

15 WEEK TRAINING PLAN

We all know this is a ‘networking’ ride, but without the training you won’t be doing a lot of talking!

It doesn’t matter if you haven’t cycled before or you’re not fit now, you just need to put in some extra time and start early. It’s essential that you prepare for this ride - it is a challenge and not something to be taken lightly.

Please read the recommendations and key tips carefully and follow the 15 week plan.

We also have a training calendar online with updates on weekly & weekend rides and our FREE Friday spin classes @Gymbox, Holborn. Make the most of these opportunities to ride in a peloton and meet fellow riders.

RECOMMENDATIONS

- **GET A BIKE-FIT** – it’s a commonly missed step due to inexperience and cost, however, it’s one of the most important things you can do. When spending hours on a bike, an incorrect bike fit causes aches, pains and a lot of discomfort – spoiling the enjoyment of the ride and potentially causing long-term issues for areas such as your knees, shoulders and lower back. If you can, we also recommend a saddle fit - a bad saddle can cause incredible discomfort, particularly on consecutive days in the saddle! We recommend Cyclefit in Holborn, please contact [Jimmy](#) to book a session.
- **CATCH IT BEFORE IT BECOMES A PROBLEM** – alongside a Cyclefit we also work with Roadside Therapy who are your massage therapists on the ride. Please contact [Tierney](#) if you’d like to book in a session and she will find a therapist near you.

KEY TIPS

- **ESSENTIALS** – If you haven’t already, you need a road bike and cleats – however daunting. It’s important that you get these sooner rather than later. Do contact Club Peloton for any advice as we are here to help and support you.
- **FLEXIBILITY** – This plan is designed to be flexible, cycling doesn’t need to rule your life! If you can’t ride Tuesday, then ride Monday – just don’t leave it three days without any training.
- **MIX IT UP** – Training on a bike continuously can cause unnecessary strain on certain muscles. Go to Yoga/Pilates, HIIT sessions, strength & conditioning classes to ensure you’re not over developing some muscles and under developing others.
- **GROUP RIDING** – Don’t be a loner! Make sure you train within a peloton and practice group riding, as this is beneficial for both your skills and ability on a bike and assessing your speed/fitness against others.
- **CONSECUTIVE DAYS** - In the month before you ride it’s essential that you get used to consecutive days in the saddle not only for fitness but for comfort on the bike. Discomfort can make an already long day feel even longer. Remember you’ll be spending 4 long days on your bike.
- **CLIMBING** – The more you do it, the easier and more enjoyable it becomes. Avoiding hills only makes the hills harder.

DATES FOR THE CALENDAR

FRIDAY 1ST
DECEMBER

[Ashdown Forest Ride](#)

FRIDAY 2ND
FEBRUARY 2018

[Sevenoaks Ride](#)

TRAINING RIDES BY RIDE CAPTAINS / EXPERIENCED RIDERS / CLUB PELOTON:

More information on all our training rides, spin classes and how to sign up can be found on our [website](#)

WEEKLY

TUESDAY - 06:30

RICHMOND PARK LAPS (multiple groups - various speeds - all welcome)

Every Tuesday with Dan Higginson, leaving at 6:30am sharp from Roehampton Gate car park.

WEDNESDAY - 07:00

REGENTS PARK LAPS (approx 25-35kph)

Every Wednesday with Christian Spencer Davies, leaving at 7:00am sharp from the Zoo Gates. Beginners welcome.

WEDNESDAY - 18:30

REGENTS PARK LAPS (approx 35kph)

Every Wednesday with James Morgan leaving at 18:30 from opposite the Royal College of Physicians.

Please check the [calendar](#) for available sessions and to sign up.

WEEKENDS

SUNDAY 10TH DECEMBER - Beginners' Berkshire Training ride with Andy Yates (100km)

08:00am meet at Richmond Station. Sign up [here](#). Contact [Andy](#) for more information.

SUNDAY 10TH DECEMBER - London to Brighton Training ride with Toby Fox (80km)

07:30am meet at Ryka's Café, Old London Rd, Box Hill, Mickleham, Dorking RH5 6BY. (Optional return train back from Brighton). Sign up [here](#) or contact [Toby](#) for more information.

FRIDAY 15TH DECEMBER - North Downs Training ride with John Forbes (80km)

08:30am meet at Cafe Paradiso on Shad Thames. Sign up [here](#) or contact [John](#) for more information.

SATURDAY 16 DECEMBER - Essex Loop Training Ride with Stuart Wilks (70km)

9:30am meet at Woodford Station (IG8 7QE). Sign up coming soon. Contact [Stuart](#) for more information.

WEDNESDAY 27TH DECEMBER - Surrey Hills Training ride with Toby Fox (50-60km)

9:00am meet at Ryka's Café, Old London Rd, Box Hill, Mickleham, Dorking RH5 6BY. Sign up [here](#) or contact [Toby](#) for more information.

SUNDAY 7TH JANUARY - Essex/Hertford Training ride with James Morgan (140km)

07:30am meet at Clapton Roundabout. Sign up [here](#) or contact [James](#) for more information.

SATURDAY 13TH JANUARY - Berkshire Training Ride with Andy Yates (150km)

07:30am meet at Richmond Station. Sign up [here](#). Contact [Andy](#) for more information.

