

# 100KM CYCLING 12 WEEK PROGRAMME

WRITTEN FOR COMBAT STRESS

# TRAINING GUIDANCE

This programme is designed to help improve your cycling fitness and endurance and is planned over 12 weeks. Within this programme, we refer to certain workout types or terminology. Here's some further explanation on some terminology used within the plan.

## RPE Levels

The RPE levels shown are from the **'modified Borg Rating of Perceived Exertion' (RPE)**. It is a scale designed to help calculate the intensity of exercise, without the use of devices or equipment. They are shown with a description, alongside the approximate percentage of maximum heart rate (for those of you that may use a heart rate monitor).

RPE Level	Description	% of MHR
0	No exertion	50% - 60%
1	Very light	
2 - 3	Deeper breathing, but still comfortable. Conversations possible	60% - 70%
3 - 4	Harder breathing, increasingly difficult to hold conversation	70% - 80%
5 - 6	Starting to breathe hard and getting uncomfortable	80% - 90%
7 - 8	Deep and forceful breathing, uncomfortable, not wanting to talk	90% - 100%
9	Extremely hard to breathe	
10	Maximum exertion	

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## Percentage of Max Heart Rate

If you have a heart rate monitor, you can use this to track whether you are working at the correct intensity level. As everyone has a different max heart rate, we refer to a % of your maximum heart rate, rather than beats per minute (or 'bpm'. Firstly work out your max heart rate (220 – your age). Then calculate what your heart rate should be at each 10%. The table on the right shows the approximate heart rate a 30 year old would be looking to achieve for each RPE level. Some heart rate monitors are clever enough to display % of MHR which is really useful, otherwise you can use BPM to check you're exercising at the correct intensity.

Max Heart Rate in bpm = 220 – your age

Example for 30 year old – 220 – 30 = 190bpm maximum heart rate

To calculate the target heart rate for each MHR, use the table here.

RPE Level	% of MHR	Multiply MHR by 'x' for relevant bpm	Target HR for 30 yr old
0	50% - 60%	0.55	105 bpm
1			
2 - 3	60% - 70%	0.65	124 bpm
3 - 4	70% - 80%	0.75	143 bpm
5 - 6	80% - 90%	0.85	162 bpm
7 - 8	90% - 100%	0.95	181 bpm
9			
10			

# WEEK 1



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Strength, Core		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	1 hour	RPE 3 (60-70% MHR)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Explore new routes, try to find some hills	1 hour	RPE 4 (70-80% MHR)
<u>FRIDAY</u>	Conditioning	Strength, Core	1 hour	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Ride		1 hr 30 mins	RPE 4

## WEEK 2



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Rest/active recovery		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	1 hour	RPE 4 (70-80% MHR)
<u>WEDNESDAY</u>	Mobilisation/stretching	Rest/active recovery		
<u>THURSDAY</u>	Ride	Hill intervals	1 hour	RPE 4-5 (70-85% MHR)
<u>FRIDAY</u>	Conditioning	Strength, Core	1 hour	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Ride	Steady ride, maintain smooth pedal movement	1 hr 40 mins	RPE 4

## WEEK 3



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Rest/active recovery		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	1 hour	RPE 4 (70-80% MHR)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Hill intervals	1 hour	RPE 5-6 (80-90% MHR)
<u>FRIDAY</u>	Conditioning	Strength, Core	1 hour	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Ride	Steady ride, maintain smooth pedal movement	1 hr 50 mins	RPE 4

## WEEK 4

DAY	SESSION TYPE	SESSION OUTCOME	TIME	LEVEL
MONDAY	Rest/active recovery	Rest/active recovery		
TUESDAY	Ride	Easy paced ride 90rpm+	1 hour	RPE 3 (65-75% MHR)
WEDNESDAY	Rest/active recovery	Rest/active recovery		
THURSDAY	Ride	Tempo intervals	1 hour	
FRIDAY	Conditioning	Strength, Core	1 hour	RPE 3-4 (70-80%MHR)
SATURDAY	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
SUNDAY	Ride	Experiment with fuelling on the bike, try to work hard on the hills	2 hrs 30 mins	RPE 5-6 (80-90% MHR)



