



100 MILE - CYCLING TRAINING PLAN

This plan

Please do a 15 minute warm up
and cool down

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Together we will beat cancer

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	30 - 40 minute recovery spin or cross train	AM: 30 min easy spin pre breakfast PM: 45 minutes inc. 5 x 5 mins at threshold (3 min easy spin recovery)	Rest or 40 minute easy ride + Core	Pre-breakfast ride 75 - 80 minutes all easy.	Rest	45 minutes including 10 x hard climbs on steep gradient between 1 - 2 minutes	90 minutes - 1hr 45mins easy practising regular cadence (80 - 90 RPM)
2.	30 - 40 minute recovery spin or cross train	AM: 30 min easy spin pre breakfast PM: 45-60 minutes inc. 5 x 5 mins at threshold (2 min easy spin recovery)	Rest or 40 minute easy ride + Core	Hilly pre-breakfast ride 90 mins working threshold effort on climbs	Rest	45 minutes including 10 x hard climbs on steep gradient between 1 - 2 minutes	1hr 45mins - 2hrs easy practising regular cadence (80 - 90 RPM)
3.	30 - 45 minute recovery spin or cross train	AM: 30 min easy spin pre-breakfast PM: 45-60 minutes inc. 5 x 6 mins at threshold (2 min easy spin recovery)	Rest or 45 minute easy ride + Core	Hilly pre-breakfast ride 90 mins working threshold effort on climbs	Rest	45 minutes including 10 x hard climbs on steep gradient between 1 - 2 minutes	2hrs with the final 30 minutes at a strong threshold effort
4.	30 minute recovery spin or cross train	AM: 30-40 min easy spin pre-breakfast PM: 45 minutes inc. 2 x 10 mins @ threshold (2 min easy spin recovery)	Rest or 30 minute easy ride + Core	60 minutes all easy pre-breakfast ride	Rest	40 minutes including 5,4,3,2,1 picking up the intensity each block, starting at threshold with 90s easy spin recovery or 30 mins easy	2hrs 30 mins - 3hrs all easy
5.	30 - 40 minute recovery spin or cross train	AM: 30 min easy spin pre breakfast PM: 45 minutes inc. 3 x 10 mins at threshold (3 min easy spin recovery)	Rest or 45 - 60 minute easy ride + Core	Pre-breakfast ride 75 - 80 minutes all easy.	Rest	45 - 60 minutes including 10 x hard climbs on steep gradient between 1 - 2 minutes	3hrs - 3hrs 30 mins easy practising regular cadence (80 - 90 RPM)
6.	30 - 40 minute recovery spin or cross train	AM: 30 min easy spin pre breakfast PM: 45-60 minutes inc. 4 x 8 mins at threshold (3 - 5 min easy spin recovery)	Rest or 45 - 60 minute easy ride + Core	Hilly pre-breakfast ride 90 mins working threshold effort on climbs	Rest	45 - 60 minutes including 10 x hard climbs on steep gradient between 1 - 2 minutes	3hrs 30 - 45 mins easy practising regular cadence (80 - 90 RPM)



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7.	30 - 45 minute recovery spin or cross train	AM: 30 min easy spin pre-breakfast PM: 45 - 60 minutes inc. 4 x 10 mins at threshold (3 min easy spin recovery)	Rest or 45 - 60 minute easy ride + Core	Hilly pre-breakfast ride 90 mins working threshold effort on climbs	Rest	60 minutes including 6,5,4,3,2,1 picking up the intensity each block, starting at threshold with 90s easy spin recovery	3hrs 45 mins - 4hrs practising climbing with a high cadence
8.	30 minute recovery spin or cross train	AM: 30 - 40 min easy spin pre-breakfast PM: 45 minutes inc. 5 x 6 mins at threshold (3 min easy spin recovery)	Rest or 45 minute easy ride + Core	60 minutes all easy pre-breakfast ride	Rest	40 minutes including 5,4,3,2,1 picking up the intensity each block, starting at threshold with 90s easy spin recovery or 30 mins easy	2hrs 30 mins - 3hrs all easy
9.	30 - 45 minute recovery spin or cross train	AM: 30 - 40 min easy spin pre-breakfast PM: 60 minutes inc. 4 x 10 - 12 mins at threshold (3 min easy spin recovery)	Rest or 45 - 60 minute easy ride + Core	Hilly pre-breakfast ride 90 mins working threshold effort on climbs	Rest	60 - 75 minutes steady including 10 x 2 minute hard efforts in a high gear with 75s spin recovery	4hrs 15 - 30 mins final 30 mins @ threshold effort practising controlled descending
10.	30 - 45 minute recovery spin or cross train	AM: 40 - 50 min easy spin pre-breakfast PM: 60 minutes inc. 3 x 15 mins at threshold (3-5 min easy spin recovery)	Rest or 45 - 60 minute easy ride + Core	steady/threshold with no rest pre breakfast	Rest	60 - 75 minutes steady including 8 x 3 minute hard efforts in a high gear with 75s spin recovery	4hrs 30 mins - 5hrs with final 45 mins at threshold - practise race day nutrition
11.	30 - 45 minute recovery spin or cross train	AM: 40 - 50 min easy spin pre-breakfast PM: 60 - 75 minutes inc. 3 x 15 mins at threshold (3 min easy spin recovery)	Rest or 40 - 50 minute easy ride + Core	20/20/20 progression ride pre-breakfast	Rest	60 minutes steady practising stretches of 10 - 15 minutes in a high gear	2hrs - 2hrs 30 mins all easy practise race day nutrition
12.	30 minute recovery spin or cross train	30 - 45 minutes inc. 3 x 6 mins at threshold (3 - 4 min recovery)	Rest or 30 - 40 minute easy ride + Core	30 minutes with 10 - 15 second hard efforts every 5 minutes	Rest	30 minute light spin and stretch	100 Mile Ride / Race - good luck!