



## Measuring Your Effort

It's important that you cycle at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that cycling "harder is better" so we end up cycling too quickly, which can result in feeling tired, getting ill or injured. Understand what each session is trying to achieve and how it should feel is the way to train smart. Below you'll find a guide to the sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of Ride / HR Zone	PERCEIVED EFFORT LEVEL (1-10)*	HEART RATE	HOW IT SHOULD FEEL - "THE TALK TEST"
Recovery Ride / 1	6 - 6.5	65 - 70%	You can speak in complete sentences, totally conversational, you're cycling relaxed, enjoying it and not worrying about the watch / pace
Long Ride / 2	6.5 - 7	65 - 70%	You're in control, cycling fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of
Steady Effort Ride / 3	7 - 8	70 - 80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do
Race Pace / 4	7.5 - 8	78%	You can speak in short sentences, you have a slight pause on your breath but are not out of breath, relaxed and in control
Threshold Effort Ride / 5	8 - 8.5	80 - 85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call
Speedwork / 5A	9 - 9.5	90 - 95%	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to

\*Perceived effort = where 1 is easy and represents minimum effort and 10 is hard and represents maximum effort



<b>Beginner</b>		<b>100 Mile Ride Training Plan</b>				
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Week 1</b>	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>30 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	<b>40 MINS EASY EFFORT RIDE @ ZONES 1 - 2</b> Rolling course if possible. Remain in the saddle on the hills + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST
<b>Week 2</b>	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>30 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	<b>45 MINS EASY EFFORT RIDE @ ZONES 1 - 2</b> Rolling course if possible. Remain in the saddle on the hills + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST
<b>Week 3</b>	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>40 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	<b>45 MINS LONG EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3</b> Rolling course if possible. Remain in the saddle on the hills + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST
<b>Week 4</b>	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>40 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	<b>45 MINS LONG EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3</b> Rolling course if possible. Remain in the saddle on the hills + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST

Week 5	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>40 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	<b>45 MINS FARTLEK</b> Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch	REST	<b>90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2</b> Rolling course if possible. Remain in the saddle on most of the hills + stretch
Week 6	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch. Easier week to allow some recovery from the previous weeks of training and some training adaptation	<b>40 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	<b>45 MINS FARTLEK</b> Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Cane be done on an indoor trainer + stretch	10 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2</b> Rolling course if possible. Remain in the saddle on most of the hills + stretch
Week 7	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>45 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	<b>45 MINS: 5 x 3 MINS @ THRESHOLD EFFORT</b> After a good warm-up, complete 5 x 3 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	REST	<b>120 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3</b> Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power when you can. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch

Week 8	REST	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>45 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	<b>45 MINS: 5 x 3 MINS @ THRESHOLD EFFORT</b> After a good warm-up, complete 5 x 3 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	REST	<b>150 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3</b> Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch
Week 9	REST	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>45 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	<b>45 MINS: 6 x 3 MINS @ THRESHOLD EFFORT</b> After a good warm-up, complete 6 x 3 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	REST	<b>180 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3</b> Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch
Week 10	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<b>40 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch	REST	<b>45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT</b> After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch	REST	<b>75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2</b> Rolling course if possible. Remain in the saddle on the hills + stretch

Week 11	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p><b>45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT</b></p> <p>After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p><b>45 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>210 MINS CUSTOM @ ZONES 1 - 5A</b> Ride a course with sections similar to your challenge target course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch</p>
Week 12	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p><b>60 MINS: 5 x 5 MINS @ THRESHOLD EFFORT</b></p> <p>After a good warm-up, complete 5 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p><b>45 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>210 MINS CUSTOM @ ZONES 1 - 5A</b> Ride a course with sections similar to your challenge target course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch</p>
Week 13	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p><b>45 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>45 MINS FARTLEK</b> Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch</p>	REST	<p><b>75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2</b> Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch</p>

Week 14	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p><b>60 MINS: 4 x 6 MINS @ THRESHOLD EFFORT</b></p> <p>After a good warm-up, complete 4 x 6 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p><b>30 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>270 MINS CUSTOM RIDE OR SPORTIVE @ ZONES 1 - 5A</b> Ride a course with sections similar to your challenge course target. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the ride is not to maximize time in the higher zones so be careful not to over do it + stretch</p>
Week 15	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p><b>60 MINS: 3 x 8 MINS @ THRESHOLD EFFORT</b></p> <p>After a good warm-up, complete 3 x 8 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p><b>30 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>300 MINS CUSTOM RIDE OR SPORTIVE @ ZONES 1 - 5A</b> Ride a course with sections similar to your challenge course target. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the ride is not to maximize time in the higher zones so be careful not to over do it + stretch</p>
Week 16	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	<p><b>45 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>45 MINS FARTLEK</b> Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch</p>	REST	<p><b>75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2</b> Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch</p>

Week 17	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p><b>60 MINS: 3 x 8 MINS @ THRESHOLD EFFORT</b></p> <p>After a good warm-up, complete 3 x 8 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p><b>30 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>300 MINS CUSTOM RIDE OR SPORTIVE @ ZONES 1 - 5A</b> Ride a course with sections similar to your challenge course target. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the ride is not to maximize time in the higher zones so be careful not to over do it + stretch</p>
Week 18	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p><b>60 MINS: 2 x 10 MINS @ THRESHOLD EFFORT</b></p> <p>After a good warm-up, complete 2 x 10 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p><b>30 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>180 MINS CUSTOM RIDE</b> Go on feel with time in all zones but don't spend large amounts of time in zones 4 - 5a + stretch</p>
Week 19	15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning + stretch	REST	<p><b>60 MINS: 2 x 10 MINS @ THRESHOLD EFFORT</b></p> <p>After a good warm-up, complete 2 x 10 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p><b>30 MINS RECOVERY RIDE</b> On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	REST	<p><b>90 MINS EASY EFFORT LONG RIDE @ ZONES 1-2</b> Rolling course if possible. Remain in the saddle on the hills. + stretch</p>

REST

**45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT**  
 After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5.  
 Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch

REST

**30 MINS RECOVERY RIDE** On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch

REST

**30 MINS EASY RIDE AND PRE CHALLENGE CHECK @ ZONES 1 - 2**  
 Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to tomorrow + stretch