## WEEK 5



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Rest/active recovery		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	1 hour	RPE 4 (80% MHR)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Tempo intervals	1 hour	RPE 5-6 (80-90% MHR)
<u>FRIDAY</u>	Conditioning	Strength, Core	1 hour	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Ride	Work in some hard effort on the hills, try to recover on the flats	2 hrs	RPE 5-6 (80-90% MHR)



## WEEK 6

DAY	SESSION TYPE	SESSION OUTCOME	TIME	LEVEL
MONDAY	Rest/active recovery	Rest/active recovery		
TUESDAY	Ride	Easy paced ride 90rpm+	1 hour	RPE 3-4 (70-80% MHR)
WEDNESDAY	Rest/active recovery	Rest/active recovery		
THURSDAY	Ride	Hill intervals	1 hour	RPE 5-6-7-8 (80-100% MHR)
FRIDAY	Conditioning	Strength, Core	1 hour	
SATURDAY	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
SUNDAY	Ride	Focus on form	2 hrs 15 mins	RPE 5-6-7 (80-90% MHR)



## WEEK 7



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Rest/active recovery		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	1 hour 20 mins	RPE 4-5-6 (80-90% MHR)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Tempo intervals	1 hour 20 mins	RPE 4-5-6 (80-90% MHR)
<u>FRIDAY</u>	Conditioning	Strength, Core	1 hour	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Ride	Steady ride, maintain smooth pedal movement	2 hrs 30 mins	RPE 4 (70% MHR)

## WEEK 8



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Rest/active recovery		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	40 mins	RPE 4 (80% MHR)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Easy ride	1 hr	RPE 3 (70% MHR)
<u>FRIDAY</u>	Conditioning	Function and Core	40 mins	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Long ride 60km	Steady ride, add stops if needed	3 hrs	RPE 5-6 (80-90% MHR)

## WEEK 9



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Rest/active recovery		
<u>TUESDAY</u>	Ride	Focus on form	40 mins	RPE 4-5-6 (80-90% MHR)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Tempo intervals	1 hr 20 mins	RPE 4-5 (80-90% MHR)
<u>FRIDAY</u>	Conditioning	Strength, Core	1 hr	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Long ride 75km	Add long tempo intervals	3 hrs	RPE 5-6-7 (80-90% MHR)

## WEEK 10



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Rest/active recovery		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	1 hr 20 mins	RPE 4-5 (80-90% MHR)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Tempo intervals	1 hr	RPE 6-7-8 (90-100%)
<u>FRIDAY</u>	Conditioning	Strength, Core	1 hr	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Long ride 75km	Focus on form, don't set off too hard	3 hrs 45 mins	RPE 6 (90% MHR)

# WEEK 11



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	Intervals Rest/active recovery		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	1 hr	RPE 6-7-8 (90-100%)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Recovery ride	45 mins	RPE 4 (80% MHR)
<u>FRIDAY</u>	Conditioning	Function and Core	1 hr	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Ride	Steady ride, maintain smooth pedal movement	2 hrs	RPE 5 (80% MHR)

## WEEK 12



<u>DAY</u>	<u>SESSION TYPE</u>	<u>SESSION OUTCOME</u>	<u>TIME</u>	<u>LEVEL</u>
<u>MONDAY</u>	Rest/active recovery	intervalsRest/active recovery		
<u>TUESDAY</u>	Ride	Easy paced ride 90rpm+	1 hr	RPE 4 (80% MHR)
<u>WEDNESDAY</u>	Rest/active recovery	Rest/active recovery		
<u>THURSDAY</u>	Ride	Recovery ride	1 hr	RPE 4 (80% MHR)
<u>FRIDAY</u>	Conditioning	Function and Core	45 mins	
<u>SATURDAY</u>	Recovery, Fill in day, use this day if missed any of the sessions because of work or other reasons.	Indoor/outdoor		
<u>SUNDAY</u>	Ride 100Km	Steady ride, maintain smooth pedal movement	5 hrs	RPE 5-6-7 (80-90% MHR)