



Sue Ryder

Improver 100 mile 12 weeks

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 – 40 min easy spin or cross train	AM: 30 min easy spin (pre breakfast) PM: 45 min spin including 5 x (6 min threshold / 3 min recovery)	Core strength session and 45 – 60 min easy ride or rest	AM: 75-80 min easy ride (pre breakfast)	Rest	45 – 60 min ride including 10 x steep gradient climbs (1-2 min)	3 hr – 3 hr 30 min easy ride at 80 – 90 rpm cadence
2	30 – 40 min easy spin or cross train	AM: 30 min easy spin (pre breakfast) PM: 45 - 60 min spin including 3 x (10 min threshold / 3 - 5 min recovery)	Core strength session and 45 – 60 min easy ride or rest	AM: 90 min hilly ride with threshold effort on climbs (pre breakfast)	Rest	45 – 60 min ride including 10 x steep gradient climbs (1-2 min)	3 hr – 3 hr 45 min easy ride at 80 – 90 rpm cadence
3	30 – 45 min easy spin or cross train	AM: 30 min easy spin (pre breakfast) PM: 45 - 60 min spin including 3 x (10 min threshold / 3 min recovery)	Core strength session and 45 – 60 min easy ride or rest	AM: 90 min hilly ride with threshold effort on climbs (pre breakfast)	Rest	60 min spin including 6, 5, 4, 3, 2, 1 min threshold efforts increasing intensity with 90 sec recovery	3 hr 45 min – 4 hr ride including high cadence climbing
4	30 min easy spin or cross train	AM: 30 - 40 min easy spin (pre breakfast) PM: 45 min spin including 5 x (6 min threshold / 3 min recovery)	Core strength session and 45 min easy ride or rest	AM: 60 min easy ride (pre breakfast)	Rest	40 min spin including 6, 5, 4, 3, 2, 1 min threshold efforts increasing intensity with 90 sec recovery or 30 mins easy if racing Sunday	2 hr 30 – 3 hr easy ride or sportive





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5	30 min easy spin or cross train	PM: 45 min spin including 5 x (6 min threshold / 3 min recovery)	Core strength session and 45 min easy ride or rest	AM: 60 min easy ride (pre breakfast)	Rest	45 min ride including 8 x steep gradient climbs (1-2 min)	2 hr easy ride at 80 – 90 rpm cadence
6	30 min easy spin or cross train	PM: 45 - 60 min spin including 3 x (10 min threshold / 3 - 5 min recovery)	Core strength session and 45 min easy ride or rest	AM: 60 min easy ride (pre breakfast)	Rest	45 min ride including 8 x steep gradient climbs (1-2 min)	2 hr 15 – 30 min easy ride at 80 – 90 rpm cadence
7	30 - 40 min easy spin or cross train	AM: 30 min easy spin (pre breakfast) PM: 45 - 60 min spin including 3 x (10 min threshold / 3 min recovery)	Core strength session and 45 - 60 min easy ride or rest	AM: 75 min hilly ride with threshold effort on climbs (pre breakfast)	Rest	60 min spin including 6, 5, 4, 3, 2, 1 min threshold efforts increasing intensity with 90 sec recovery	2 hr 45 min – 3 hr easy ride at 80 – 90 rpm cadence
8	30 min easy spin or cross train	PM: 45 min spin including 5 x (6 min threshold / 3 min recovery)	Core strength session and 45 min easy ride or rest	AM: 60 min easy ride (pre breakfast)	Rest	45 min ride including 8 x steep gradient climbs (1-2 min)	2 hr 30 – 3 hr easy ride or sportive

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info@runningwithus.com





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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	30 - 45 min easy spin or cross train	AM: 30 - 40 min easy spin (pre breakfast) PM: 60 min spin including 3 x (10 - 12 min threshold / 3 min recovery)	Core strength session and 45 min easy ride or rest	AM: 90 min hilly ride with threshold effort on climbs (pre breakfast)	Rest	60 - 75 min steady spin including 10 x (2 min hard effort high gear / 75 sec recovery)	4 hr 15 - 30 min ride with final 30 min at threshold
10	30 - 45 min easy spin or cross train	AM: 40 - 50 min easy spin (pre breakfast) PM: 60 min spin including 3 x (15 min threshold / 3 - 5 min recovery)	Core strength session and 45 min easy ride or rest	90 min progression ride including 30 easy, 30 steady, 30 threshold (pre breakfast)	Rest	60 - 75 min steady spin including 8 x (3 min hard effort high gear / 75 sec recovery)	4 hr 30 min - 5 hr ride with final 45 min at threshold, practise raceday nutrition
11	30 - 45 min easy spin or cross train	AM: 40 - 50 min easy spin (pre breakfast) PM: 60 - 75 min spin including 3 x (15 min threshold / 3 min recovery)	Core strength session and 45 min easy ride or rest	60 min progression ride including 20 easy, 20 steady, 20 threshold (pre breakfast)	Rest	60 min steady spin including stretches of 10 min hard effort high gear	2 hr - 2 hr 30 min easy ride, practise raceday nutrition
12	30 min easy spin or cross train	30 - 45 min spin including 3 x (6 min threshold / 3 - 4 min recovery)	Core strength session and 45 min easy ride or rest	30 min ride including 10 - 15 sec hard efforts every 5 min	Rest	30 min light spin and stretch	Race Day. Good luck!!

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