

## Which plan should I follow?

Training is a key part of the preparation for Deloitte RAB – miles in the legs, and experience of group riding will stand you in great stead for both feeling fit, strong, and enjoying Deloitte RAB in September.

Using the knowledge and experience of Andy Cook, Deloitte RAB Route Director, we have put together a few different training plans for you to follow. Each of the plans are targeted to a different level of cyclist, so do have a look at the below info to guide you to the best plan for you.

NB: Not every point within each category may apply to you. These are purely guidelines to help you to decide which is most appropriate for your current level of cycling and time commitments. Each of the plans are designed to support you in your preparation for Deloitte RAB, so whichever plan/s you decide to put up on the fridge will get you Ride ready.

### **Newcomer**

- I am new, or relatively new, to cycling
- I have a low base level of fitness which I need to build up
- I am capable of riding for 1 hour
- I am open to dedicating around 4 days a week to my training
- I have limited experience of long distance cycling
- I have not done many, if any, sportive events before
- The longest ride I have done to date is around 50 miles

### **Intermediate**

- I have been interested in cycling for a while, and am used to weekend rides with friends, or as part of a cycling club
- I often commute to work by bike (if possible)
- I have a good base level of fitness
- I am capable of riding for a couple of hours at least
- I am open to dedicating 4 days a week to my training
- I tend to enter a few sportives throughout the year as and when possible
- I have a keen interest and experience in long distance cycling
- I have completed a 100 mile ride before, but not regularly throughout the year

### **Advanced**

- I have a very keen interest in cycling, and more often than not do a weekend ride with friends, or as part of a cycling club
- I have taken part in a few competitive events before
- I commute to work by bike (if possible)
- I currently follow a training plan, or have followed a structured training plan before
- I have a high base level of fitness and am capable of riding for 4+ hours at a time
- I am open to dedicating 5 days a week to my training
- I am very experienced in long distance cycling
- I am a regular on the 'sportive' circuit
- I regularly complete 100 mile rides during the year