

Hi Ladies, my name is Dave and I'm a local cycling coach based near Oswestry. I offered to put a little plan together for Alan to help get anyone who wants it challenge ready!

You can find me at [www.davescottcoaching.co.uk](http://www.davescottcoaching.co.uk) where you can also contact me if you need any additional advice or would like to book in for some more specific training / physiological testing.

To utilise this plan you need to understand the RPE scale (rating of perceived exertion) based on the 'BORG' scale: 1. Very Easy // 2. Easy // 3. Moderate // 4. Somewhat hard // 5. Hard // 6. Getting harder // 7. Very Hard // 8. Starting to Hurt // 9. Argghh... // 10. Extremely Hard!

I have also colour coded the plan with **Pink** being for those taking part in the 30 mile event and black for the 45 mile event. I hope you find this helpful and have fun! Remember to warm up and cool down before each session and on Wednesdays mix it up with a gentle run/walk/trip to the gym.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Rest Day	Tempo 20/30 minutes RPE 6.5	X-train / Core	VO2 MAX 2/3 x 4min RPE 9 4min recovery between efforts.	Rest Day	Easy spin/rest day	Endurance 45/60 minutes RPE 5
2.	Rest Day	Strength 3/4 x 5min low cadence RPE 8 (50-60RPM) 2m between efforts.	X-train / Core	Tempo 30/45 minutes RPE 6.5	Rest Day	Sprints 45 mins 4/6 x 15 second sprints RPE 10. 3min between efforts	Endurance 60/90 minutes RPE 5.5
3.	Rest Day	Sweetspot 3/4 x 8min RPE 7 4min recovery between efforts.	X-train / Core	Cadence Drills 1/2 x 10m @ 1 min RPM 100+ // 1 min RPM 60. 5m between efforts	Rest Day	Easy spin/rest day	Endurance 45/60 minutes RPE 5.5
4	Rest Day	Strength 3/4 x 6min low cadence RPE 8 (50-60RPM) 2min between efforts.	X-train / Core	VO2 MAX 3/4 x 4min RPE 9 4min recovery between efforts.	Rest Day	Tempo 30/45 minutes RPE 6.5	Endurance 60/90 minutes RPE 6
5	Rest Day	Threshold 2x6m/2 x 8min RPE 8.5 10m recovery between efforts	X-train / Core	Tempo with bursts 20/30 minutes RPE 7 with 20s 'bursts' of power ever 5 minutes	Rest Day	Easy spin/rest day	Endurance 90/120 minutes RPE 6
6	Rest Day	Easy Spin 25/60min RPE 5	X-train / Core	Easy Spin 45/60min RPE 5	Rest Day	Easy pre-event leg loosener	EVENT DAY HAVE FUN