



Sue Ryder

**Beginner 100 mile 12 weeks**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	30 min ride including 3 x (5 min threshold / 3 min recovery)	Rest	45 min easy ride (ideally pre-breakfast)	Rest	Rest	90 min – 2 hr easy ride
2	Rest	30 min ride including 3 x (5 min threshold / 3 min recovery)	Rest	45 min easy ride (ideally pre-breakfast)	Rest	Rest	2 hr – 2 hr 15 min easy ride
3	Rest	40 min ride including 4 x (5 min threshold / 3 min recovery)	Rest	60 min hilly ride (ideally pre-breakfast)	Rest	Rest	2 hr – 2 hr 15 min easy ride
4	Rest	40 min ride including 4 x (5 min threshold / 3 min recovery)	Rest	45 min easy ride (ideally pre-breakfast)	Rest	Rest	90 min – 2 hr easy ride
5	Rest	45 min ride including 4 x (6 min threshold / 3 min recovery)	Rest	75 - 80 min easy ride (ideally pre-breakfast)	Rest	30 – 45 min ride at 80 – 90 rpm cadence	2 hr 45 min – 3 hr easy ride
6	Rest	45 min ride including 4 x (6 min threshold / 3 min recovery)	Rest	80 min hilly ride, threshold effort on climbs (ideally pre-breakfast)	Rest	30 – 45 min ride at 80 – 90 rpm cadence	3 hr 30 min easy ride





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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Rest	45 -60 min ride including 3 x (10 min threshold / 3-5 min recovery)	Rest	90 min hilly ride, threshold effort on climbs (ideally pre-breakfast)	Rest	45 min ride at 80 – 90 rpm cadence	3 hr 45 min – 4 hr easy ride
8	Rest	45 min ride including 5 x (6 min threshold / 3 min recovery)	Rest	60 min easy ride (ideally pre-breakfast)	Rest	Rest	2 hr 30 min easy ride
9	Rest	60 min ride including 3 x (12 min threshold / 3-5 min recovery)	Rest	90 min hilly ride, threshold effort on climbs (ideally pre-breakfast)	Rest	30 – 45 min ride at 80 – 90 rpm cadence	4 hr – 4 hr 15 min with final 30 min at threshold
10	Rest	60 min ride including 3 x (15 min threshold / 5 min recovery)	Rest	90 min ride including 30 easy, 30 steady, 30 threshold (ideally pre-breakfast)	Rest	30 – 45 min ride at 80 – 90 rpm cadence	4 hr 30 min – 5 hr with final 45 min at threshold, practise raceday nutrition
11	Rest	60 min ride including 3 x (15 min threshold / 3 min recovery)	Rest	60 min ride including 20 easy, 20 steady, 20 threshold (ideally pre-breakfast)	Rest	45 min ride at 80 – 90 rpm cadence	90 min easy ride, practise raceday nutrition
12	Rest	30 - 45 min ride including 3 x (5 min threshold / 3 min recovery)	Rest	30 min ride including 10 easy, 10 steady, 10 threshold	Rest	30 easy ride and stretch	<b>Race Day. Good luck!!</b>

