

Training Tip #2 - 12 Weeks To Go

With 12 weeks remaining, training for next 4 weeks begins to introduce some longer rides at the weekend and incorporate some more intensity to the midweek turbo or road sessions.

The midweek sessions can be done on the road if you have the daylight option, or good lights if it's preferred to indoor. We've had a good run in January without too much ice but be on guard for the next quarter, don't take the risk if there are warnings, it can be substituted by doing an indoor session but do 50-75% of the road time planned.

By the end of this training block you will be half way through the training plan. From here and for the remainder of the plan, we will be working on two weeks hard followed by an easier week, where both the volume and the intensity will be reduced to 60% of the previous week. This allows the body to recover and get prepared for the next two week block.

If you've picked up a cold or are in poor health it's important to rest up with no training, then go back to the training point you left off and just work a week or so behind rather than trying to catch up with the plan. The reason for this is that you are unlikely to be able to cope with the workload especially when your body is trying to recover from being poorly.

	Distance Ride	Turbo Training
Week 5	Weekend ride: <ul style="list-style-type: none"> 1hr 45 steady on hilly roads (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr 15min steady (RPE 4) (or 50 mins turbo) Thursday: <ul style="list-style-type: none"> 1hr 15min steady (or 50 mins turbo) 	Tuesday: <ul style="list-style-type: none"> 10 mins warm up (RPE 2>5) 5 mins RPE 7 3 mins RPE 2 Repeat 5 mins effort with 3 mins easy for a total of 5 efforts 10 mins warm down (RPE 5>2) Thursday: <ul style="list-style-type: none"> 10 mins warm up (RPE 2>5) 3 mins RPE 8 3 mins RPE 2 Repeat 3mins effort with 3 mins easy for a total of 6 efforts 10 mins warm down (RPE 3>2)
Week 6	Week-end ride: <ul style="list-style-type: none"> 2 hrs steady on hilly roads (RPE 4) 	Tuesday: <ul style="list-style-type: none"> 10 mins warm up (RPE 2>5)

	<p>Tuesday:</p> <ul style="list-style-type: none"> • 1hr 15min steady (RPE 4) (or 50 mins turbo) <p>Thursday:</p> <ul style="list-style-type: none"> • 1hr 15min steady (or 50 mins turbo) 	<ul style="list-style-type: none"> • 5 mins RPE 7, Move position on the handlebars from tops to hoods to drops every minute • 3 mins RPE 2 • Repeat 5 mins effort with 3 mins easy for a total of 5 efforts • 10 mins warm down (RPE 5>2) <p>Thursday:</p> <ul style="list-style-type: none"> • 10 mins warm up (RPE 2>5) • 3 mins RPE 8 • 3 mins RPE 2 • Repeat 3 mins effort with 3 mins easy for a total of 6 efforts • 10 mins warm down (RPE 3>2)
Week 7	<p>Easy Week!</p> <p>Week-end ride:</p> <ul style="list-style-type: none"> • 1hour 20min steady on flatter roads (RPE 3) <p>Tuesday:</p> <ul style="list-style-type: none"> • 45 mins easy ride (or 30 mins easy turbo) <p>Thursday:</p> <ul style="list-style-type: none"> • 45 mins easy ride (or 30 mins 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
Week 8	<p>Week-end ride:</p> <ul style="list-style-type: none"> • 2 hrs 15mins steady on rolly/hilly roads (RPE 4) <p>Tuesday:</p> <ul style="list-style-type: none"> • 1hr 15mins steady (RPE 4) (or 60 mins turbo) <p>Thursday:</p> <ul style="list-style-type: none"> • 1hr 30min steady (or 60 mins turbo) 	<p>Tuesday:</p> <ul style="list-style-type: none"> • 10 mins warm up (RPE 2>5) • 5 mins RPE 7, Move position on the handlebars from tops to hoods to drops every minute • 3 mins RPE 2 • Repeat 5 mins effort with 3 mins easy for total of 6 efforts • 10 mins warm down RPE 5>2 <p>Thursday:</p> <ul style="list-style-type: none"> • 10 mins warm up (RPE 2>5) • 3 mins RPE 8 • 3 mins RPE 2 • Repeat 3 mins effort with 3 mins easy for a total of 6 efforts • 10 mins warm down (RPE 3>2)

