



Week one:

Day	Beginner/Novice Target: 20km per hour Cyclotta event target time: 2 hours	Occasional / Leisure cyclist Target: 25km per hour Cyclotta event target time: 1 hour 36	Regular Cyclist Target: 30+km per hour Cyclotta event target time: 1 hour 20
Monday	30 minute brisk walk	45 minute -1 hour brisk walk	Long aerobic intervals 1. 15 minute warm-up 2. 5 x 2 minutes moderate with 3 minutes between each 3. 20 minute warm down
Tuesday	45 minute gym class or spin session	45 minute gym class or spin session	1 hour easy aerobic
Wednesday	Rest or pilates/yoga	Rest or pilates/yoga	Rest or pilates/yoga
Thursday	Rest	45 minute gym class or spin session	Short power intervals 1. 15 minutes warm-up 2. 10 x 30 seconds hard with 1 minute between each 3. 20 minute warm down
Friday	30 minute morning ride/exercise bike	Rest	Rest
Saturday	Easy aerobic 1 hour walk	30 minutes morning ride/exercise bike	2 hours group ride (60km)
Sunday	Rest	Rest	1 hour easy aerobic
Weekly total	3 hours 30 minutes	3 hours 30 minutes	6 hours

Week two:

Day	Beginner/Novice Target: 20km per hour Cyclotta event target time: 2 hours	Occasional / Leisure cyclist Target: 25km per hour Cyclotta event target time: 1 hour 36	Regular Cyclist Target: 30+km per hour Cyclotta event target time: 1 hour 20
Monday	45 minute gym class/spin session	45 minute gym class/spin session	Long aerobic intervals 1. 15 minutes warm-up 2. 6 x 2 minutes moderate with 3 minutes between each 3. 20 minutes warm down
Tuesday	45 minute gym class/spin session	45 minute gym class/spin session	1 hour easy aerobic
Wednesday	Rest or pilates/yoga	Rest or pilates/yoga	Rest or pilates/yoga
Thursday	45 minute gym class/spin session	45 minute gym class/spin session	Short power intervals 1. 15 minutes warm-up 2. 10 x 30 seconds hard with 1 minute spin between each 3. 20 minutes warm down
Friday	Rest	Rest	Rest
Saturday	30 minute morning ride/exercise bike	45 minute morning ride/exercise bike	2 hour group ride (60km)
Sunday	30 minute morning ride/exercise bike	45 minute morning ride/exercise bike	1 hour easy aerobic
Weekly total	3 hours 15 minutes	4 hours	5 hours



Week three: Work hard week

Day	Beginner/Novice Target: 20km per hour Cycletta event target time: 2 hours	Occasional / Leisure cyclist Target: 25km per hour Cycletta event target time: 1 hour 36	Regular Cyclist Target: 30+km per hour Cycletta event target time: 1 hour 20
Monday	45 minutes - 1 hour brisk walk	45 minutes - 1 hour brisk walk	Long aerobic intervals 1. 15 minutes warm-up 2. 8 x 2 minutes moderate with 3 minutes between each 3. 20 minutes warm down
Tuesday	45 minute gym class/spin session	45 minute gym class/spin session	1 hour easy aerobic
Wednesday	Rest or pilates/yoga	Rest or pilates/yoga	Rest or pilates/yoga
Thursday	45 minute gym class/spin session	45 minute gym class/spin session	Short power intervals 1. 15 minutes warm-up 2. 10 x 30 seconds hard with 1 minute between each 3. 20 minutes warm down
Friday	20 minute walk + 6 x 30 seconds short stair intervals or step-ups	20 minute walk + 8 x 30 seconds short stair intervals or step-ups	1 hour easy aerobic
Saturday	45 minutes morning ride/exercise bike	1 hour + morning ride/exercise bike	2 hours group ride (60km)
Sunday	Rest	Rest	1 hour easy aerobic
Weekly total	4 hours 30 minutes	4 hours 45 minutes	7 hours

Week four: Don't Overdo It!

