



CANCER
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60m Cycle Training Plan-Beginner

Together we are
beating cancer

60m Cycle - Training plan



Week	MON	TUES	WED	THURS	FRI	SAT	SUN
01	Rest + core	50 min ride including 4x6 mins at threshold effort zone 3 with 3 min easy spin recovery	Core + S&C	40 minute easy ride, fully conversational zone 1	Rest	30-45 minute ride to include 8-10 controlled climbs at zone 3 effort between 1-3 minutes long	70 minutes all easy and conversational zone 1
02	Rest + core	40 minutes easy in zone 1	Core + S&C	50 minute ride with 2x10 mins at threshold effort zone 3 with 3 mins easy spin recovery	Rest	45 minutes with 3x8 minutes continuous hills in zone 3 with 2-3 minute easy recovery	80 minutes zone 1 keeping regular 80-90 cadence
03	Rest + core	60 minutes to include 5x6 minutes at zone 3 with 90s easy spin recovery regular 80-90 cadence	Core + S&C	45 minutes in zone 1 before breakfast is ideal if possible	Rest	50-60 minutes with 3x8 minutes continuous hills in zone 3 with 2-3 minute easy recovery	90 minute easy ride, zone 1-2 with regular cadence

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
04	Rest + core	45 minutes easy-steady in zone 1 and 2	Core + S&C	40 minute easy ride, fully conversational zone 1	Rest	30 minute ride – 10 minutes in zone 1 10 in zone 2 10 in zone 3	75 minutes all relaxed in zone 1
05	Rest + core	60 minutes to include 4x8 minutes at zone 3 with 2 mins easy spin recovery, regular 8-90 cadence.	Core + S&C plus optional 30-45 minute xt in zone 1-2	45 minutes in zone 1 before breakfast is ideal if possible	Rest	50-60 minutes with 3x10 minutes continuous hills in zone 3 with 2-3 minute easy recoverys	1 hour 40 mins in zone 1
06	Rest + core	60 minutes with final 40 minutes to include 2x15 mins at zone 3 with 5 mins easy spin recovery	Core + S&C plus optional 30-45 minute xt in zone 1-2	45 minutes in zone 1 before breakfast is ideal if possible	Rest	60 minute ride, 20 minutes in zone 1, 20 in zone 2, 20 in zone 3	1 hour 50 mins zone 1 over a rolling route up hills in zone 2
07	Rest + core	60 mins with 2x (6/5/4) 6 mins zone 3, 5 mins zone 3, 4 mins zone 4 each with 90s easy recovery	Core + S&C plus optional 45 minute xt in zone 1-2	45 minutes in zone 1 before breakfast is ideal if possible	Rest	60 minutes with the middle 25 minutes in zone 3	2 hours with the final 45 in zone 2 working a big gear including rolling hills if possible

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08	Rest + core	45 minutes with 3x8 mins zone 3 with 2 minutes easy recovery	Core + S&C	45 minutes with 5x4 minutes zone 4 with 90s spin recovery	Rest	40 minutes easy zone 1	Ideal weekend for 30km sportive or group ride. if not 1 hours 30-45 minutes with final 45 in zone 2
09	Rest + core	60-70 minutes with 6/5/4/3/2/1 with 90s easy between each effort. 6 mins zone 3 getting harder as you drop down	Core + S&C plus optional 45 minute xt in zone 1-2	60 minutes with the final 20- 30 working in a 'big gear'	Rest	60 minutes zone 1 on a flat route	2 hours 15 minutes to include 3x10 minutes in zone 3 in the final 45 minutes with 5 minutes easy between each effort
10	Rest + core	75 minutes ideally pre- breakfast with final 30 minutes in a big gear zone 2-3	Core + S&C plus optional 45 minute xt in zone 1-2	70 minutes with a 8x3 minutes alternating odd numbers zone 3, evens zone 4 from 75s easy recovery	Rest	70 minutes zone 1 on a flat route	2 hours 30 minutes with the final 30 in zone 3
11	Rest + core	70 minutes ideally pre breakfast	Core + S&C plus optional 45 minute xt in zone 1-2	60 minutes with 8x3 minutes zone 4 from 75s easy recovery	Rest	45 minutes with final 25 in zone 3	1 hour 30 minutes easy zone 1

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12	Rest + core	40 minutes with 3x6 minutes zone 3 from 2 minutes easy spin recovery	Rest	45 minutes easy zone 1	Rest	30-40 minutes easy ride in zone 1, check bike	60 mile race- Good luck!

Zone 1:

Fully easy riding, 5-6/10 effort where you could hold a full conversation.

Zone 2:

Steady effort ride, 6-7/10 effort still controlled but limited to a sentence worth of conversation.

Zone 3:

Threshold effort rides. 7-8/10 effort at a pace where you might only speak 4-5 words.

Zone 4:

Hard intervals at 9-10/10 effort. 1-2 Word answer effort or harder.

Fartlek

Swedish term that literally means "speed play". It involves several bursts of effort over a variety of distances with a variable recovery.

S&C

Strength and conditioning