

## Advanced 100 Mile Ride Challenge

### 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 muscular fatigue.
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 this 'controlled discomfort'.
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 =  
1 represents no effort and  
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<p><b>Bike</b></p> <p>15 mins easy effort indoor bike</p> <p><b>Conditioning</b></p> <p>30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b></p> <p>50 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up</p> <p><b>Recovery</b></p> <p>5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch NOTE: Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch</p>	<p><b>Bike</b></p> <p>15 mins easy effort indoor bike</p> <p><b>Conditioning</b></p> <p>30 - 45 mins strength and conditioning (easy on the legs today please) + stretch</p>	<p><b>Bike</b></p> <p>60 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 20 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 - 20 mins cool down + stretch. Best done on an indoor trainer</p>	<b>Rest</b>	<p><b>Bike</b></p> <p>120 - 150 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Bike</b></p> <p>90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<b>Week 2</b>	<p><b>Bike</b></p> <p>15 mins easy effort indoor bike</p> <p><b>Conditioning</b></p> <p>30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b></p> <p>50 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up</p> <p><b>Recovery</b></p> <p>5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch</p>	<p><b>Bike</b></p> <p>15 mins easy effort indoor bike</p> <p><b>Conditioning</b></p> <p>30 - 45 mins strength and conditioning (easy on the legs today please) + stretch</p>	<p><b>Bike</b></p> <p>60 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 20 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 - 20 mins cool down + stretch. Best done on an indoor trainer</p>	<b>Rest</b>	<p><b>Bike</b></p> <p>120 - 150 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Bike</b></p> <p>90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<b>Week 3</b>	<p><b>Bike</b></p> <p>15 mins easy effort indoor bike</p> <p><b>Conditioning</b></p> <p>30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b></p> <p>55 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up</p> <p><b>Recovery</b></p> <p>2 x 10 mins at 95 and 100 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch</p>	<p><b>Bike</b></p> <p>15 mins easy effort indoor bike</p> <p><b>Conditioning</b></p> <p>30 - 45 mins strength and conditioning (easy on the legs today please) + stretch</p>	<p><b>Bike</b></p> <p>60 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 20 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 - 20 mins cool down + stretch. Best done on an indoor trainer</p>	<b>Rest</b>	<p><b>Bike</b></p> <p>150 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Bike</b></p> <p>90 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>
<b>Week 4</b>	<p><b>Bike</b></p> <p>15 mins easy effort indoor bike</p> <p><b>Conditioning</b></p> <p>30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b></p> <p>55 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up</p> <p><b>Recovery</b></p> <p>2 x 10 mins at 95 and 100 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch</p>	<p><b>Bike</b></p> <p>15 mins easy effort indoor bike</p> <p><b>Conditioning</b></p> <p>30 - 45 mins strength and conditioning (easy on the legs today please) + stretch</p>	<p><b>Bike</b></p> <p>60 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 20 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 - 20 mins cool down + stretch. Best done on an indoor trainer</p>	<b>Rest</b>	<p><b>Bike</b></p> <p>180 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Bike</b></p> <p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>

<p><b>Week</b> <b>5</b></p>	<p><b>Bike</b> 10 mins easy effort indoor bike <b>Conditioning</b> 30 - 45 mins strength and conditioning + stretch. Easier week to allow some recovery from the previous weeks of training and some training adaptation</p>	<p><b>Bike</b> 60 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 20 mins warm up zones <b>Recovery</b> 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 - 20 mins cool down + stretch. Best done on an indoor trainer</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Bike</b> 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>
<p><b>Week</b> <b>6</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS 4 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones <b>Recovery</b> 1 - 2, 4 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 210 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1 - 3 Aim to keep your average cadence at 85 rpm / HR zone 2 and as little free wheeling as you can, 20 mins easy warm up 3 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 9 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 3 mins zone 3 at 100rpm all off 2 mins easy effort recovery. Ride the rest of your ride at zones 2 - 3, cool down + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p><b>Week</b> <b>7</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones <b>Recovery</b> 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 240 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1 - 3 Aim to keep your average cadence at 85 rpm / HR zone 2 and as little free wheeling as you can, 20 mins easy warm up 3 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 9 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 3 mins zone 3 at 100rpm all off 2 mins easy effort recovery. Ride the rest of your ride at zones 2 - 3, cool down + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>

