

This cycle training program is for a 100 mile(163km) race .

This training program is suitable for a bike rider who has progressed from the basics and wishes to use a heart rate monitor and training zones as part of their program. This program is suitable for a reasonably challenging course.

These zones relate to the amount of effort you put into a ride.

Zone	1 – very light -50% to 60 % effort
Zone	2 – light -60-70% effort
Zone	3 – moderate -70%to 80% effort
Zone	4 – hard -80%-90% effort
Zone	5 – maximum effort 90%-100% effort

To work out your zones with a pulse meter do the following. Find a flat road to ride alone. You can choose 5km or 10km. You have to ride it as fast as you can. Start a pulse monitor and ride 2.5km (5km) or 5km (10km) in one direction, then turn around and ride back to the starting point and stop the pulse monitor

Look at your average pulse for the 5 or 10km ride . Divide your average pulse by 1.04 (5km) or 1.02 (10km). The number is your lactate threshold heart rate. It's the pulse where your Zone5 starts.

Zone5 is lactate threshold heart rate (LTHR) up to your maximum heart rate. eg, if your LTHR is 175 and your maximum heart rate is 199, then your Zone5 in 175-199bpm.

Zone4 is about 9bpm slower than LTHR. eg: 166-174bpm.

Zone3 is about 7bpm slower than the starting point of Zone4. eg: 159-165bpm.

Zone2 is about 15bpm slower than the starting point of Zone3. eg: 144-158bpm.

Zone1 is when the pulse is slower than Zone2. eg: less than144bpm.

The(LTHR) lactate threshold heart rate might change during the training. Check it once a month.

THE SIX MONTH TRAINING PLAN.

Have at least a day off each week. Aerobic rides should be 2-5 hours. Make some rides the length your race will be The length of other exercises should be: at least 20min warm-up with exercises and at least 10 minutes to cool down. A warm-up and stretch before and after a workout is an essential part of training.

You can alter the plan to suit yourself. Try to keep to the general outline. . These are just suggestions. If you feel good you can do a longer aerobic ride. Likewise if you feel fatigued have an extra rest or light ride.

WEEK 1

Monday	REST DAY
Tuesday	Aerobic Ride 90Minutes
Wednesday	Aerobic Ride 90 mn
Thursday	REST DAY
Friday	Spin 90 min
Saturday	REST DAY
Sunday	Aerobic Ride 120 min

WEEK 2

Monday	REST DAY
Tuesday	Aerobic Ride 120 min
Wednesday	Aerobic Ride 120 min
Thursday	REST DAY
Friday	Spin 120 min
Saturday	REST DAY
Sunday	Aerobic Ride 120 min

WEEK 3

Monday	REST DAY
Tuesday	Aerobic Ride 90 min
Wednesday	Aerobic Ride 90 min
Thursday	REST DAY
Friday	Spin 90 min
Saturday	REST DAY
Sunday	Aerobic Ride 120 min

WEEK 4

Monday	REST DAY
Tuesday	Aerobic Ride 90 min
Wednesday	REST DAY
Thursday	Aerobic Ride 90 min
Friday	LTHR Test
Saturday	REST DAY
Sunday	Aerobic Ride 120 min

WEEK 5

Monday	REST DAY
Tuesday	Zone3 90 min
Wednesday	Aerobic Ride 90 min
Thursday	Spin 90 min
Friday	Hills 90 min (aprox5 hills, below Zone5)
Saturday	REST DAY
Sunday	Aerobic Ride 150 min

WEEK 6

Monday	REST DAY
Tuesday	Zone3 90 min
Wednesday	Aerobic Ride 90 min
Thursday	Spin 90 min
Friday	Hills 90 min (aprox 6 hills, stay mostly below Zone5, go hard on 1-2 climbs)
Saturday	REST DAY
Sunday	Aerobic Ride 150 min

WEEK 7

Monday	REST DAY
Tuesday	Zone3 90 min
Wednesday	Aerobic Ride 90 min
Thursday	Spin 90 min
Friday	Hills 90 min(aprox6 hills, stay mostly below Zone5, hard out on 2-3 climbs)
Saturday	REST DAY
Sunday	Aerobic Ride 150 min

WEEK 8

Monday	REST DAY
Tuesday	Aerobic Ride 90 min
Wednesday	Rest day
Thursday	Aerobic Ride 90 min
Friday	LTHR Test
Saturday	Rest day
Sunday	Aerobic Ride 120 min

WEEK 9

Monday	Rest day
Tuesday	Zone3 90 min
Wednesday	Aerobic Ride 120 min
Thursday	Rest day
Friday	Hills 90 min (aprox6 hills, 3 under Zone5, 3 in Zone5)
Saturday	Rest day
Sunday	Aerobic Ride 180 to 240 mins

WEEK 10

Monday	Rest day
Tuesday	Zone3 90min

Wednesday	Aerobic Ride 120 min
Thursday	Rest day
Friday	Hills 90 mins (aprox7 hills, 4 under Zone5, 3 in Zone5)
Saturday	Rest day
Sunday	Aerobic Ride 180- 240 mins

WEEK 11

Monday	Rest day
Tuesday	Zone3 90 mins
Wednesday	Aerobic Ride 120 mins
Thursday	Rest day
Friday	Hills 90 mins (aprox7 hills, 3 under Zone5, 4 in Zone5)
Saturday	Rest day
Sunday	Aerobic Ride 180-240 mins

