

Training Plan - Ultra 90 mile

Week 1 - preparation:

In this week, take your time to get to know your bike and gain confidence. Begin cycling on flat roads away from heavy traffic so you can get comfortable at your own pace. If something doesn't feel right why not have your bike fitted or serviced so it is fully prepped for your weeks of training.

Use your rest days to prep for your training the week ahead. Which routes will you be taking? Do you have everything you need for race? Work around your schedule by going out early morning or in the evening.

This week's goal:

Gain confidence, be prepped and take it easy. Target distance: 10+ miles.

Week 1		TYPE	INTENSITY	DURATION
Mon	REST DAY Your first rest day! What a way to start a training programme. Use this time to think about your schedule for the week ahead, and if you have time arrange for a bike service.	---	---	---
Tues	Jump right in to your training with a flat loop cycle so you can get used to your bike.	Cycling	Low	40 Mins
Wed	REST DAY	---	---	---
Thu	Switch between an easy paced ride for 10 minutes and medium intensity for 5 minute intervals for the duration of 30 minutes.	Cycling	Medium	30 Mins
Fri	REST DAY	---	---	---
Sat	Your choice of activity Suggestion: Work on your core strength with some weight training.	Cross Training	Medium	Up to 60 mins
Sun	Easy paced ride on a flat loop. You'll be fitting in these long rides over the weekend.	Cycling	Low	1 Hour (10+ miles)



Week 2 - preparation:

Fix any issues that occurred during your first week. After every session make sure that you check for debris and punctures.

Remember to keep hydrated. Take a small drink every 10-15 minutes.

Think about other training options not on your bike that will build your core strength. Pilates, yoga or swimming are great ways to build these up and are non impact!

This week's goal:

To extend your total ride time without reducing work rate. Target distance: 15+ miles.

Week 2		TYPE	INTENSITY	DURATION
Mon	REST DAY	---	---	---
Tues	Easy paced ride on a flat loop.	Cycling	Low	45 mins
Wed	Your choice of activity Suggestion: Pilates is a fantastic way to improve your core strength as is non impact on joints; it is a great way to increase your power output whilst riding.	Cross Training	Medium	Up to 60 mins
Thu	REST DAY	---	---	---
Fri	Switch between an easy paced ride for 10 minutes and medium intensity for 5 minute intervals for the duration of 30 minutes.	Cycling	Medium	30 mins
Sat	REST DAY	---	---	---
Sun	Easy/medium paced ride on a flat loop.	Cycling	Medium	1 Hour (15+ miles)

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Week 3 - preparation:

Really think about your pedalling technique. You should be pushing down on your pedal with the ball of your foot with knees pointing straight ahead. Try to keep the speed up at a steady pace but if you feel like you're slowing down change to an easier gear.

This week's goal:

Start to pick up the pace in your mid week session. Target distance: 25+ miles.

Week 3		TYPE	INTENSITY	DURATION
Mon	REST DAY	---	---	---
Tues	Start to introduce some hills and inclines to your route. Mix up the intensity to push yourself harder.	Cycling	Low/ Medium	1 Hour
Wed	REST DAY	---	---	---
Thu	20 minutes at an easy warm up, followed by 20 minutes steady pace and a final 20 minutes easy cool down.	Cycling	Low	1 Hour
Fri	REST DAY	---	---	---
Sat	Your choice of activity Suggestion: Swimming is not only great for strength training but also a perfect cardio activity.	Cross Training	Medium	Up to 60 mins
Sun	Easy paced ride mixed in with a few higher paced intervals. We're slowly increasing the distance.	Cycling	Low	2 hours (25+ miles)



Week 4 - preparation:

This week will be your first 3 hour ride which you should find achievable. You'll need to start thinking about the type of food to take en route. Remember to eat little and often on the longer rides. Refuel every 20-30 minutes on high carb foods such as bananas, flapjacks or dried fruit.

You should be reaching between mile 30-40 this week.

This week's goal:

To introduce hill riding. Target distance: 30+ miles on your longest ride.