<p><b>Week</b> <b>8</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones <b>Recovery</b> 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 240 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1 - 3 Aim to keep your average cadence at 85 rpm / HR zone 2 and as little free wheeling as you can, 20 mins easy warm up 3 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 9 mins zone 3 at 100rpm, 7 mins zone 3 at 100rpm, 5 mins zone 3 at 100rpm, 3 mins zone 3 at 100rpm all off 2 mins easy effort recovery. Ride the rest of your ride at zones 2 - 3, cool down + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p><b>Week</b> <b>9</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 60 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 20 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 - 20 mins cool down + stretch. Best done on an indoor trainer</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 120 MINS EASY RIDE No focus just easy ride time and enjoy + stretch</p>	<p><b>Rest</b></p>
<p><b>Week</b> <b>10</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS 3 x 8 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones <b>Recovery</b> 1 - 2, 3 x 8 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 270 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p><b>Week</b> <b>11</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS 3 x 8 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones <b>Recovery</b> 1 - 2, 3 x 8 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 270 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>

<p><b>Week 12</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike</p> <p><b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 15 mins easy effort indoor bike, 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 300 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch</p>	<p><b>Bike</b> 75 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>
<p><b>Week 13</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike</p> <p><b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 120 MINS EASY RIDE No focus just easy ride time and enjoy + stretch</p>	<p><b>Rest</b></p>
<p><b>Week 14</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike</p> <p><b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 15 mins easy effort indoor bike</p> <p><b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 300 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch</p>	<p><b>Bike</b> 75 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>
<p><b>Week 15</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike</p> <p><b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 70 MINS 3 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 10 min at hr zones 4 - 5 with 3 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 330 MINS EASY TO HARD EFFORT @ ZONES 1 - 5A COURSE RECCE Ride a course with sections similar to your challenge event. Ride hills in your route or simulate hills by utilizing bigger gears and a lower cadence. Ride in Zones 1 - 5a. The goal of this session is not to maximise your time in the higher zones + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p><b>Week 16</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike</p> <p><b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 70 MINS 3 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 10 min at hr zones 4 - 5 with 3 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 330 MINS EASY TO HARD EFFORT @ ZONES 1 - 5A COURSE RECCE Ride a course with sections similar to your challenge event. Ride hills in your route or simulate hills by utilizing bigger gears and a lower cadence. Ride in Zones 1 - 5a. The goal of this session is not to maximise your time in the higher zones + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>

<p><b>Week</b> <b>17</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 90 MINS 2 x 15 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 10 min at hr zones 4 - 5 with 5 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 240 MINS CUSTOM RIDE Ride to how you feel within all zones. Don't spend too much time in zones 4 - 5 please + stretch</p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p><b>Week</b> <b>18</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Bike</b> 90 MINS 3 x 15 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 3 x 10 min at hr zones 4 - 5 with 5 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 240 MIN CUSTOM RIDE Ride to how you feel within all zones. Don't spend too much time in zones 4 - 5 please + stretch</p>	<p><b>Bike</b> 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p><b>Week</b> <b>19</b></p>	<p><b>Bike</b> 15 mins easy effort indoor bike <b>Conditioning</b> 30-45 mins strength and conditioning + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p><b>Bike</b> 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 120 MIN RIDE @ EASY EFFORT ZONE 1-2 WITH 20 MINS @ THRESHOLD EFFORT ZONE 4 80 mins zones 1 - 2, 20 mins zone 4, 20 mins zones 1 - 2 + stretch</p>	<p><b>Bike</b> 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p><b>Week</b> <b>20</b></p>	<p><b>Rest</b></p>	<p><b>Bike</b> 30 MINS EASY TO STEADY EFFORT @ ZONES 1 - 3 10 mins easy spin then 3 x 90 seconds at high rpm of over 105 rpm (zone 3), with 90 secs recovery between intervals, up to 10 mins cool down + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 30 MINS EASY TO STEADY EFFORT @ ZONES 1 - 3 10 mins easy spin then 4 x 30 seconds at high rpm of over 105 rpm (zone 3), with 2 mins recovery between intervals, up to 10 mins cool down + stretch</p>	<p><b>Rest</b></p>	<p><b>Bike</b> 30 MINS EASY RIDE AND PRE RACE CHECK @ ZONES 1 - 2 Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to tomorrow + stretch</p>	<p><b>Advanced 100 Mile Ride Challenge</b> </p>