

Training Tip #1 - 16 Weeks To Go

With 16 weeks left to prepare for the Etape Loch Ness on 24 April, the plan for the next 4 weeks is to get out for a distance ride at the weekend and fit in two mid-week sessions whether they are out on the road or on a turbo trainer.

Mid winter creates some issues with snow and ice, the outdoor weekend sessions would be best substituted for a static bike session if there is any ice risk. I would do 70% of the intended time for an indoor session, you can do 6/10 second spin ups every 5 mins to break the boredom if you're not using any of the online platforms such as Zwift, if so just one of their endurance rides would be a good substitute.

To help with working out the required effort I have put a **rate of perceived exertion (RPE)** with 1 being easy and 10 being the hardest.

For the next 4 weeks a suitable plan would be as follows. As we get closer to the Etape, the training programme will increase in time and there will be some hill reps incorporated.

	Distance Ride	Turbo Training
Week 1	Weekend ride: <ul style="list-style-type: none"> 1hr 30min steady on rolling roads (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr steady (RPE 4) or 45min turbo Thursday: <ul style="list-style-type: none"> 1hr steady (RPE 4) or 45min turbo 	Tuesday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 5min RPE 7 3min RPE 2 Repeat 5min with 3min easy for total of 4 x 5min effort 10min warm down RPE 3>2 Thursday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 3min RPE 8 3min RPE 2 Repeat 3min with 3min easy for total of 5 efforts 10min warm down RPE 3>2
Week 2	Weekend ride: <ul style="list-style-type: none"> 1hr 30min steady on rolling roads (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr steady (RPE 4) or 45min turbo Thursday: <ul style="list-style-type: none"> 1hr steady (RPE 4) or 45min turbo 	Tuesday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 5min RPE 7 3min RPE 2 Repeat 5min with 3min easy for total of 4 x 5min effort 10min warm down RPE 3>2 Thursday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 3min RPE 8

		<ul style="list-style-type: none">• 3min RPE 2• Repeat 3min with 3min easy for total of 5 efforts• 10min warm down RPE 3>2
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Week 3	<p>Weekend ride:</p> <ul style="list-style-type: none"> • 1hr 45min steady on rolling roads (RPE 4) <p>Tuesday:</p> <ul style="list-style-type: none"> • 1hr steady (RPE 4) or 45min turbo <p>Thursday:</p> <ul style="list-style-type: none"> • 1hr steady (RPE 4) or 45min turbo 	<p>Tuesday:</p> <ul style="list-style-type: none"> • 10min warm up RPE 2>5 • 5min RPE 7 • 3min RPE 2 • Repeat 5min with 3min easy for total of 5 x 5min effort • 10min warm down RPE 5>2 <p>Thursday:</p> <ul style="list-style-type: none"> • 10min warm up RPE 2>5 • 3min RPE 8 • 3min RPE 2 • Repeat 3min with 3min easy for total of 5 efforts • 10min warm down RPE 3>2
Week 4	<p>Easy week!</p> <p>Weekend ride:</p> <ul style="list-style-type: none"> • 1 hr steady on flatter roads (RPE 3) <p>Tuesday:</p> <ul style="list-style-type: none"> • 45 min easy ride or 30 min easy turbo <p>Thursday:</p> <ul style="list-style-type: none"> • 45 min easy ride or 30 min easy turbo 	<p>Easy week!</p> <p>Tuesday:</p> <ul style="list-style-type: none"> • 30 min easy turbo <p>Thursday:</p> <ul style="list-style-type: none"> • 30 min easy turbo