

	20km (12 miles)	40km (25 miles)
Week 1	45 minutes 60 minutes	60 minutes 75 minutes
Week 2	45 minutes 5 miles	75 minutes 10 miles
Week 3	60 minutes 60 minutes with (6 x 1 minute hill efforts) 6 miles	90 minutes 75 minutes with mixed gradient hills 12 miles
Week 4	75 minutes 60 minutes with (4 x 2 minute hill efforts) 7 miles	90 minutes 75 minutes with 2 x (6 x 2 minute hill efforts) 14 miles
Week 5	75 minutes 60 minutes with mixed gradient hills 9 miles	90 minutes 75 minutes with 2 x (10 x 1 minute hill efforts) 16 miles
Week 6	90 minutes 60 minutes with (6 x 2 minute hill efforts) 10 miles	105 minutes 75 minutes with 2 x (8 x 2 minute hill efforts) 18 miles
Week 7	90 minutes 60 minutes with (10 x 1 minute hill efforts) 12 miles	105 minutes 90 minutes with mixed gradient hills 20 miles
Week 8	90 minutes 60 minutes with (8 x 1 minute hill efforts) 14 miles	120 minutes 90 minutes with 2 x (10 x 2 minute hill efforts) 22 miles
Week 9	90 minutes 60 minutes with with mixed gradient hills 9 miles	120 minutes 90 minutes with 2 x (10 x 1 minute hill efforts) 10 miles
Week 10	60 minutes 60 minutes with (6 x 1 minute flat sprints) 45 minutes	60 minutes 60 minutes with (6 x 1 minute flat sprints) 60 minutes

Session Key: 2-3 sessions	Steady Ride	A comfortable pace, teaching the body good technique.
	Hilly Ride	High intensity uphill efforts, to help build your lactate threshold.
	Time Trial	Race Pace, to help build your aerobic capacity.

Warm Up	Complete some light mobility exercises followed by a steady paced 10 - 15 minute ride to warm up. You should then be able to go straight into your cycle session.
Session	Begin your session with the first couple of minutes steady. Aim to keep your performance constant throughout to ensure you get the best from your training.
Cool Down	After the session, complete a 5 - 10 minute light spin to ease your legs out. Standing up or pedal backwards will help loosen the legs. Follow this with some static stretching.

Pre Nutrition	Before training, have a light snack which will give you energy to train. Avoid a heavy meal within two hours before. A banana or small pasta dish is ideal as this will provide energy.
Ride Nutrition	Sip water often, this will help keep you hydrated. On longer rides, try an energy gel or high energy snack such as jam & peanut butter sandwiches every 45 minutes.
Post Nutrition	Refuel your body with a carbohydrate and protein snack within 20 minutes of completing your session. This will give your body a quick start to recovery. Keep well hydrated too.

HR Zones	45 - 60% Max HR, RPE 9 - 12, 60 - 75% Max HR, RPE 12 - 15, 75 - 85% Max HR, RPE 15 - 17
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\*LPS Events Ltd accept no responsibility to injury or illness from following this programme.