

100 MILE CYCLING

TRAINING PLAN



WITH TEAM AMNESTY

INTERMEDIATE

fullpotential 

**AMNESTY
INTERNATIONAL**



100 MILE CYCLING TRAINING PLAN WITH TEAM AMNESTY



INTERMEDIATE

YOU HAVE
EXPERIENCE CYCLING ☒

YOU CAN CYCLE
AROUND TWO HOURS ☒

THIS 16-WEEK TRAINING PLAN WILL DEVELOP
YOUR FITNESS, KEEP YOU MOTIVATED AND MAKE
SURE YOU'RE READY FOR EVENT DAY.

It focuses on building endurance through back-to-back weekend rides and incorporating cross-training to increase volume without adding extra bike miles, all designed to keep you injury free.



THE TALK TEST

It's important to cycle at the right effort level and intensity to reach your full potential. Many people think that training 'harder is better' but pushing yourself too hard can result in feeling tired, getting ill or picking up an injury.

Understanding the purpose and feel of each training session we give you is the way to train smart. Here's our guide to the sessions mentioned in our training plan and a note of how they should feel as a 'talk test'.

TRAINING ZONE	TYPE OF RIDE	PERCEIVED EFFORT LEVEL (1-10)	HOW IT SHOULD FEEL: THE TALK TEST
1	WARM UP/ RECOVERY RIDE	6-6.5	You can speak in complete sentences, totally conversational, you're cycling relaxed, enjoying it and not worrying about the watch/pace.
2	EASY RIDE	6-7	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 muscular fatigue.
3	STEADY EFFORT RIDE	7-8	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.
4	THRESHOLD EFFORT RIDE	8-8.5	You can speak in short sentences, you have a slight pause on your breath but are not out of breath, you are relaxed and in control.
5	SPEEDWORK	9-9.5	You could speak four to five words if somebody asked you a question. Your breathing is more laboured, and you know you're working. We call this 'controlled discomfort'.

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MAKE THE TRAINING PLAN WORK FOR YOU

You probably won't be able to follow the training plan exactly as it is set out, so we've written it with this in mind:

- Key sessions for each week are highlighted in yellow. These are non-negotiable sessions that you need to fit into your diary to cycle your best race.
- All other training sessions are supplementary. Drop them into your week if you can't fit everything in although we hope you can find the time.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	20-30 minutes conditioning work	 40 minutes easy to steady effort ride at Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	 Rest day	30 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch	 Rest day	 90 minutes easy effort long ride at Zones 1 to 2. Can be done on an indoor trainer + stretch	 Rest day
2	30 minutes conditioning work	 Rest day	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 4 x 5 minutes at Zone 3 (steady) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	45 minutes easy cross training/ gym class	 Rest day	 90 minutes easy effort long ride at Zones 1 to 2. Can be done on an indoor trainer + stretch	 45 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch
3	20-30 minutes conditioning work	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 5 x 5 minutes at Zone 3 (steady) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	 Rest day	 45 minutes easy to steady effort ride at Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	 Rest day	 120 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	 60 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch
4	20-30 minutes conditioning work	 Spin ups. 15 minutes easy cycle Zone 1 to Zone 2. 10 x 30 seconds at high cadence (around 120rpm – go NO higher than a Zone 3) with 30 seconds recovery, 15 minutes easy cycle Zone 2	30 minutes easy cross training/ gym class	 Rest day	 Rest day	 150 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	 60 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5	20-30 minutes conditioning work	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 5 x 5 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	30 minutes recovery ride at Zone 1. Can be done on an indoor trainer. Stretch	 45 minutes easy to steady effort ride at Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	 Rest day	 90 minutes easy effort long ride at Zones 1 to 2. Can be done on an indoor trainer + stretch	 Rest day
6	20-30 minutes conditioning work	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 3 x 8 minutes at Zone 4 (threshold effort) with a 2 minute recovery at Zone 2, 5 minutes cool down Zone 1	Spin ups. 15 minutes easy cycle Zone 1 to 2. 10 x 30 seconds at high cadence (around 120rpm – go NO higher than a Zone 3) with 30 seconds recovery, 15 minutes easy cycle Zone 2	 45 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch	 Rest day	 180 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	 45 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch
7	20-30 minutes conditioning work	 Rest day	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 5 x 5 minutes at Zone 4 (threshold effort) with a 2 minute recovery at Zone 2, 5 minutes cool down Zone 1	45 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch	 Rest day	 210 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	 60 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch
8	20-30 minutes conditioning work	 Rest day	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 3 x 8 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	45 minutes easy cross training/gym class	 Rest day	 240 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	 80 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
9	20-30 minutes conditioning work	 45 minutes easy to steady effort ride at Zones 2 to 3. Rolling course if possible. Remain in the saddle on the hills + stretch	 Rest day	45 minutes easy cross training/gym class	 Rest day	 90 minutes easy effort long ride at Zones 1 to 2. Can be done on an indoor trainer + stretch	 Rest day
10	20-30 minutes conditioning work	45 minutes easy cross training/gym class	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 5 x 6 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	 Rest day	 Rest day	 260 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	 80 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch
11	20-30 minutes conditioning work	 Rest day	 10 minutes warm up at Zones 1 to 2 (include 1 minute single leg peddling on each leg). 3 x 10 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	45 minutes easy cross training/gym class	 Rest day	 300 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	 Rest day
12	20-30 minutes conditioning work	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 4 x 6 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	 Rest day	45 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch	 Rest day	 90 minutes easy effort long ride at Zones 1 to 2. Can be done on an indoor trainer + stretch	 Rest day

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
13	20-30 minutes conditioning work	 Spin ups. 15 minutes easy cycle Zones 1 to 2. 10 x 30 seconds at high cadence (around 120rpm – go NO higher than a Z3) with 30 seconds recovery, 15 minutes easy cycle Zone 2	30 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch	 10 minutes warm up at Zone 1 to 2 (include 1 minute single leg peddling on each leg). 4 x 7 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	 Rest day	 240 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	80 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch
14	20-30 minutes conditioning work	 Rest day	 10 minutes warm up at Zones 1 to 2 (include 1 minute single leg peddling on each leg). 3 x 10 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	30 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch	 Rest day	 300 minutes easy effort long ride at Zones 1 to 2. Rolling course if possible. Can be done on an indoor trainer + stretch	 60 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch
15	20-30 minutes conditioning work	 Rest day	 10 minutes warm up at Zones 1 to 2 (include 1 minute single leg peddling on each leg). 3 x 10 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	45 minutes easy cross training/gym class	 Rest day	 90 minutes easy effort long ride at Zones 1 to 2. Can be done on an indoor trainer + stretch	 60 minutes recovery ride at Zone 1. Can be done on an indoor trainer + stretch
16	20-30 minutes conditioning work	 10 minutes warm up at Zones 1 to 2 (include 1 minute single leg peddling on each leg). 4 x 5 minutes at Zone 4 (threshold effort) with a 2 minute recovery in Zone 2, 5 minutes cool down Zone 1	 Rest day	 Spin ups. 15 minutes easy cycle Zones 1 to 2. 10 x 30 seconds at high cadence (around 120rpm – go NO higher than a Zone 3) with 30 seconds recovery, 15 minutes easy cycle Zone 2	 Rest day	30 minutes recovery ride at Zone 1. Pre-race check: make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to the weekend. Good luck	 100 MILE RIDE DAY