

Cyclists/Moderately Fit or fit

This category might include anyone who has been cycling intermittently over the years, perhaps by cycling to work in the summer or regular Sunday rides with the family. As you will have a degree of basic fitness and confidence built up from previous cycling, three months or so of training should prepare you for the ride.

The first four weeks should be spent introducing a regular programme into your training and concentrating on your cadence (as above), which will help develop your strength for the sustained ride. A mileage of 15 miles three times a week combined with alternate Sunday rides of 30 miles should be attempted for the first month.

The second lot of four weeks should see you feeling stronger and confident to increase the mileage; your cadence should be fluent and comfortable, and the three rides a week should be covering about 25 miles each and the Sunday rides up to 40 miles.

The penultimate three weeks should see the introduction of a fourth training ride every week, these four rides should be around 30 miles in length with three Sunday rides a month of 50 miles or more. You should by now be feeling comfortable with all these distances as long as you don't push yourself too hard.

The final week should be spent winding down with three 10 - 15 mile rides and the confidence that you know you can complete and enjoy the 10-day ride ahead of you.

The 'fit' category would include people who cycle regularly throughout the year whether it be commuting 20 miles or more to work a day or training seriously with weekend races and time trials. People within this category should already have a good training schedule and be amply fit to tackle a cycle challenge, though should probably step up training for long days riding.

People included within the commuting bracket may find it a good idea to step their weekly mileage up by cycling a longer route to work, or doing a brief morning or evening ride and by also doing regular weekend rides of around 50 miles or more.

10-week Training guide For Fit People/Regular Cyclists

Week 1

2 x 20 – 25 mins
Sat or Sun: 1 ½ hours

Week 2

2 x 30 – 40 mins
Sat or Sun: 2 hours (25-35 miles)

Week 3

2 x 10 miles
Sun: 25 – 35 miles

Week 4

2 x 10 – 15 miles
Fri: 5 miles
Sat: 30 – 40 miles (2-2 ½ hours)

Week 5

Mon: 8 – 10 miles
Tues: 10-15 miles
Thurs: 10-15 miles
Sun: 40-50 miles

Week 6

Mon: 10 miles easy recovery
Tues: 15-20 miles
Thurs: 15-20 miles
Sun: 45-55 miles

Week 7

Tues: 20-25 miles
Thurs: 20-25 miles
Sun: 50-60 miles

Week 8

Mon: 10 miles easy recovery
Weds: 15 miles
Sat: 20-25 miles
Sun: 55-65 miles

Week 9

Tues: 15 miles
Thurs: 25 miles
Sat: 45 – 55 miles
Sun: 60 – 70 miles

THE WEEK BEFORE YOU GO!

Mon: 10 miles
Tues: 5 miles
Weds: 10 miles
Thurs: 5 miles
Fri: Rest

