

## Intermediate 30–60 mile ride challenge

### Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think that the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is to

train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here's a guide for just that.



Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

\*Perceived effort =  
1 represents no effort and  
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Bike</b> 40 mins easy progressive pedalling session: 10 mins warm up 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence, with 1 min easy effort interval, 10 mins cool down + stretch	<b>Rest</b>	<b>Bike</b> 45 mins fartlek: Ride mostly at easy effort with a few short (10 to 20 secs) accelerations placed throughout the workout + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 90 mins easy effort long ride: Undulating course if possible	<b>Recovery</b> 60 mins recovery ride: On a flat course
<b>Week 2</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Bike</b> 45 mins easy progressive pedalling session: 10 mins warm up zone 1, 2 x 10 mins at 95 and 100 rpm, with 1 min easy effort recovery interval, 10 mins cool down	<b>Bike</b> 15 mins easy effort indoor bike conditioning 30-45 mins strength and conditioning + stretch	<b>Bike</b> 60 mins fartlek: Ride mostly at easy effort with a few short (10 to 20 secs) accelerations placed throughout the workout + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 120 mins easy effort long ride: Undulating course if possible	<b>Recovery</b> 60 Mins recovery ride: On a flat course
<b>Week 3</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Bike</b> 45 mins easy progressive pedalling session: 10 mins recovery effort warm up, 2 x 10 mins at 95 and 100rpm with 1 min easy effort recovery interval, 10 mins cool down	<b>Bike</b> 15 mins easy effort indoor bike conditioning 30-45 mins strength and conditioning + stretch	<b>Bike</b> 60 mins fartlek: Ride mostly at easy effort with a few short (10 to 20 secs) accelerations placed throughout the workout + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 120 mins easy effort long ride: Undulating course if possible, with grades up to 4 percent. Remain in the saddle on the hills + stretch	<b>Recovery</b> 60 mins recovery ride: On a flat course
<b>Week 4</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Bike</b> 50 mins including 8 x 30 sec sprints: 10-15 mins warm up, 8 x 30 secs sprints, with 2 mins easy recovery inbetween sprints, 10 mins cool down + stretch (best done on an indoor trainer)	<b>Bike</b> 15 mins easy effort indoor bike conditioning 30-45 mins strength and conditioning + stretch	<b>Recovery</b> 45 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 150 mins easy to steady effort long ride: Ride a rolling course alternating easy to steady effort. Stay seated on the hills to build and maintain hip power.	<b>Long ride</b> 60 mins easy effort long ride: Undulating course if possible
<b>Week 5</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Bike</b> 50 mins including 8 x 30 sec sprints: 10-15 mins easy effort warm up, 8 x 30 secs sprints, with 2 mins easy recovery inbetween sprints, 10 mins cool down + stretch (best done on an indoor trainer)	<b>Bike</b> 15 mins easy effort indoor bike conditioning 30-45 mins strength and conditioning + stretch	<b>Recovery</b> 45 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 180 mins easy to steady effort long ride: Ride a rolling course alternating easy to steady effort. Stay seated on the hills to build and maintain hip power.	<b>Long ride</b> 60 mins easy effort long ride: Undulating course if possible
<b>Week 6</b>	<b>Bike</b> 10 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Recovery</b> 45 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer as well)	<b>Bike</b> 15 mins easy effort indoor bike conditioning 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Long ride</b> 90 mins easy effort ride	<b>Rest</b>

