

## CYCLE PREPARATION PERIOD TRAINING – PERIOD 1 – WEEKS 1-4

Day	Training	Intensity	Comments
One	3-3.5 hours road	Level 1	Ensure sufficient nutrition, see note about bad weather alternative
Two	Rest or X Train		
Three	Turbo session	Full range of Level 2	See notes
Four	Rest or X Train		
Five	Turbo session	Full range of Level 2	See notes
Six	Rest or X Train		
Seven	2 hours road	Within Level 2 range	Alternating one week as 10 mins big gear / 10 mins small gear on flattish circuit and next week on hillier circuit.

### Notes:

#### Turbo sessions, days three & five:

Warm up for 10 mins or until heart rate has reached bottom of level 2, increase effort to take heart rate to top of level 2, depending upon your current state of fitness this could take anything from 1-3 mins. Ease back until heart rate drops to bottom of level 2, repeat for remainder of hour then spin in small gear for 5 mins to finish. Try to maintain a cadence of 95-100 rpm throughout. This session will build aerobic base and power and will improve your pedalling cadence.

#### Road ride, day one:

Long easy ride within level 1 range, perhaps into low level two on hills. You should not be unduly stressed at the end of this ride which is designed to increase your aerobic capacity. Ensure you take sufficient nutrition, solid & liquid and no café stops!

If weather prevents this ride then complete the following turbo session:

Warm up for 10 mins or to bottom of level 2 range, ride for 40 mins at 80% of MHR (mid level 2) holding this level for the full 40 mins and a cadence of 95-100 rpm, spin for 5 mins in small gear, finish. THEN REPEAT this session 2.5 hours later taking only liquids between sessions (this will stimulate fat metabolism).

**COMPLETE THESE WEEKLY SESSIONS FOR WEEKS 1-4**