

A group of cyclists are shown in a race, with the central cyclist in a red jersey pointing forward. The cyclist is wearing a black helmet with the number 91 and a red poppy. The background is blurred, showing other cyclists in various colored jerseys.

BASE BUILDING

Six week training plan

THE ROYAL BRITISH
LEGION



BASE BUILDING TRAINING PLAN

THE PLAN

This short six-week plan is designed to get you ready to tackle our 16 week training plan for Pedal to Paris.

AM I READY?

This plan is aimed at those new to regular cycling but who are physically ready to start building up their training volumes.

PLANNING AHEAD

Training for any endurance event requires consistency and patience. Ring fence the key sessions in your diary and make sure you plan around work or family life commitments.

MAKING IT WORK FOR YOU

This plan is not a tablet of stone and is designed to work for cyclists of a broad range of abilities. If you are more experienced you can skip this plan and step directly into the full training plan.

WHAT ELSE DO I NEED TO KNOW?

The glossary on the next page is vital to understanding the terms and effort levels in the plans. Make sure you check out our *cycling guide* which gives further details on training, nutrition, bike handling & technique.



TRAINING GLOSSARY & ZONES

'CADENCE' is how quickly you turn the 'crank' and is measured in revolutions per minute. A 'standard' cadence would be 80-90. Our plans will encourage you at times to 'spin' at a higher cadence or sometimes work bigger gears at a lower cadence.

'SPIN' used in these plans to denote an easier effort but still maintaining a higher cadence, often used in recovery between harder efforts.

'GEARING' gears are your friends. Use them to control your cadence and power by being aware of your terrain, fatigue level, environmental conditions to control your effort. Try to maintain a relatively consistent cadence using your gears, rather than fluctuation through big surges of effort.

'CORE/S&C' We strongly recommend including some core exercises and strength and conditioning into your training week. The training guide we have developed for you include some of the key exercises to complete.

'XT' Stands for 'cross-training' and includes cardiovascular training such as running, swimming, aqua jogging, rowing and elliptical trainers.

'HILLS' Riding hills will both get you prepared to tackle hills on event day but also will develop more power and strength endurance in all of your riding. The plan includes short hills efforts, building to long continuous blocks of 8-10 minutes of hills. For these you will likely need to repeat one hill several times to make up the volume required, just take an easy effort back down between each up hill effort.

TRAINING ZONES

Our training plans work you in a range of effort 'effort zones' or order to add variety into your training and to more effectively develop your strength and different energy systems;

Zone 1: Fully easy riding, 5-6/10 effort where you could hold a full conversation.

Zone 2: Steady effort ride, 6-7/10 effort still controlled but limited to a sentence worth of conversation.

Zone 3: Threshold effort rides. 7-8/10 effort at a pace where you might only speak 4-5 words.

Zone 4: Hard intervals at 9-10/10 effort. 1-2 word answer effort or harder.

ADAPTING THE PLAN TO YOUR LIFE

ADAPTING TO EXPERIENCE AND ABILITY

This plan is aimed at those new to regular cycling or those returning to cycling after a long period off exercise. It can be supplemented with other forms of exercise such as cross-training (see our Cycling Guide), gym or Pilates classes as well as at home strength and conditioning exercises.

WHAT TO DO IF YOU ARE SICK OR INJURED

Crucially don't try to play catch up or plough on through sickness or an injury. Seek the advice of a good sports physiotherapist who will advise you on the best ways you can get back into the saddle. Check out our cycling guide for our tips on how to include more cross-training. If you are able to do this pain free it can really help keep you on track even if you can't get out on the bike. When you are back on the bike step back into the training plan from where you left off rather than skipping ahead weeks.

SAFETY FIRST

Safety is critical at all times. Our cycling guide offers tips and advice on bike safety and handling. If you do not feel you can complete the harder faster sessions included in this plan safely on open roads, consider completing them on a static bike or 'turbo trainer'.

THE PLANS

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Core	15-20 minutes, all easy zone 1.	Rest	20-30 minutes optional XT zone 1-2 and core.	Rest	15 minutes, all easy zone 1.	30 minutes easy zone 1.
2.	Core	15 minutes, all easy zone 1.	Rest	20-30 minutes optional XT zone 1-2 and core.	Rest	20 minutes, all easy zone 1.	40 minutes with 2 x 20 minutes with a short break if needed.
3.	Core	20 minutes with 2 x 5 minutes zone 3, with 2 minutes easy between the efforts.	Rest	30 minutes optional XT zone 1-2 and core.	Rest	20 minutes, all easy zone 1.	50 minutes easy, zone 1 aiming to limit an rest breaks by keeping effort easy.
4.	Core	30 minutes with 3 x 5 minutes zone 3, with 2 minutes easy between the efforts.	Rest	30 minutes optional XT zone 1-2 and core	Rest	30 minutes with 10 minutes zone 1, 10 minutes zone 2, 10 minutes zone 1	60 minutes with a short break after 30-40 minutes if needed. Keep effort zone 1 throughout.

THE PLANS

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	Core	35 minutes with 4 x 6 minutes zone 3, with 2 minutes easy between the efforts.	Rest	30 minutes optional XT zone 1-2 and core	Rest	30 minute 'out and back ride' - ride out easy for 17-18 minutes, turn and ride the same route back aiming to cycle faster and to finish within 30 minutes.	75 minutes as 45 minutes zone 1. Short rest. 30 minutes zone 2.
6.	Core	30 minutes with 10 min 10minutes zone 1, 10 minutes zone 2, 10 minutes zone 3.	Rest	30 minutes optional XT zone 1-2 and core	Rest	30 minute 'out and back ride' - ride out easy for 17-18 minutes, turn and ride the same route back aiming to cycle faster and to finish within 30 minutes.	75-90 minute continuous zone 1.

GET IN TOUCH

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