



50 MILE - CYCLING TRAINING PLAN

This plan

Please do a 15 minute warm up
and cool down

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Rest + core	50 min ride. Include 4 x 6 mins @ 'threshold' effort power zone 3 with 3 min easy spin recovery	Core & Strength and Conditioning	40 minute easy ride, fully conversational. Zone 1.	Rest	30 - 45 minute ride to include 8 - 10 controlled climbs at power zone 3 effort between 1 - 3 minutes long.	70 minutes all easy & conversational. power zone 1
2.	Rest + core	40 minutes easy in power zone 1.	Core & Strength and Conditioning	50 min ride. Include 2 x 10 mins @ 'threshold' effort power zone 3 with 3 min easy spin recovery	Rest	45 minutes with 3 x 8 minutes continuous hills in power zone 3 with 2 - 3 minute easy recovery.	80 minutes power zone 1, keeping regular 80 - 90 cadence
3.	Rest + core	60 minutes to include 5 x 6 minutes @ power zone 3 with 90s mins easy spin recovery. Regular 80 - 90 cadence.	Core & Strength and Conditioning	45 minutes in power zone 1, before breakfast is ideal if possible.	Rest	50 - 60 minutes with 3 x 8 minutes continuous hills in power zone 3 with 2 - 3 minute easy recovery.	90 minute easy ride, power zone 1 - 2 with regular cadence
4.	Rest + core	45 minutes easy - steady in power zone 1 and 2.	Core & Strength and Conditioning	40 minute easy ride, fully conversational. power zone 1	Rest	30 minute ride, 10 minutes in power zone 1, 10 in power zone 2, 10 in power zone 3.	75 minutes all relaxed in power zone 1
5.	Rest + core	60 minutes to include 4 x 8 minutes @ power zone 3 with 2 mins easy spin recovery. Regular 80 - 90 cadence.	Core & Strength and Conditioning + optional 30 - 45 minute cycle in power zone 1 - 2	45 minutes in power zone 1, before breakfast is ideal if possible.	Rest	50 - 60 minutes with 3 x 10 minutes continuous hills in power zone 3 with 2 - 3 minute easy recovery.	1 hour 40 mins power zone 1.
6.	Rest + core	60 minutes with final 40 mins to include 2 x 15 mins at power zone 3 with 5 mins easy spin recovery.	Core & Strength and Conditioning + optional 30 - 45 minute cycle in power zone 1 - 2	45 minutes in power zone 1, before breakfast is ideal if possible	Rest	60 minute ride, 20 minutes in power zone 1, 20 in power zone 2, 20 in power zone 3	1 hour 50 mins power zone 1 over a rolling route, up hills in power zone 2



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7.	Rest + core	60 mins with 2 x (6/5/4) 6 mins power zone 3, 5 mins power zone 3, 4 mins power zone 4. Each with 90s easy recovery.	Core & Strength and Conditioning + optional 30 - 45 minute cycle in power zone 1 - 2	45 minutes in power zone 1, before breakfast is ideal if possible	Rest	60 minutes with the middle 25 minutes in power zone 3.	2 hours with the final 45 in power zone 2 working a big gear including rolling hills if possible.
8.	Rest + core	45 minutes with 3 x 8 mins power zone 3 with 2 minutes easy recovery.	Core & Strength and Conditioning	45 minutes with 5 x 4 minutes power zone 4 with 90s spin recovery.	Rest	40 minutes easy power zone 1.	Ideal weekend for 30km sportive or group ride. If not 1 hours 30 - 45 minutes with the final 45 in power zone 2.
9.	Rest + core	60-70 minutes with 6/5/4/3/2/1 with 90s easy between each effort. 6 mins power zone 3 getting harder as you drop down.	Core & Strength and Conditioning + optional 30 - 45 minute cycle in power zone 1 - 2	45 - 60 minutes with the final 20 - 30 working a 'big gear'.	Rest	60 minutes, power zone 1 on a flat route	2 hours 15 minutes to include 3 x 10 mins in power zone 3 in the final 45 minutes with 5 mins easy between each effort.
10.	Rest + core	75 minutes ideally prebreakfast with final 20 - 30 in a big gear power zone 2 - 3.	Core & Strength and Conditioning + optional 30 - 45 minute cycle in power zone 1 - 2	60 - 70 minutes with 8 x 3 minutes alternating odd numbers power zone 3, evens power zone 4 from 75s easy recovery.	Rest	60 - 70 minutes, power zone 1 on a flat route	2 hours 30 minutes with the final 30 in power zone 3.
11.	Rest + core	70 minutes easy ideally pre breakfast.	Core & Strength and Conditioning + optional 30 - 45 minute cycle in power zone 1 - 2	60 minutes with 8 x 3 minutes power zone 4 from 75s easy recovery.	Rest	45 minutes with final 25 in power zone 3.	1 hour 30 minutes easy power zone in power zone 1
12.	Rest + core	40 minutes with 3 x 6 mins power zone 3 from 2 mins easy spin recovery	Rest	45 minutes easy, power zone 1.	Rest	30 - 40 minute easy ride in power zone 1, check bike.	50 Mile Race - good luck!