



# RIDELONDON 100

Improver/Experienced Training Plan



# RIDELONDON 100 TRAINING PLAN

## THE PLAN

Over the course of 12 weeks of training this plan is designed to get you ready to tackle this fantastic 100 mile ride. Mixing rides of different lengths and intensities it works from a system of training in different perceived effort zones. This variety is crucial to getting you fully prepared.

## AM I READY?

This training plan assumes a base level of fitness before starting. This is a challenging effort and the training needs to be appropriate to the physical demands you will face. If you do not feel ready to complete a 90 minute continuous ride at an easy effort check out our 'beginners plan'.

## PLANNING AHEAD

Training for any endurance event requires consistency and patience. Ring fence the key sessions in your diary and make sure you plan around business work or family life commitments where possible.

## MAKING IT WORK FOR YOU

This plan is not a tablet of stone and is designed to work for cyclists of a broad range of abilities. If you are more experienced look to add some of the additional sessions labelled 'optional' into your week. If you don't have time to complete all the sessions in the plan prioritise threshold and long rides and aim for the lower end of the time options.

## WHAT ELSE DO I NEED TO KNOW?

The glossary on the next page is vital to understanding the terms and effort levels in the plans. Make sure you check out our *cycling guide* which gives further detail on training, nutrition, bike handling & technique.



# TRAINING GLOSSARY & ZONES

'CADENCE' is how quickly you turn the 'crank' and is measured in revolutions per minute. A 'standard' cadence would be 80-90. Our plans will encourage you at times to 'spin' at a higher cadence or sometimes work bigger gears at a lower cadence.

'SPIN' used in these plans to denote an easier effort but still maintaining a higher cadence, often used in recovery between harder efforts.

'GEARING' gears are your friends. Use them to control your cadence and power by being aware of your terrain, fatigue level, environmental conditions etc to control your effort. Try to maintain a relatively consistent cadence using your gears rather than fluctuation through big surges of effort

'CORE/S&C' We strongly recommend including some core exercises and strength and conditioning into your training week. The training guide we have developed for you include some of the key exercises to complete.

'XT' Stands for 'cross training' and includes cardiovascular training such as running, swimming, aqua jogging, rowing & elliptical trainers.

'HILLS' Riding hills will both get you prepared to tackle hills on event day but also will develop more power and strength endurance in all of your riding. The plan includes short hills efforts, building to long continuous blocks of 8-10 minutes of hills. For these you will likely need to repeat one hill several times to make up the volume required, just take an easy effort back down between each up hill effort.

## TRAINING ZONES

Our training plans work you in a range of effort 'effort zones' or order to add variety into your training and to more effectively develop your strength and different energy systems;

Zone 1: Fully easy riding, 5-6/10 effort 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.

# ADAPTING THE PLAN TO YOUR LIFE

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## ADAPTING TO EXPERIENCE/ABILITY

This plan is designed to accommodate cyclists from a broad span of abilities. It assumes you can already cover up to 90 minutes of riding at an easy intensity. If you can't check out our base building cycle plan which will get you up to speed. Despite this we all have different lifestyles, available training time and motivation. If you are a bit less experienced and struggling for training time, particularly in the mid week, drop the optional training sessions and look to complete some of the sessions at the lower end of the suggested range of volume. If you are more experienced and are looking to push on we recommend completing the higher volume options e.g. 80 minutes from a session marked as '60-80 minutes'.

## WHAT TO DO IF YOU ARE SICK OR INJURED

Crucially don't try to play catch up or plough on through sickness or an injury. Seek the advice of a good sports physiotherapist who will advise you on the best ways you can get back into the saddle ASAP. Check out our cycling guide for our tips on how to include more cross training. If you are able to do this pain free it can really help keep you on track even if you can't get out on the bike. When you are back on the bike step back into the training plan from where you left off rather than skipping ahead weeks.

## SAFETY FIRST

Safety is critical at all times. Our cycling guide offers tips and advice on bike safety and handling. If you do not feel you can complete the harder faster sessions included in this plan safely on open roads consider completing them on a static bike or 'turbo trainer'.

