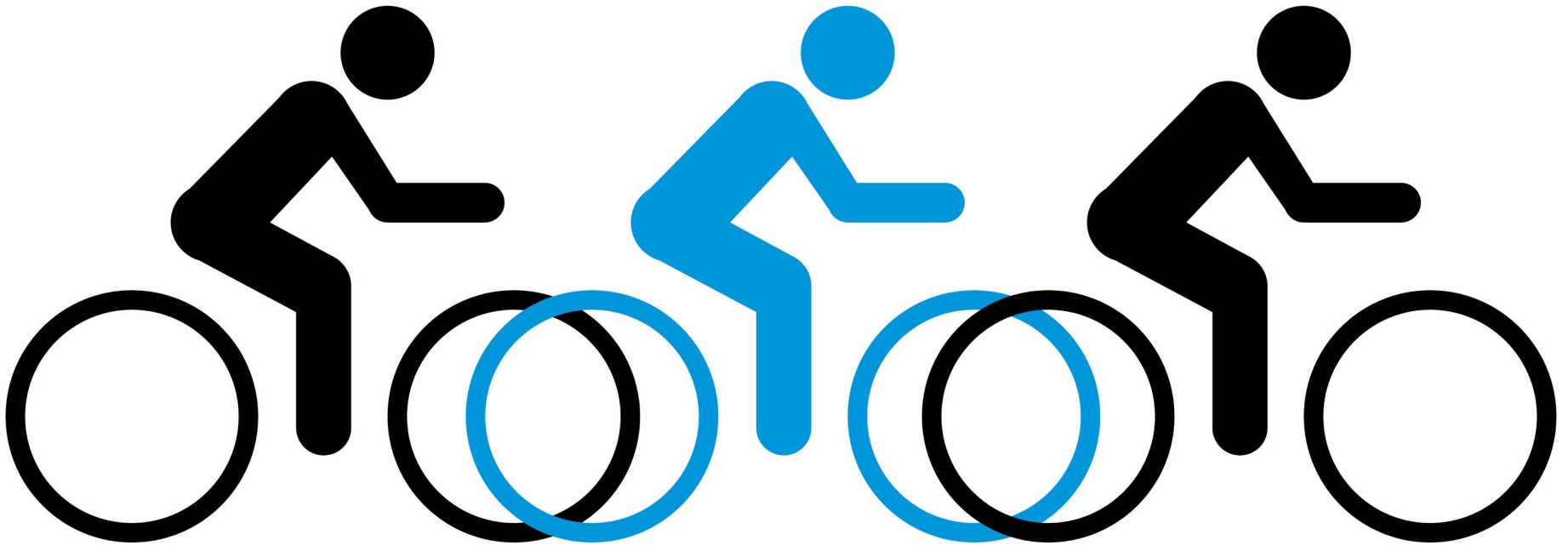


# 100k improver plan

Created for Prostate Cancer UK by runningwithus



## THE LONG RIDE

6/10 effort focusing on building your time on the bike and developing your aerobic capacity. Start off riding at 65% of MHR (conversational pace). Gradually this will build to 75% of MHR as you start to practice periods of race effort riding. These rides improve your muscular endurance and condition your body to burn fat as its primary fuel source. They also prepare you physically and mentally for the task ahead. If your goal is a long sportive or ride of 80+ miles don't expect to necessarily get this far in your training, but the goal should be to achieve between 65-80% of the distance before race day.

## THRESHOLD RIDES

The golden zone of training for endurance sports anaerobic threshold training should form a key element to your weekly training mix. Ridden at a 'controlled discomfort', of about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold rides or intervals improve your lactate threshold, your riding efficiency and aerobic capacity (your body's ability to utilise oxygen). All this helps to improve your endurance performance.

## HILLS

Including hills in your training obviously help prepare you for hills in your race or sportive, teaching you how to control your cadence and measure your effort. Aside from this they also provide fantastic aerobic and strength gains. Different types of hill session develop your fitness in different ways. Including lots of climbs at 'threshold' effort in rides of 90+ minutes can be an excellent way of developing your anaerobic threshold and experiencing climbing at race effort. Shorter, harder, faster climbing between 45 seconds and 5 minutes can be used to develop power, strength and Vo2 max and can be included in shorter, dedicated sessions.

## INTERVALS

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. Typical examples might be 10 x 2 minutes @ 9/10 effort with 60 secs recovery, 5 x 4 minutes of sustained hard riding in a big gear with 90 secs recovery, or short bursts of between 20 and 40 secs at maximum intensity.

## RECOVERY, EASY OR STEADY RIDES

These sessions are your opportunity to practise your bike handling as well as getting in an additional aerobic session. Recovery rides are your easiest efforts of the week (alongside warming up and cool down). The goal is to work at 5-6/10 and finish with your body feeling better than when you started. Generally easy rides or efforts around interval sessions should be 6-7/10 in terms of effort, focusing on technique, consistency and remaining able to fully communicate. Carrying out some of this riding before breakfast helps to teach your body to metabolise stored fats as an energy source - very important for long races and sportives.

## SPIN CLASSES

Spin classes can be a useful addition to your training. Keep in mind that most (other than some very road cycling specific classes) will be aiming to work you hard between threshold and interval effort - therefore a spin class will have an effect on your fatigue levels. Consider replacing a hard ride if needed.

## REST

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the cycling. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've got on the bike, find yourself thinking up excuses not to ride or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload. Remember: on rest days, that is exactly what you should be doing!

