



TRAINING PROGRAMME

WHEN	EACH WEEK...
7 – 10 MONTHS BEFORE Aim to start exercising once/twice per week	1 x cardio session (30 mins) i.e. spinning, swimming
	1 x 5 mile ride
	Plus one 5 - 10 mile ride every fortnight
6 MONTHS BEFORE Aim to exercise 2 - 3 times a week and cycle 10 miles	2 x cardio sessions
	1 x 5 - 10 mile ride
	Plus one 10 - 15 mile ride every fortnight
5 MONTHS BEFORE Aim to cycle twice per week and ride 20 miles	2 x cardio sessions
	1 x 10 mile ride
	Plus 1 x 15 mile ride and 1 x 20 mile ride
4 MONTHS BEFORE Aim to cycle 25 miles	1 x cardio session (60 – 90 mins total)
	1 x strength session (30 mins) i.e. circuits
	1 x 10 - 15 mile ride
	Plus two 20 – 25 mile rides
3 MONTHS TO GO Aim to comfortably cycle 30 miles	1 x cardio session (30 – 60 mins)
	1 x strength session (30 mins)
	1 x 10 mile ride and 1 x 5 mile ride or 1 x 15 mile ride
	Plus two 25 - 30 mile rides in the month
2 MONTHS TO GO Aim to exercise for an average of 30 minutes per day and build up your longest ride to 40 – 50 miles	1 x cardio session (60 mins)
	1 – 2 x strength session(s) (30 – 60 mins)
	1 x 10 mile ride
	Plus 1 x 30 – 35 mile ride and 1 x 40 – 50 mile ride
1 MONTH TO GO! Nearly there!	Keep up the cycling with a couple of long rides in the first three weeks and aim to get your longest ride up to 50 miles. Then in the final week just do a couple of shorter, easier rides plus a cardio/strength session.