# THE PLANS

1.	Optional 30-40 minute recovery ride or XT + core	50 min ride. Include 5 x 6 mins @ 'threshold' effort zone 3 with 3 min easy spin recovery	Core & S&C + optional 45-60 minute XT in zone 1-2	45-60 minute easy ride, fully conversational. Zone 1.	Rest	45-60 minute ride to include 8-10 controlled climbs at zone 3 effort between 1-3 minutes long..	90 mins - 1 hour 45 minutes all easy & conversational. Zone 1
2.	Optional 30-40 minute recovery ride or XT + core	50 minutes easy in zone 1.	Core & S&C + optional 45-60 minute XT in zone 1-2	60 min ride. Include 2 x 12 mins @ 'threshold' effort zone 3 with 3 min easy spin recovery	Rest	45-60 minutes with 3 x 8 minutes continuous hills in zone 3 with 2-3 minute easy recovery.	1 hour 45 minutes - 2 hours all easy & conversational. Zone 1, keeping regular 80-90 cadence
3.	Optional 30-40 minute recovery ride or XT + core	50 minutes to include 5 x 6 minutes @ zone 3 with 90s mins easy spin recovery. Regular 80-90 cadence.	Core & S&C + optional 45-60 minute XT in zone 1-2	60 minutes in zone 1, before breakfast is ideal if possible.	Rest	60 minutes with 3 x 10 minutes continuous hills in zone 3 with 2-3 minute easy recovery.	2 hour 15-30 minute easy ride, zone 1-2 with regular cadence
4.	Optional 30-40 minute recovery ride or XT + core	50 minutes easy-steady in zone 1 and 2.	Core & S&C + optional 30-45 minute XT in zone 1-2	40 minute easy ride, fully conversational. Zone 1	Rest	40 minute ride, 20 minutes in zone 1, 20 in zone 3.	90 minutes all relaxed in zone 1

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5.	Optional 40-60 minute easy ride or XT + core	60 minutes to include 4 x 8 minutes @ zone 3 with 2 mins easy spin recovery. Regular 80-90 cadence.	Core & S&C + optional 45-60 minute XT in zone 1-2	60 minutes in zone 1, before breakfast is ideal if possible.	Rest	75 minutes with 3 x 10 minutes continuous hills in zone 3 with 2-3 minute easy recovery.	2 hour 45 mins zone 1.
6.	Optional 40-60 minute easy ride or XT + core	60 minutes with final 40 mins to include 2 x 15 mins at zone 3 with 5 mins easy spin recovery.	Core & S&C + optional 45-60 minute XT in zone 1-2	60 minutes in zone 1, before breakfast is ideal if possible	Rest	80 minute ride, with 4 x 8 minutes continuous hills in zone 3 with 2-3 minute easy recovery.	3 hours - 3 hours 15 mins zone 1 over a rolling route, up hills in zone 2
7.	Optional 40-60 minute easy ride or XT + core	60 minutes to include 4 x 8 minutes @ zone 3 with 90s easy spin recovery. Regular 80-90 cadence.	Core & S&C + optional 45-60 minute XT in zone 1-2	60 minutes in zone 1, before breakfast is ideal if possible	Rest	80-90 minutes with the final 30 minutes in zone 3.	3 hours 30 mins - 4 hours with the final 45 in zone 2 working a big gear including rolling hills if possible..
8.	Optional 30-40 minute easy ride or XT + core	45 minutes with the final 25 at zone 3 effort.	Core & S&C + optional 30-45 minute XT in zone 1-2	45 minutes with 5 x 4 minutes zone 4 with 90s spin recovery.	Rest	45-60 minutes easy zone 1.	Ideal weekend for 50-60km sportive or group ride. If not 2 hours 30-45 minutes with the final 45 in zone 2.

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<b>9</b>	Optional 40-60 minute easy ride or XT + core	60-80 minutes with 2 x (10/6/4) with 90s easy between each effort. 10 mins zone 3 getting harder as you drop down. 5 mins easy between sets.	Core & S&C + optional 45-60 minute XT in zone 1-2	60-90 minutes practice riding in a 'big gear and climbing with a 'high cadence''	Rest	80 minutes, zone 1 on a flat route	4-5 hours to include 2 x 20 mins in zone 3 in the final 75 minutes, preferably over hills.
<b>10.</b>	Optional 40-60 minute easy ride or XT + core	60-80 minutes with with 8 x 3 minutes zone 4 from 75-90s easy recovery.	Core & S&C + optional 45-60 minute XT in zone 1-2	60-90 minutes practice riding in a 'big gear and climbing with a 'high cadence'	Rest	80 minutes, zone 1 on a flat route	5 hours to include hills in the final 2 hours in zone 3.
<b>11.</b>	Optional 40-60 minute easy ride or XT + core	60-70 minutes 6/5/4/3/2/1 with 90s easy between each effort. 6 mins zone 3 getting harder as you drop down	Core & S&C + optional 45-60 minute XT in zone 1-2	45-60 minutes with 8-10 x 1 minute pushing to a harder effort at a high cadence..	Rest	60-75 minutes with final 25 in zone 3.	2 hour -2.5 hour ride in zones 1 and 2 maximum.
<b>12.</b>	Optional 30-40 minute easy ride or XT + core	40 minutes with 3 x 6 mins zone 3 from 2 mins easy spin recovery	Core & S&C + optional 30 minute XT in zone 1-2	40 minutes all easy.	Rest	30-40 minute easy ride in zone 1, check bike.	RideLondon 100, good luck!!

# GET IN TOUCH

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## EMAIL

[info@runningwithus.com](mailto:info@runningwithus.com)

## TWITTER

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