## OTHER CONSIDERATIONS

Around the actual rides themselves here are a few other considerations to throw into the training mix;

### CADENCE

Cadence refers to the speed at which you turn the pedals. It is important as it relates to the relative biomechanics efficiency of your cycling action. Many cycle computers and GPS devices allow you to monitor this. There is no golden rule for optimal cadence, it's about finding a rhythm that works for you, adapting to your fitness, your terrain and your experience. A reasonable place to start though would be to aim for 90 revolutions per minute.

### POWER

Power, measured in watts, is a crucial factor in cycling performance. Simply put power is the force you apply through your pedals x by your cadence. It's not necessary for most cyclists to buy themselves an expensive power meter to monitor this but it is worth being aware of. In a long ride, just as in a marathon, if you go off too hard, applying too much force and muscular conduction you are liable to see your muscles fatigue too quickly and burn too much stored glycogen. Practice riding in a big gear in training occasionally, at a lower cadence to feel that burn!

### GEARING

Your gears are your friends. Use them to control your cadence and power by being aware of your terrain, fatigue level, environmental conditions etc to control your effort. Try to maintain a relatively consistent cadence using your gears rather than fluctuation through big surges of effort.

# 100K IMPROVER PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 1	Rest or easy XT	40 minutes inc. 4 x 6 minutes @ threshold (2-3 min easy spin recovery)	Rest + Core	60 minute easy spin, pre breakfast practising regular cadence (80-90 RPM) or easy cross training	Rest	45 minutes XT or spin class	90 mins all easy conversational
Wk 2	Rest or easy XT	45 minutes inc. 3 x 8 minutes @ threshold (3 min easy spin recovery)	Rest + Core	60 minute easy spin, pre breakfast practising regular cadence (80-90 RPM) or easy cross training	Rest	45 minutes XT or spin class	1hr 45 minutes over a hilly rout easy effort
Wk 3	30-40 minutes easy XT	60 minutes to include 3 x 12 mins @ threshold (3 mins easy spin)	Rest + Core	60 minutes hilly ride ideally pre-breakfast	Rest	45 minute steady ride practising regular cadence (80-90 RPM) or easy cross training	2 hours all easy pace over a hilly route
Wk 4	30-40 minutes easy XT	40 minutes – 20 easy, 20 pick up	Rest + Core	60 minutes including 8 x 2-3 minute hill climbs at threshold effort	Rest	45-60 minute steady ride practicing regular cadence (80-90 RPM)	2 hours 15 minutes all easy over a hilly route

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 5	Rest or 30 min easy cross train	45 minutes to include 2 x 15 mins @ threshold (3-5 mins easy spin)	Rest + Core	45 minutes including hills	Rest	40 minute steady ride practising regular cadence (80-90 RPM) or easy cross training or 45 minutes XT	90 minutes easy
Wk 6	30-40 minutes easy XT or ride	60 mins with the final 20 @ threshold	Rest + Core	60 minutes including 8 x 2-4 minute hill climbs at threshold effort	Rest	45-60 minute steady ride practising regular cadence (80-90 RPM) include 3 x 3,2,1 – 3 mins @ threshold, 2 mins harder, 1 min maximum push, all with 60s easy spin recovery	2 hours 30 minutes all easy
Wk 7	30-40 minutes easy XT or ride	60 mins as a progression of 20 easy, 20 steady, 20 threshold	Rest + Core	60 minutes including 15 minutes threshold effort on flat + 10 x 2-4 minute hill climbs at threshold effort	Rest	45-60 minutes steady practising climbing with high cadence– 3 mins @ threshold, 2 mins harder, 1 min maximum push, all with 60s easy spin recovery	2 hours 45 minutes with the final 60 minutes to include 3 x 15 minutes @ threshold (5 min easy spin rec)
Wk 8	30-40 minutes easy XT or ride	60 minutes alternating 5 minutes steady, 5 minutes hard throughout	Rest + Core	90 minutes to include 3 x 15 mins @ threshold (5 mins easy spin recovery)	Rest	45-60 minutes practising safe controlled descending to include 5,4,3,2,1 in minutes, starting with 5 mins @ threshold and pushing effort harder each block after with 60s easy spin recovery	3 hours with the final 60 minutes to include 2 x 25 minutes @ threshold (5 min easy spin rec)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 9	45 minutes easy XT or ride	60 minutes alternating 5 minutes steady, 5 minutes hard throughout	Rest + Core	90 minutes to include 3 x 15 mins @ threshold (5 mins easy spin recovery)	Rest	60 minutes steady practising safe controlled descending to include 6,5,4,3,2,1 in minutes, starting with 6 mins @ threshold and pushing effort harder each block after with 60s easy spin recovery	75km to include 3 x 10km at threshold effort with 5km easy spin between blocks
Wk 10	45 minutes easy XT or ride	60 minutes as 30 minutes easy spin, 30 minutes hard push	Rest + Core	Progression ride of 30 easy, 30 steady, 30 threshold	Rest	75-90 minutes steady practising to include 8 x 3 mins hard efforts with 0s easy spin recovery	3 hours with final 30 minutes pushing up the effort to threshold
Wk 11	Rest or 30=40 min easy recovery spin or cross train	60 mins inc. 3 x 10 mins (3 minute easy spin recovery) or spin class	Rest + Core	45 minutes easy	Rest	60 minutes including 10 x 3 minute hard pushes, 90s easy spin recovery	75 minutes easy
Wk 12	Rest	45 minutes inc. 3 x 5 mins at threshold (3 min recovery)	Rest	10/10/10 progression ride	Rest	30 minutes gentle spin and stretch	100km Ride