



Together we are
beating cancer

Cycle training plan 50 miles





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50 miles

Before and after training, please complete a 15-min warm-up/cool-down.

Terms

- **Zone 1:** Fully easy riding, 5–6/10 effort at a pace 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 meaning ‘speed play’ – it involves several bursts of effort over a variety of distances with a variable recovery.



Cycle training plan

50 miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core	50 min with 4 x (6 min threshold zone 3, 3 min easy)	Core, strength and conditioning	40 min zone 1	Rest	30–45 min with 8–10 x (1–3 min controlled climbs zone 3)	1 hr 10 min zone 1
2	Core	40 min easy zone 1	Core, strength and conditioning	50 min with 2 x (10 min threshold zone 3, 3 min easy)	Rest	45 min with 8–10 x (8 min continuous hills zone 3, 2–3 min easy)	1 hr 20 min zone 1 – regular 80–90 cadence
3	Core	1 hr with 5 x (6 min zone 3, 1 min 30 sec easy) – regular 80–90 cadence	Core, strength and conditioning	Ideally pre-breakfast: 45 min zone 1	Rest	50 min–1 hr with 4 x (8 min continuous hills zone 3, 2–3 min easy)	1 hr 30 min zone 1–2 – regular cadence
4	Core	45 min easy zone 1	Core, strength and conditioning	40 min zone 1	Rest	30 min with 10 min zone 1, 10 min zone 2, 10 min zone 3	1 hr 15 min zone 1

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Core	1 hr with 4 x (8 min zone 3, 2 min easy) – regular 80–90 cadence	Core, strength and conditioning: optional 30–45 min zone 1–2	Ideally pre-breakfast: 45 min zone 1	Rest	50 min–1 hr with 3 x (10 min continuous hills zone 3, 2–3 min easy)	1 hr 40 min zone 1
6	Core	1 hr with last 40 min with 2 x (15 min zone 3, 5 min easy)	Core, strength and conditioning: optional 30–45 min zone 1–2	Ideally pre-breakfast: 45 min zone 1	Rest	1 hr with 20 min zone 1, 20 min zone 2, 20 min zone 3	1 hr 50 min zone 1, rolling route, uphill in zone 2
7	Core	1 hr with 2 x (6 min zone 3, 1 min 30 sec easy, 5 min zone 3, 1 min 30 sec easy, 4 min zone 3, 1 min 30 sec easy)	Core, strength and conditioning: optional 30–45 min zone 1–2	Ideally pre-breakfast: 45 min zone 1	Rest	1 hr with middle 25 min in zone 3	2 hr with last 45 min in zone 2, high gear including rolling hills if possible
8	Core	45 min with 3 x (8 min zone 3, 2 min easy)	Core, strength and conditioning	45 min with 5 x (4 min zone 4, 1 min 30 sec easy)	Rest	40 min zone 1	30k sportive or group ride or 1 hr 30–40 min with last 45 min in zone 2

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Core	1 hr–1 hr 10 min with 2 x (6 min zone 3, 1 min 30 sec easy, 5 min zone 3, 1 min 30 sec easy, 4 min zone 3, 1 min 30 sec easy, 3 min zone 3, 1 min 30 sec easy, 2 min zone 3, 1 min 30 sec easy, 1 min zone 3, 1 min 30 sec easy) – go harder each time	Core, strength and conditioning: optional 30–45 min zone 1–2	45 min–1 hr with last 20 min in high gear	Rest	1 hr zone 1, flat route	2 hr 15 min with last 45 min with 3 x (10 min zone 3, 5 min easy)
10	Core	Ideally pre-breakfast: 1 hr 15 min with last 20–30 min in high gear zone 2–3	Core, strength and conditioning: optional 30–45 min zone 1–2	1 hr–1 hr 10 min with 8 x (3 min zone 3, 1 min 15 sec easy, 3 min zone 4)	Rest	1 hr–1 hr 10 min zone 1, flat route	2 hr 30 min with last 30 min zone 1
11	Core	Ideally pre-breakfast: 1 hr 10 min easy	Core, strength and conditioning: optional 30–45 min zone 1–2	1 hr with 8 x (3 min zone 4, 1 min 15 sec easy)	Rest	45 min with last 25 min zone 2	1 hr 30 min zone 1
12	Core	40 min with 3 x (6 min zone 3, 2 min easy)	Rest	45 min zone 1	Rest	30–40 min zone 1 Check bike	Race day – good luck!