WEEK 12

Monday	Rest day
Tuesday	Aerobic Ride 90 mins
Wednesday	Rest day
Thursday	Aerobic Ride 90 mins
Friday	LTHR Test
Saturday	Rest day
Sunday	Aerobic Ride 120 mins

WEEK 13

Monday	Rest day
Tuesday	Hills (aprox7 hills, 3 under Zone5, 4 in Zone5) or Cruise Intervals 90 mins
Wednesday	Aerobic Ride 60 mins
Thursday	Group Ride or Pyramid Intervals 120 mins
Friday	Rest day
Saturday	Group Ride 120-150 mins
Sunday	Aerobic Ride 2-5hours

WEEK 14

Monday	Rest day
Tuesday	Hills (aprox7 hills, 3 under zone 5) 90 mins
Wednesday	Aerobic Ride 1h
Thursday	Group Ride or Pyramid Intervals 120 mins
Friday	Rest day
Saturday	Group Ride 120-150 mins

Sunday	Aerobic Ride 2-5hours
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WEEK 15

Monday	Rest day
Tuesday	Hills (aprox7 hills, 3 under Zone5, 4 in Zone5) or Cruise Intervals 90 mins
Wednesday	Aerobic Ride 60 mins
Thursday	Group Ride or Pyramid Intervals 90-120 mins
Friday	Rest day
Saturday	Group Ride 120-150 mins
Sunday	Aerobic Ride 2-5hours

WEEK 16

Monday	Rest day
Tuesday	Aerobic Ride 90 mins
Wednesday	Rest day
Thursday	Aerobic Ride 90 mins
Friday	LTHR Test
Saturday	Rest day
Sunday	Aerobic Ride 120 mins

WEEK 17

Monday	Rest day
Tuesday	Cruise Interval 90mins
Wednesday	Aerobic Ride 60 mins
Thursday	Sprints or Group Ride or Pyramid Intervals 90-120mins
Friday	Rest day
Saturday	Group Ride 120-150 mins
Sunday	Aerobic Ride 3-5hours

WEEK 18

Monday	Rest day
Tuesday	Cruise Interval 90 mins
Wednesday	Aerobic Ride 45 mins
Thursday	Group Ride or Pyramid Intervals 90-120 mins
Friday	Rest day
Saturday	Group Ride 120-150 mins
Sunday	Aerobic Ride 3-5hours

WEEK 19

Monday	Rest day
Tuesday	Cruise Interval 90 mins
Wednesday	Aerobic Ride 45 mins
Thursday	Sprints or Group Ride or Pyramid Intervals 100 mins

Friday	Rest day
Saturday	Group Ride 120-150 mins
Sunday	Aerobic Ride 3-5hours

WEEK 20

Monday	Rest day
Tuesday	Aerobic Ride 90 mins
Wednesday	Rest day
Thursday	Aerobic Ride 90 mins
Friday	Aerobic Ride 120 mins
Saturday	Rest day
Sunday	Aerobic Ride 120 mins

WEEK 21

Monday	Rest day
Tuesday	Aerobic Ride 100 m ins
Wednesday	Hills (~7 hills, 3 under Zone5, 4 in Zone5)
Thursday	Rest day
Friday	Sprints 90 mins
Saturday	Rest day
Sunday	Group Ride or Pyramid Intervals 120 mins

WEEK 22

Monday	Rest day
Tuesday	Aerobic Ride 90 mins
Wednesday	Hills (~7 hills, 3 under Zone5, 4 in Zone5)
Thursday	Rest day
Friday	Sprints 90 mins
Saturday	Rest day
Sunday	Group Ride or Pyramid Intervals 180 mins

WEEK 23

Monday	
Tuesday	1 hour in Zone2. 3*10 min in Zone3 with 5 min recovery.
Wednesday	2 hours in Zone1/2.
Thursday	Group Ride
Friday	Rest day
Saturday	60 min in Zone 1
Sunday	60 mins in Zone1/2. 5 min in Zone3 with 5 min recovery. 4 min in Zone 4 with 5 min recovery. Do 3*10 sec small-ring sprints with 2 min recovery.
WEEK 24 RACE DAY	RACE. Warm up. Include short sprints in small ring.

Workouts:

Cruise Intervals. Ride in Zone4 for 5-10 minutes and then rest in Zone3 for 3 minutes. Repeat it 3-5 times.

Aerobic Ride. A ride in zone 1 and 2 only

Hills. Ride on hilly roads. Stay seated during the climbs. Don't too slowly there. The heart rate should be in Zone3-Zone5. You can use an indoor trainer if weather interrupts your program.

Pyramid Intervals. The intensive part should be in Zone5. Rest as long as the intensive interval was. The length of the intervals is 1 (minutes), 2, 3, 4, 4, 3, 2, 1.

Spin. Keep high cadence as long as you can. Then rest for few minutes and repeat it. Zone3. Keep your pulse all the time in Zone3. Try to keep it this way 30-90 mins

Sprints. Speed up in ten seconds and then sit on the saddle and hold the speed for ten seconds. Up to 10 sprints if possible

Code:

zone ride

rest day

group ride

sprints

aerobic ride

hills

lactate threshold heart rate

cruise intervals.

Good luck with your bike training program. I hope you achieve your goals.

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If you wish to purchase an in depth training program to help you ride faster [Click Here.](#)

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