Week 4		TYPE	INTENSITY	DURATION
Mon	REST DAY	---	---	---
Tues	Start to introduce some hills and inclines to your route. Mix up the intensity to push yourself harder.	Cycling	Low/ Medium	2 hours
Wed	Your choice of activity Suggestion: Swimming is not only great for strength training but also a perfect cardio activity.	Cross Training	Medium	Up to 60 mins
Thu	20 minutes at an easy warm up, followed by 20 minutes steady pace and a final 20 minutes easy cool down.	Cycling	Low	1 hour
Fri	Easy paced ride on a mixed surface loop.	Cycling	Low/ Medium	2 hours 30 mins
Sat	REST DAY	---	---	---
Sun	Easy paced ride on a mixed surface loop.	Cycling	Low/ Medium	3 hours (30+ miles)

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Week 5 - preparation:

You're half way through the training plan - High five!

After a busy four weeks of training, take some time to recover and look at the progress you have made so far. Continue to cross-train at least once a week and remember to mix in both core strengthening exercises along with some cardio.

This week's goal:

Relax and recover after 4 weeks training. Target distance: 25+ miles.

Week 5		TYPE	INTENSITY	DURATION
Mon	REST DAY	---	---	---
Tues	Easy paced ride with 5x5 mins at a harder pace within the timeframe.	Cycling	Low/ Medium	1 hour 30 mins
Wed	REST DAY	---	---	---
Thu	Easy paced ride on a flat loop but add in 3 x 5 minute bursts at a harder pace.	Cycling	Medium	1 Hour
Fri	Your choice of activity Suggestion: Try a yoga class or if you prefer watch a yoga video online in the comfort of your own home.	Cross Training	Low	Up to 60 mins
Sat	REST DAY	---	---	---
Sun	Easy paced ride on a mixed surface loop.	Cycling	Low	2 hours 30 mins (25+ miles)



Week 6 - preparation:

Time to step it up a gear and begin to push further. Start focussing on hill climbs and learning to pace yourself whilst pedalling; remember to stay relaxed, use a low gear and stay seated. You may want to stand up on occasion when you need that burst of power.

This week's goal:

Focus on hill climbs and your pacing. Target distance: 40+ miles

Week 6		TYPE	INTENSITY	DURATION
Mon	Hill reps: 15 min warm up on flat surface. Hill climbs for 10 mins. 10 minutes recovery between each climb. Repeat hill climb twice. 15 minute cool down on flat surface loop.	Cycling	Medium	1 Hour 15 Mins
Tues	REST DAY	---	---	---
Wed	First hour at an easy pace. The second hour to include bursts of high intensity and hill climbs. The final hour at an easy pace.	Cycling	Low/ Medium	3 hours
Thu	Your choice of activity Suggestion: Hit the gym and lift some weights, it will help you build a powerful core and strengthen your bones.	Cross Training	Medium	Up to 60 mins
Fri	Steady paced ride with 10x5 mins at a harder pace within the timeframe.	Cycling	Medium/ High	2 hours
Sat	REST DAY	---	---	---
Sun	Easy paced ride combined with a few hills climbs.	Cycling	Medium	4 hours (40+ miles)

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Week 7 - preparation:

Use the first training session of the week to concentrate on your hill climbing and descending technique. Keep your eyes on the road ahead and break before entering corners.

Get into the habit of keeping yourself hydrated and eating at regular intervals. Make sure to keep your electrolytes at the correct balance by introducing isotonic sports drinks. Aim to drink overall 500-750ml per hour.