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<b>Week 7</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Bike</b> 50 mins including 10 x 30 sec sprints: 10-15 mins easy effort warm up, 10 x 30 secs sprints, with 2 mins easy recovery inbetween sprints, 10 mins cool down + stretch (best done on an indoor trainer)	<b>Bike</b> 15 mins easy effort indoor bike conditioning 30-45 mins strength and conditioning + stretch (easy on the legs today)	<b>Recovery</b> 45 mins recovery ride: On a flat course + stretch. Can be done on an indoor trainer as well	<b>Rest</b>	<b>Long ride</b> 180 mins easy to steady effort long ride: Ride a rolling course alternating easy to steady effort. Stay seated on the hills to build and maintain hip power.	<b>Long ride</b> 60 mins easy effort long ride: Undulating course if possible
<b>Week 8</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Bike</b> 50 mins 4 x 5 min at threshold effort: 15 mins easy effort warm up, 4 x 5 min threshold effort with 2 mins easy effort between intervals, 10-15 mins easy effort cool down + stretch	<b>Recovery</b> 45 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 210 mins at zones easy to hard effort: Ride at an easy to hard effort + stretch (only do harder efforts for short periods)	<b>Recovery</b> 60 mins recovery ride: On a flat course
<b>Week 9</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Bike</b> 50 mins 4 x 5 min at threshold effort: 15 mins easy effort warm up, 4 x 5 min at threshold with 2 mins easy effort between intervals, 10-15 mins easy effort cool down + stretch	<b>Recovery</b> 45 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 90 mins easy effort ride	<b>Rest</b>
<b>Week 10</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Bike</b> 60 mins 5 x 5 min at threshold effort: 15 mins easy effort warm up, 5 x 5 min at threshold with 2 mins easy effort between intervals, 10-15 mins easy effort cool down + stretch	<b>Recovery</b> 45 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 210 mins at zones easy to hard: Ride at an easy to hard effort + stretch (only do harder efforts for short periods)	<b>Recovery</b> 60 mins recovery ride: On a flat course
<b>Week 11</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Bike</b> 60 mins 5 x 5 min at threshold effort: 15 mins easy effort warm up, 5 x 5 min at threshold with 2 mins easy effort between intervals, 10-15 mins cool down at easy effort + stretch	<b>Recovery</b> 30 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 240 mins at zones easy to hard effort: Ride at an easy to hard effort + stretch (only do harder efforts for short periods)	<b>Recovery</b> 60 mins recovery ride: On a flat course
<b>Week 12</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Bike</b> 60 mins 4 x 6 min at threshold effort: 15 mins easy effort warm up, 5 x 5 min at threshold with 2 mins easy effort between intervals, 10-15 mins cool down at easy effort + stretch	<b>Recovery</b> 45 mins recovery ride: On a flat course, keeping heart rate in zone 1 + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 90 mins easy ride: No focus just easy ride time and enjoy + stretch	<b>Rest</b>

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<b>Week 13</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Bike</b> 60 mins 3 x 8 min at threshold effort: 15 mins warm up, 3 x 8 min at threshold effort with 2 mins easy effort between intervals, 10-15 mins cool down at easy effort + stretch	<b>Recovery</b> 45 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 240 mins at easy to hard effort: Ride at an easy to hard effort + stretch (only do harder efforts for short periods)	<b>Long ride</b> 90 mins easy effort long ride: Undulating course if possible
<b>Week 14</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Bike</b> 60 mins 2 x 10 min at threshold effort: 15 mins easy effort warm up, 2 x 10 min at threshold effort with 2 mins easy effort between intervals, 10-15 mins cool down at easy effort + stretch	<b>Recovery</b> 30 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 240 mins at easy to hard effort: Ride at an easy to hard effort + stretch (only do harder efforts for short periods)	<b>Long ride</b> 60 mins easy effort long ride: Undulating course if possible
<b>Week 15</b>	<b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch	<b>Rest</b>	<b>Bike</b> 60 mins 2 x 10 min at threshold effort: 15 mins easy effort warm up, 2 x 10 min at threshold effort with 2 mins easy effort between intervals, 10-15 mins cool down at easy effort + stretch	<b>Recovery</b> 30 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Long ride</b> 120 mins easy effort long ride: Undulating course if possible	<b>Long ride</b> 60 mins easy effort long ride: Undulating course if possible
<b>Week 16</b>	<b>Rest</b>	<b>Bike</b> 45 mins 4 x 5 mins at threshold effort: After a good warm-up, complete 4 x 5 minute at threshold effort. Take 2 mins easy effort before going to the next interval + stretch	<b>Rest</b>	<b>Recovery</b> 30 mins recovery ride: On a flat course + stretch (can be done on an indoor trainer)	<b>Rest</b>	<b>Bike</b> 30 mins easy ride and pre-race check: Make sure your bike is riding smoothly, check tyres, brakes and gears. Then relax, stretch, and look forward to tomorrow	<b>30-60 mile ride challenge</b> 