



Hi Everyone! my name is Dave 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](http://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.

To utilise 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 plan is designed for those taking part in the 31 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 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.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Rest Day	Tempo 30 minutes RPE 5	X-train / Core	VO2 MAX 2 x 4min RPE 9 4min recovery between efforts.	Rest Day	Easy spin/rest day	Endurance 60 minutes RPE 3
2.	Rest Day	Strength 3 x 5min low cadence RPE 6 (50-60RPM) 2m between efforts.	X-train / Core	Tempo 30 minutes RPE 5	Rest Day	Sprints 45 mins 6 x 15 second sprints RPE 10. 3min between efforts	Endurance 90 minutes RPE 3
3.	Rest Day	Sweetspot 3 x 8min RPE 7 4min recovery between efforts.	X-train / Core	Cadence Drills 15 x 1 min RPM 100+ // 1 min RPM 60. RPE 7	Rest Day	Easy spin/rest day	Endurance 40 minutes RPE 3
4	Rest Day	Strength 3 x 6min lowcadence RPE 8 (50-60RPM) 2min between efforts.	X-train / Core	VO2 MAX 3 x 4min RPE 9 4min recovery between efforts.	Rest Day	Tempo 30 minutes RPE 5	Endurance 60 minutes RPE 3
5	Rest Day	Threshold 2 x 8 mins RPE 8.5  10m recovery between efforts	X-train / Core	Tempo with bursts 30 minutes RPE 7 with 20s 'bursts' of power ever 5 minutes	Rest Day	Easy spin/rest day	Endurance 90 minutes RPE 3
6	Rest Day	Easy Spin 40 min RPE 3	X-train / Core	Easy Spin 60min RPE 3	Rest Day	Tempo 30 minutes RPE 5	Endurance 90-120 minutes RPE 3

## 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).