Day	Beginner/Novice Target: 20km per hour Cycletta event target time: 2 hours	Occasional / Leisure cyclist Target: 25km per hour Cycletta event target time: 1 hour 36	Regular Cyclist Target: 30+km per hour Cycletta event target time: 1 hour 20
Monday	45 minutes - 1 hour brisk walk	45 minutes - 1 hour brisk walk	Long aerobic intervals 1. 15 minutes warm-up 2. 6 x 2 minutes moderate with 3 minutes between each 3. 20 minutes warm down
Tuesday	45 minutes gym class/spin session	45 minutes gym class/spin session	1 hour easy aerobic
Wednesday	Rest or pilates/yoga	Rest or pilates/yoga	Rest or pilates/yoga
Thursday	45 minutes gym class/spin session	45 minutes gym class/spin session	1 hour easy aerobic with a couple of short sprints
Friday	Rest	Rest	Rest
Saturday	45 minute morning ride/exercise bike	45 minute morning ride/exercise bike	2 hour group ride (60km)
Sunday	1 hour morning ride/exercise bike	1 hour morning ride/exercise bike	1 hour easy aerobic
Weekly total	4 hours 15 minutes	4 hours 15 minutes	6 hours



Week five: Hardest week

Day	Beginner/Novice Target: 20km per hour Cycletta event target time: 2 hours	Occasional / Leisure cyclist Target: 25km per hour Cycletta event target time: 1 hour 36	Regular Cyclist Target: 30+km per hour Cycletta event target time: 1 hour 20
Monday	45 minutes - 1 hour brisk walk	45 minutes - 1 hour brisk walk	Long aerobic intervals 1. 15 minutes warm-up 2. 8 x 2 minutes moderate with 3 minutes between each 3. 20 minutes warm down
Tuesday	45 minute gym class/spin session	45 minute gym class/spin session	1 hour easy aerobic
Wednesday	Rest or pilates/yoga	Rest or pilates/yoga	Rest or pilates/yoga
Thursday	45 minute gym class/spin session	45 minute gym class/spin session	Short power intervals 1. 15 minutes warm-up 2. 10 x 30 seconds hard with 1 min between each 3. 20 minutes warm down
Friday	20 minute walk + 6 x 30 seconds short stair intervals or step-ups – work hard	20 minute walk + 8 x 30 seconds short stair intervals or step-ups – work hard	1 hour easy aerobic
Saturday	30 minute morning ride/exercise bike	1 hour morning ride/exercise bike	2 hour group ride (60km)
Sunday	2 hour morning ride/exercise bike	2 hour morning ride/exercise bike	1 hour easy aerobic
Weekly total	5 hours 30 minutes	6 hours	7 hours

Week six: Taper week

Day	Beginner/Novice Target: 20km per hour Cycletta event target time: 2 hours	Occasional / Leisure cyclist Target: 25km per hour Cycletta event target time: 1 hour 36	Regular Cyclist Target: 30+km per hour Cycletta event target time: 1 hour 20
Monday	30 minute brisk walk	30 minute brisk walk	1 hour easy aerobic ride
Tuesday	Rest	Rest	Rest
Wednesday	45 minute gym class/spin session	45 minute gym class/spin session	Long intervals 1. 15 minutes warm-up 2. 4 x 2 minutes moderate with 3 minutes between each 3. 20 minutes warm down
Thursday	Rest or pilates/yoga	Rest or pilates/yoga	Rest or pilates/yoga
Friday	30 minutes easy ride/exercise bike	45 minutes easy ride/exercise bike	1 hour easy
Saturday	CYCLETТА	CYCLETТА	CYCLETТА
Sunday	Have a lie in!	Have a lie in!	Have a lie in!
Weekly total	1 hours 45 minutes	2 hours	3 hours