

# CYCLE SPORTIVE - 1 of 2

<b>Workout Goal</b>	This workout plan is to ensure you get the most out of your big cycling challenges. Think carefully about the support required from friends, family and training partners, especially on those big training rides						
<b>Workout Description</b>	10 weeks of training for a sportive, including outdoor long rides, muscular endurance, classes and tough static bike sessions						
<b>Safety Brief</b>	Usual bike brief, take extra care with fatigue and ensure you stretch at the end of every session						
<b>Equipment</b>	Road and static bike						
<b>Duration</b>	Dependent on how quick you are!!						
<b>Mobilisers</b>	Thoracic rotation	Pigeon stretch	Quad and hip flexor stretch				
<b>The Workout</b>	<b>Session Design</b>					<b>Methodology</b>	
	Follow the plan below as best you can, but you can switch days to accommodate your schedule and training partners. Tuesday focus can be ridden outside or on any static bike within the club					Mondays are generally set as rest days as it's likely you'll have more time for longer cycles at the weekend. Don't ignore the rest days, they are critical to ensure your body recovers	
<b>Weeks</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Rest	Easy ride - 30 minutes, effort level: you should comfortably be able to hold a conversation	Leg and core muscular endurance session	Cycle class	Rest	Quarter of your end goal distance. Flat roads. Effort level: you should comfortably be able to hold a conversation	Rest
<b>Week 2</b>	Rest	Easy ride - 40 minutes, effort level: you should comfortably be able to hold a conversation	Leg and core muscular endurance session	Cycle class	Rest	Third of your end goal distance. Flat roads. Effort level: you should comfortably be able to hold a conversation	Rest
<b>Week 3</b>	Rest	Easy ride - 50 minutes, effort level: you should comfortably be able to hold a conversation	Leg and core muscular endurance session	Cycle class	Rest	Quarter of your end goal distance. Flat roads. Effort level: slightly higher, you should be able to talk in short sentences	Rest
<b>Week 4</b>	Rest	Easy ride - 60 minutes, effort level: you should comfortably be able to hold a conversation	Leg and core muscular endurance session	Cycle class	Rest	Third of your end goal distance. Flat roads. Effort level: slightly higher, you should be able to talk in short sentences	Rest
<b>Week 5</b>	Rest	10 minutes easy ride. 3 x 5 minutes hard pace, spaced within another 60 minutes ride time	Leg and core muscular endurance session. Add additional plyometric work	Cycle class	Rest	Half of your end goal distance. Flat roads. Effort level: you should comfortably be able to hold a conversation	10 minutes easy ride. 3 x 5 minutes hard pace, spaced within another 60 minutes ride time
<b>Week 6</b>	Rest	10 minutes easy ride. 4 x 5 minutes hard pace, spaced within another 60 minutes ride time	Leg and core muscular endurance session. Add additional plyometric work	Cycle class + 20 minutes easy ride	Rest	Half of your end goal distance. Flat roads. Effort level: slightly higher, you should be able to talk in short sentences	10 minutes easy ride. 4 x 5 minutes hard pace, spaced within another 60 minutes ride time

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Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 7</b>	Rest	10 minutes easy ride. 5 x 5 minutes hard pace, spaced within another 70 minutes ride time	Leg and core muscular endurance session. Add additional plyometric work	Cycle class + 30 minutes easy ride	Rest	Two thirds of your end goal distance. Flat roads. Effort level: you should comfortably be able to hold a conversation	10 minutes easy ride. 5 x 5 minutes hard pace, spaced within another 70 minutes ride time
<b>Week 8 (Easy Week)</b>	Rest	10 minutes easy ride. 3 x 5 minutes hard pace, spaced within another 60 minutes ride time	Rest	Cycle class	Rest	Full distance. Flat roads. Effort level: you should comfortably be able to hold a conversation	Rest
<b>Week 9</b>	Rest	10 minutes easy ride. 5 x 6 minutes hard pace, spaced within another 80 minutes ride time	Leg and core muscular endurance session. Additional stretch and SMR focus	Cycle class + 60 minutes easy ride	Rest	Full distance. Flat roads. Effort level: slightly higher, you should be able to talk in short sentences	10 minutes easy ride. 5 x 6 minutes hard pace, spaced within another 80 minutes ride time
<b>Week 10 (Taper Week)</b>	Rest	Easy ride - 60 minutes, effort level: you should comfortably be able to hold a conversation	Additional stretch and SMR focus	45 minutes easy ride	Rest	Race Weekend	Race Weekend
<b>Cool Down</b>	After any session, slow the pace for 5 minutes and then stop. Straight legs and reach to floor (move in and out of range don't hold a stretch), change where you reach each time (forward, back, left, right, twist left, twist right)						
<b>Stretch</b>	Quads, hamstrings, calf, glutes, lower back						
<b>Signposting</b>	Enquire with reception to see if any of the PTs at your club have any cycle specific experience						