



Pedals the Borders 2022 - 100km

Hi Everyone! my name is David Scott and I'm a local cycling coach based near Oswestry who works with clients throughout the country.

I offered to put a plan together for Alan to help anyone who wants a bit of guidance getting challenge ready - for this fantastic cause!

You can find me at www.davescottcoaching.co.uk where you can also contact me directly if you need any advice: I offer 1 to 1 coached rides and gym sessions and I will be donating 10% of any of my additional services purchased to the Lingen Davies Cancer Fund.

For this plan you need to understand the RPE scale (rating of perceived exertion) based on the 'BORG' scale: 1. Very Easy // 2. Easy // 3. Moderate // 4. Somewhat hard // 5. Hard // 6. Getting harder // 7. Very Hard // 8. Starting to Hurt // 9. Argghhh... // 10. Extremely Hard!

This is a 12 week plan designed for those taking part in the 60 mile event. I hope you find this helpful and enjoy it!

Remember to warm up and cool down before each session and on your rest days stretching and yoga are very beneficial.

For your cross training days I do offer some 1 to 1 work in the gym for anyone who wants additional support! If you are training to power then please give me an email and I'll help with that too.

This plan is for riders who are relatively new to cycling and who are keen to improve their fitness and overall health. You do not need to have previously completed any cycling events or be part of a local club or training group.

The plan is built over 12 weeks and divided into blocks of 4 weeks; 3 building weeks and 1 adaptation week to allow your body to recovery from the previous weeks training. By the end of the plan you should be able to confidently ride for 3 hours which will set you in good stead for your upcoming challenge!

Key Vocabulary

RPE - Relative perceived effort.

Tempo - A good, steady intensity.

X-Train - Cross training ie: Walk, gentle jog, weights in the gym, swimming etc.

Sweetspot - These efforts are slightly harder than 'Tempo' and require more effort & concentration however they are manageable for relatively long periods of time. 85-90% of your maximal capability.

Cadence (RPM) - The rate of pedalling in revolutions per minute.

Threshold - refers to the term 'Functional Threshold power' which is an estimate of the highest average power you can sustain for sixty minutes. Threshold intervals are harder than **Sweetspot** and require maximum concentration as you will feel like you're close to your limit.

VO2 MAX - This refers to the maximum rate your body can uptake and utilise oxygen. In the context of this plan these efforts are designed to be just above this level and therefore not sustainable for prolonged periods (less than 5 minutes).

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Tempo Ride RPE 5 30 minutes	X-training	Tempo Ride RPE 5 30 minutes	Rest Day	X-train or Short recovery ride/walk/jog	Endurance RPE 3 75 minutes
2	Rest Day	Sweetspot efforts 4 x 5 minutes RPE 7 3-5 minutes rest between efforts.	X-training	Tempo Ride with Sprints 40 minutes include 6-8 x 15 second sprints RPE 10	Rest Day	X-train or Short recovery ride/walk/jog	Endurance RPE 3 90 minutes
3	Rest Day	Tempo Ride RPE 5 45 minutes	X-training	Sweetspot efforts 5 x 5 minutes RPE 7 3-5 minutes easy between efforts.	Rest Day	Cadence efforts 10 x 1 min high cadence (100+ RPM) 2 min easy between efforts.	Endurance RPE 3 120 minutes
Adaptation Week	Rest Day	Tempo Ride RPE 5 30 minutes	X-training	Tempo Ride RPE 5 45 minutes	Rest Day	X-train or Short recovery ride/walk/jog	Endurance RPE 3 90 minutes
5	Rest Day	Sweetspot efforts 5 x 5 minutes RPE 7 3-5 minutes easy between efforts.	X-training	Strength efforts 5 x 3 minutes low cadence (60 rpm) RPE 8 3-4 minutes easy between efforts.	Rest Day	Tempo Ride RPE 5 60 minutes	Endurance RPE 3 120 minutes
6	Rest Day	Tempo Ride RPE 5 45 minutes	X-training	Sweetspot efforts 4 x 5 minutes RPE 7 3-5 minutes rest between efforts.	Rest Day	X-train or Short recovery ride/walk/jog	Endurance RPE 3 135 minutes
7	Rest Day	VO2 Max efforts 5 x 2 minutes RPE 9 4-6 minutes easy between efforts	X-training	Tempo Ride RPE 5 45 minutes	Rest Day	Cadence efforts 12 x 1 min high cadence (100+ RPM) 2 min easy between efforts.	Endurance RPE 3 150 minutes
Adaptation Week	Rest Day	Tempo Ride RPE 5 30 minutes	X-training	Tempo Ride RPE 5 45 minutes	Rest Day	X-train or Short recovery ride/walk/jog	Endurance RPE 3 90 minutes
9	Rest Day	Strength efforts 6 x 3 minutes low cadence (60 rpm) RPE 8 3-4 minutes easy between efforts.	X-training	Tempo Ride RPE 6 60 minutes	Rest Day	BONUS: Tempo Ride RPE 6 60 minutes	Endurance RPE 3 150 minutes
10	Rest Day	Tempo Ride with Sprints 45 minutes include 8 x 20 second sprints RPE 10	X-training	Threshold efforts 2 x 10 minutes RPE 8 10-15 minutes easy between efforts	Rest Day	X-train or Short recovery ride/walk/jog	Endurance RPE 3 165 minutes
11	Rest Day	Sweetspot efforts 5 x 5 minutes RPE 7 3-5 minutes easy between efforts.	X-training	Cadence efforts 12 x 1 min high cadence (100+ RPM) 2 min easy between efforts.	Rest Day	BONUS: Tempo Ride RPE 6 60 minutes	Endurance RPE 3 120 minutes
Adaptation Week	Rest Day	Tempo Ride RPE 5 45 minutes	X-training	Tempo Ride RPE 6 60 minutes	Rest Day	X-train or Short recovery ride/walk/jog	Endurance RPE 3 180 minutes