SUNDAY 14TH JANUARY - Wiltshire Downs Training ride with Mike Axon (100km)

10:30am meet at Coate Water Country Park, Swindon (easy access from M4 and West Coast Mainline from London). Sign up [here](#) or contact [Mike](#) for more information.

FRIDAY 26TH JANUARY - North Downs Training ride with John Forbes (80km)

08:30am meet at Cafe Paradiso on Shad Thames. Sign up [here](#) or contact [John](#) for more information.

SATURDAY 3RD FEBRUARY - Mock MIPIM Training Ride (200km)

07:00am meet at Richmond Station. Sign up [here](#). Contact [Andy](#) for more information.

SATURDAY 17TH FEBRUARY - Essex Loop Training Ride with Stuart Wilks (96km)

09:00am meet at Caffe Nero, Brentwood High Street, CM14 4AB. Sign up coming soon. Contact [Stuart](#) for more information.

KEY



REST



SPIN CLASS



RIDE WITH HILLS



GYM



RIDE

15 WEEK TRAINING PLAN | WEEKS 1 – 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 27.11.17		 1 HOUR FAST Could be a spin class or interval training		 1 HOUR STEADY/HARD commute with hills or spin class			 1.5 HOURS + Long steady ride with hills
WEEK 2 04.12.17		 1 HOUR FAST Could be a spin class or interval training		 1 HOUR STEADY/HARD commute with hills or spin class			 2 HOURS + Long steady ride with hills
WEEK 3 11.12.17		 1 HOUR FAST Could be a spin class or interval training		 1 HOUR STEADY/HARD commute with hills or spin class			 2 HOURS + Long steady ride with hills
WEEK 4 18.12.17		 1 HOUR FAST Could be a spin class or interval training		 1 HOUR STEADY/HARD commute with hills or spin class			 2.5 HOURS + Long steady ride with hills
WEEK 5 25.12.17		 1 HOUR FAST Could be a spin class or interval training		 1.5 HOURS STEADY/HARD commute with hills or spin class			 3 HOURS + Long steady ride with hills

NOTES When completing fast paced sessions, push yourself so that it hurts! Interval training is important for core strength and muscular endurance. Long steady rides mean just that! You should be able to maintain conversation... Spin classes are an excellent way to get a lunchtime session into your schedule. Rest days are an important part of the process required to build strength, endurance and muscle.

15 WEEK TRAINING PLAN | WEEKS 6 – 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6 01.01.18		 1 HOUR FAST Could be a spin class or interval training		 1.5 HOURS STEADY/HARD commute with hills or spin class			 3.5 HOURS + Long steady ride with hills
WEEK 7 08.01.18		 1 HOUR FAST Could be a spin class or interval training		 1.5 HOURS STEADY/HARD commute with hills or spin class			 3.5 HOURS + Long steady ride with hills
WEEK 8 15.01.18		 1 HOUR FAST Could be a spin class or interval training		 2 HOURS STEADY/HARD commute with hills or spin class			 4 HOURS + Long steady ride with hills
WEEK 9 22.01.18		 1 HOUR FAST Could be a spin class or interval training		 2 HOURS STEADY/HARD commute with hills or spin class			 4 HOURS + Long steady ride with hills
WEEK 10 29.01.18		 1 HOUR FAST Could be a spin class or interval training		 2 HOURS STEADY/HARD commute with hills or spin class			 3 HOURS + Long steady ride with hills

NOTES When completing fast paced sessions, push yourself so that it hurts!
Interval training is important for core strength and muscular endurance.

Long steady rides mean just that!
You should be able to maintain conversation...

Spin classes are an excellent way to get
a lunchtime session into your schedule.

Rest days are an important part of the process
required to build strength, endurance and muscle.

15 WEEK TRAINING PLAN | WEEKS 11 – 15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 11 05.02.18		 1 HOUR FAST Could be a spin class or interval training		 2 HOURS STEADY/HARD commute with hills or spin class		 4 HOURS STEADY ride with some fun sprints or short hills	 3.5 HOURS + Long steady ride with hills
WEEK 12 12.02.18		 1 HOUR FAST Could be a spin class or interval training		 2 HOURS STEADY/HARD commute with hills or spin class		 4 HOURS STEADY ride with some fun sprints or short hills	 3.5 HOURS + Long steady ride with hills
WEEK 13 19.02.18		 1 HOUR FAST Could be a spin class or interval training		 2 HOURS STEADY		 4 HOURS STEADY ride with some fun sprints or short hills	 4 HOURS + Long steady ride with hills
WEEK 14 26.02.18		 1 HOUR FAST Could be a spin class or interval training		 2 HOURS STEADY		 4 HOURS STEADY ride with some fun sprints or short hills	 4 HOURS + Long steady ride with hills
WEEK 15 05.03.18		 NORTHERN POWER-LEG (Leads to London)	 NORTHERN POWER-LEG (Leads to London)	 CYCLE TO MIPIM	 CYCLE TO MIPIM	 CYCLE TO MIPIM	 CYCLE TO MIPIM

NOTES When completing fast paced sessions, push yourself so that it hurts! Interval training is important for core strength and muscular endurance. Long steady rides mean just that! You should be able to maintain conversation... Spin classes are an excellent way to get a lunchtime session into your schedule. Rest days are an important part of the process required to build strength, endurance and muscle.