



Together we are
beating cancer

Cycle training plan 100 miles





Cycle training plan

100 miles

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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Recovery spin or cross-training: 30–40 min	AM Pre-breakfast: 30 min easy PM 45 min with 5 x (5 min threshold, 3 min easy)	Core and optional easy ride: 40 min	AM Pre-breakfast: 1 hr 15 min–1 hr 20 min easy	Rest	45 min with 10 x (1–2 min hard climb on steep gradient)	1 hr 30 min–1 hr 45 min easy, regular cadence (80–90 RPM)
2	Recovery spin or cross-training: 30–40 min	AM Pre-breakfast: 30 min easy PM 45 min–1 hr with 5 x (5 min threshold, 2 min easy)	Core and optional easy ride: 40 min	AM Hilly pre-breakfast: 1 hr 30 min	Rest	45 min with 10 x (1–2 min hard climb on steep gradient)	1 hr 45 min–2 hr easy, regular cadence (80–90 RPM)
3	Recovery spin or cross-training: 30–45 min	AM Pre-breakfast: 30 min easy PM 45 min–1 hr with 5 x (6 min threshold, 2 min easy)	Core and optional easy ride: 45 min	AM Hilly ideally pre-breakfast: 1 hr 30 min, threshold on climbs	Rest	45 min with 10 x (1–2 min hard climb on steep gradient)	2 hr with last 30 min at strong threshold

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Recovery spin or cross-training: 30 min	AM Pre-breakfast: 30–40 min easy	Core and optional easy ride: 30 min	AM Pre-breakfast: 1 hr easy	Rest	40 min with 5, 4, 3, 2, 1 picking up intensity each block, starting at threshold, 1 min 30 sec easy between, or 30 min easy	2 hr 30 min–3 hr easy
5	Recovery spin or cross-training: 30–40 min	AM Pre-breakfast: 30 min easy PM 45 min with 3 x (10 min threshold, 3 min easy)	Core and optional easy ride: 45 min–1 hr	AM Pre-breakfast: 1 hr 15 min–1 hr 20 min easy	Rest	45 min–1 hr with 10 x (1–2 min hard climb on steep gradient)	3 hr–3 hr 30 min easy, regular cadence (80–90 RPM)
6	Recovery spin or cross-training: 30–40 min	AM Pre-breakfast: 30 min easy PM 45 min–1 hr with 4 x (8 min threshold, 3–5 min easy)	Core and optional easy ride: 45 min–1 hr	AM Hilly pre-breakfast: 1 hr 30 min, threshold on climbs	Rest	45 min–1 hr with 10 x (1–2 min hard climb on steep gradient)	3 hr 30 min–3 hr 45 min easy, regular cadence (80–90 RPM)

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7	Recovery spin or cross-training: 30–45 min	AM Pre-breakfast: 30 min easy PM 45 min with 4 x (10 min threshold, 3 min easy)	Core and optional easy ride: 45 min–1 hr	AM Hilly pre-breakfast: 1 hr 30 min, threshold on climbs	Rest	1 hr min with 6, 5, 4, 3, 2, 1 picking up intensity each block, starting at threshold, 1 min 30 sec easy between	3 hr 45 min–4 hr regular cadence (80–90 RPM)
8	Recovery spin or cross-training: 30–40 min	AM Pre-breakfast: 30–40 min easy PM 45 min–1 hr with 5 x (6 min threshold, 3 min easy)	Core and optional easy ride: 45 min	AM Pre-breakfast: 1 hr easy	Rest	40 min with 5, 4, 3, 2, 1 picking up intensity each block, starting at threshold, 1 min 30 sec easy	2 hr 30 min–3 hr easy
9	Recovery spin or cross-training: 30–45 min	AM Pre-breakfast: 30–40 min easy PM 1 hr with 4 x (10–12 min threshold, 3 min easy)	Core and optional easy ride: 45 min–1 hr	AM Hilly pre-breakfast: 1 hr 30 min, threshold on climbs	Rest	1 hr–1 hr 15 min steady with 10 x (2 min hard in high gear, 1 min 15 sec easy)	4 hr 15 min– 4 hr 30 min with last 30 min threshold – practice controlled descents

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10	Recovery spin or cross-training: 30–45 min	AM Pre-breakfast: 40–50 min easy PM 1 hr with 3 x (15 min threshold, 3–5 min easy)	Core and optional easy ride: 45 min–1 hr	AM Pre-breakfast: steady/threshold without rest	Rest	1 hr–1 hr 15 min with 8 x (3 min hard in high gear, 1 min 15 sec easy)	4 hr 30 min–5 hr with last 45 min threshold – practice race- day nutrition
11	Recovery spin or cross-training: 30–45 min	AM Pre-breakfast: 40–50 min easy PM 1 hr–1 hr 15 min with 3 x (15 min threshold, 3 min easy)	Core and optional easy ride: 40–50 min	AM Pre-breakfast: 1 hr with 20 min easy, 20 min steady, 20 min threshold	Rest	1 hr steady with 10–15 min stretches in high gear	2 hr–2 hr 30 min easy – practice race-day nutrition
12	Recovery spin or cross-training: 30 min	30–45 min with 3 x (6 min threshold, 3–4 min easy)	Core and optional easy ride: 30–40 min	30 min with 10–15 sec hard every 5 min	Rest	Stretch and 30 min easy Check bike	Race day – good luck!