

Sample Training Schedules

	BEGINNER	INTERMEDIATE
	Three-four rides per week for total 6-10hrs per week	Four-five rides per week for total 10-15hrs per wk
Mon	Day Off	Day Off
Tues	Cycle: 1.5hrs (steady session) (steady, undulating, cadence 90rpm)	Cycle: 1.5-2hrs (High Intensity Session) (undulating, incl 5min hard / 5min easy x6) (cadence at 90rpm)
Wed	Day Off	Day Off or Cycle: 1.5hrs (easy, flat, cadence 105rpm)
Thur	Cycle: 1.5-2hrs (Hill Session) (Steady, hilly, uphill cadence 75rpm, flat cadence 100rpm)	Cycle: 1.5-2hrs (Hill Reps) (4 sets of 10min seated uphill / ride down for recovery) (uphill cadence at 75-80rpm)
Fri	Day Off	Day Off
Sat	Day Off or Cycle: 1.5hrs (technique work) (steady, flat, alternate 10min at 75rpm / 10min at 110rpm)	Cycle: 1.5-2hrs (technique work) (steady, flat, alternate 10min at 70rpm / 10min at 110rpm) (Preferably bunch ride)
Sun	Cycle: 2-3hrs (Strength/Endurance Session) (hill cadence 80rpm, flat cadence 100rpm)	Cycle: 3-4hrs (Strength/Endurance Session) (hill cadence 80rpm, flat cadence 100rpm) (preferably bunch ride)

Explanations

Cadence

Cadence is crucial to good cycling. Ideally your cadence in general will fall between 85 and 95rpm. But if you train at various different cadences you will improve strength, technique and leg speed. By training at slower cadences you build leg strength but also technique because you get a better feel for combining both the push and pull simultaneously. By training at high cadences you improve leg speed but also your ability to hold good technique under stress.

Technique Work

Sessions that combine periods of time at both slow and fast cadence. This not only helps technique but is also good training for bunch riding where the tempo changes all the time.

Hill Reps

After a 15-30min warm up of steady riding find a hill that is 5-10min long. Ride up it at 75-80rpm at a hard effort, then ride down & repeat it four times. Finish with 15-30min of steady riding to warm down. The uphill builds leg strength and technique & the downhill improves handling ability. High Intensity Session – Similar in effect to hill reps except the terrain is mildly undulating and the cadence closer to your natural racing cadence. Hill reps build oxygen uptake, leg strength and technique. High Intensity Sessions build oxygen uptake, leg speed and rhythm. Long Hill Session – This is the corner stone of the schedule. But if you don't do the shorter stuff you won't have the fitness to consistently do these longer workouts. This builds your ability to ride the K1 distance, both in regard to leg strength and fuel efficiency. Long rides also build oxygen uptake, which will help capitalise on your high intensity and hill sessions.