

12 WEEK 100 MILE BEGINNER TRAINING PLAN



WEEK 1						
M	T	W	T	F	S	S
REST	30 MIN 30 mins inc. 3 x 5 mins at threshold (3 min easy spin recovery)	REST + CORE	45 MIN 45 mins easy ideally pre-breakfast	REST	30-45 MIN 30-45 min steady ride practising regular cadence (80-90 RPM)	1HR30 - 2HR 90 mins - 2 hrs all easy conversational

WEEK 2						
M	T	W	T	F	S	S
REST	30 MIN 30 mins inc. 3 x 5 mins at threshold (3 min easy spin recovery)	REST + CORE	45 MIN 45 mins easy ideally pre-breakfast	REST	30-45 MIN 30-45 min steady ride practising regular cadence (80-90 RPM)	2 HR - 2HR15 2 hours - 2 hours 15 mins all easy pace

WEEK 3						
M	T	W	T	F	S	S
30 MIN Rest or 30 min easy cross train	40 MIN 40 mins inc. 4 x 5 mins at threshold (3 min easy spin recovery)	REST + CORE	1 HOUR 60 mins hilly ride ideally pre-breakfast	REST	45 MIN 45 min steady ride practising regular cadence (80-90 RPM)	2 HR - 2HR15 2 hours - 2 hours 15 mins all easy pace

WEEK 4						
M	T	W	T	F	S	S
REST	40 MIN 40 mins inc. 4 x 5 mins at threshold (3 min easy spin recovery)	REST + CORE	45 MIN 45 mins all easy pre-breakfast ride	REST	30-45 MIN 30-45 min steady ride practising safe controlled descending	1HR30 - 2HR 90 mins - 2 hours all easy conversational

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WEEK 5						
M	T	W	T	F	S	S
30 MIN Rest or 30 min easy cross train	45 MIN 45 mins inc. 4 x 6 mins at threshold (3 min easy spin recovery)	 REST + CORE	75-80 MIN Pre-breakfast ride 75-80 mins all easy	 REST	45 MIN - 1 HR 45-60 min steady ride practising regular cadence (80-90 RPM)	2HR40 - 3HR 2 hours 45 min - 3 hours all easy conversational



WEEK 6						
M	T	W	T	F	S	S
30 MIN Rest or 30 min easy cross train	45 MIN 45 mins inc. 4 x 6 mins at threshold (3 min easy spin recovery)	 REST + CORE	80 MIN Hilly pre-breakfast ride 80 mins working threshold effort on climbs	 REST	45 MIN - 1 HR 45-60 min steady ride practising regular cadence (80-90 RPM)	3 HR 30 3 hours 20 mins easy



WEEK 7						
M	T	W	T	F	S	S
30 MIN Rest or 30 min easy cross train	1 HR 20 1hr 10min high gear ride, allow 10 min warm up and cool down 10 min core	 REST + CORE	90 MIN Hilly pre-breakfast ride 80 mins working threshold effort on climbs	 REST	60 - 75 MIN 60-75 min steady practising climbing with high cadence	3HR45 - 4HR 3 hours 45 min - 4 hours all easy



WEEK 8						
M	T	W	T	F	S	S
30 MIN Rest or 30 min easy cross train	45 MIN 45 mins inc 5 x 6 mins at threshold (3 min easy spin recovery)	 REST + CORE	60 MIN 60 mins all easy pre-breakfast ride	 REST	45 MIN - 1 HR 45-60 min practising safe controlled descending	2 HR 30 2 hours 30 min easy




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WEEK 9						
M	T	W	T	F	S	S
30 MIN Rest or 30 min easy cross train	1 HR 60 mins inc 3 x 12 mins at threshold (3-5 easy spin recovery)	 REST + CORE	90 MIN Hilly pre-breakfast ride 90 mins working threshold efforts on climbs	 REST	60 - 75 MIN 60-75 min practising safe controlled descending	4 HR - 4HR15 4 hours - 4 hr 15 mins at threshold effort

WEEK 10						
M	T	W	T	F	S	S
30 MIN Rest or 30 min easy cross train	1 HOUR 60 mins inc 3 x 15 mins at threshold (5 min easy spin recovery)	 REST + CORE	90 MIN 30/30/30 riding easy/steady/threshold with no rest pre-breakfast	 REST	1 HR - 90 MIN 60-90 min steady practising stretches of 10-15 mins in high gear	4 HR 30 4 hours 30 min - 5 hours with final 45 mins at threshold - practise race day nutrition

WEEK 11						
M	T	W	T	F	S	S
30 MIN Rest or 30 min easy cross train	1 HOUR 60 mins inc 3 x 15 mins at threshold (5 min easy spin recovery)	 REST + CORE	1 HOUR 20/20/20 progression ride pre-breakfast	 REST	1 HOUR 60 min steady practising stretches of 10-15 mins in high gear	90 MIN 90 mins all easy practise race day nutrition

WEEK 12						
M	T	W	T	F	S	S
 REST	30 - 45 MIN 30-45 mins inc. 3 x 6 mins at threshold (3-4 min recovery)	 REST + CORE	30 MIN 10/10/10 progression ride	 REST	30 MIN 30 minute light spin and stretch	100 MILES! Good luck from all at #TeamOxfam