This week's goal:

Aim high and work towards 50-70 miles this week! From next week we will starting easing off the training so you are fully prepared and rested for the big day

Week 7

		TYPE	INTENSITY	DURATION
Mon	REST DAY	---	---	---
Tues	Easy paced ride with 10 minutes of hill climbs once an hour. Practice steady pacing.	Cycling	Medium	4 hours
Wed	Your choice of activity Suggestion: Tackle some pilates exercises to help you with core strength and endurance. Look online for the best poses for cyclists, the shoulder bridge will strengthen your glutes.	Cross Training	Medium	Up to 60 mins
Thu	Easy paced ride with 2x10 mins at a harder pace within the timeframe.	Cycling	High	Up to 65 mins
Fri	REST DAY	---	---	---
Sat	Your choice of activity Suggestion: Practice your breathing capacity with swimming. It will also help you relax and be well rested ready for your longest cycle tomorrow.	Cross Training	Medium	Up to 60 mins
Sun	This is the longest ride of your training. Recommended cycling 50-70 miles. Keep a steady pace and use a primarily flat route. Make sure to take a break for lunch, bananas and low fat sandwiches.	Cycling	Medium	5 hours (50+ miles)



Week 8 - preparation:

Create a checklist for your kit to take on the road and start to build this up. You should have received your Prince's Trust cycling jersey by now so practice wearing this whilst cycling and make sure you feel comfortable.

Give yourself a bit of TLC and arrange for a massage or get the same effects from home with training aids such as a foam roller or massage balls that can help with muscle soreness.

This week's goal:

Start preparing your kit and yourself for the ride in two weeks. Target distance: 40+ miles

Week 8

		TYPE	INTENSITY	DURATION
Mon	REST DAY	---	---	---
Tues	Easy paced ride with 2x10 mins at a harder pace within the timeframe.	Cycling	High	1 hour
Wed	Your favourite cross-training activity.	Cross Training	Medium	Up to 60 mins
Thu	First hour at an easy pace. The second hour to include bursts of high intensity and hill climbs. The final hour at an easy pace.	Cycling	Low/ Medium	3 hours
Fri	REST DAY	---	---	---
Sat	Easy paced ride on a flat loop.	Cycling	Low	1 hour
Sun	Easy paced ride combined with a few hills climbs.	Cycling	Low/ Medium	4 hours (40+ miles)

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Week 9 - preparation:

Think about having your bike serviced and back to the same condition as week 1. Have your breaks, gears and chains checked/replaced if necessary.

Stock up on snacks, there will be water stops with snacks en route but we recommend taking a few snacks incase you need an extra boost!

This week's goal:

Reign in the miles this week as you prepare for Palace to Palace in 7 days!

Target distance: 20+ miles.

Week 9

		TYPE	INTENSITY	DURATION
Mon	REST DAY	---	---	---
Tues	Easy paced ride with 10 minutes of hill climbs once an hour.	Cycling	Low/ Medium	3 hours
Wed	REST DAY	---	---	---
Thu	20 minutes easy paced ride on flat loop. 25 minutes at a steady pace mixing in a few hill climbs. 20 minute easy paced ride on flat loop to cool down.	Cycling	Medium	65 mins
Fri	REST DAY	---	---	---
Sat	Your favourite cross-training activity.	Cross Training	Medium	Up to 60 mins
Sun	Easy paces ride with 6x5 mins at a harder pace within the timeframe. Include some hill climbs.	Cycling	Low/ Medium	2 hours (20+ miles)



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Week 10 - preparation:

Use this week to gather everything you need for the event together and check all the event day logistics. Check your start time, how you will be getting there, travel arrangements, check for delays planned for this weekend. Do everything you can to avoid stress on Sunday.

Eat a well balance, meal on Saturday and lastly, have an amazing time on Sunday. See you at the finish line!

This week's goal:

Palace to Palace completed! Well done!!

Week 10

		TYPE	INTENSITY	DURATION
Mon	REST DAY	---	---	---
Tues	Switch between an easy paced ride for 10 minutes and high intensity for 5 minute intervals for the duration of 30 minutes.	Cycling	High	30 mins
Wed	REST DAY	---	---	---
Thu	REST DAY	---	---	---
Fri	This is your penultimate ride before the big day. Take it really easy and use this to keep your legs active over the weekend. Easy paced ride on a flat loop.	Cycling	Low	1 hour
Sat	REST DAY	---	---	---
Sun	PALACE TO PALACE 2022! GOOD LUCK!			

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