

DELOITTE RIDE ACROSS BRITAIN 2021

TRAINING PLAN: ADVANCED



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**THRESHOLD/
MORE IS IN YOU™**



INTRODUCTION

KEY TRAINING MILESTONES

Deloitte RAB is going to be one the best experiences of your life. However, like many of life's highs, it won't come without some work.

Before you get stuck in, here is a brief overview of the milestones that you should reach during your training to ensure you're on track for completing the ride:

MONTH	MILESTONE
(Up to) JAN	Total of 525 miles / 52 hours on the saddle
FEB	100 mile ride Flat terrain (within 10 hours inc. stops)
MARCH	100 mile ride Hilly terrain >6000ft (within 10 hours inc. stops)
APRIL	Back to back 100 mile rides Flat terrain (within 10 hours inc. stops)
MAY	Back to back 100 mile rides Hilly terrain >6000ft (within 10 hours inc. stops) <i>Why not take part in Dulux London Revolution?</i>
JUNE	120 mile ride Flat terrain (within 12 hours inc. stops)
JULY	120 mile ride Hilly terrain >8000ft (within 12 hours inc. stops)
AUGUST	120 mile ride Hilly terrain and bad weather (if possible) >8000ft (within 12 hours inc. stops)

Please note that this information should be adhered to by everyone, regardless of whether or not you are following the official training plan.

INTRODUCTION

GLOSSARY

RULES AND DRILLS FOR YOUR TRAINING

TERM	DEFINITION
Cadence	<p>Cadence is the number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals.</p> <p>Cadence is similar to wheel speed, but is a distinct measurement. Certain bike computers are able to measure cadence.</p> <p>If you don't have one, count your pedal strokes for 15 seconds and multiply by 4!</p>
RPM	Pedal revolutions per min.
Tempo Session	<p>20 minutes warm up at a steady pace @ 90-95rpm / 5 minutes brisk @ 110rpm</p> <p>10 minutes easy @ 80rpm / 5 minutes brisk @ 110rpm</p> <p>20 minute warm down to a steady pace of 90rpm</p>
Interval Ride	<p>1 hour 30 mins</p> <p>30 min warm up / 6 x 1min effort in hard gear (50-60rpm) / 1 min rest after each effort / 5 min rest between sets. Repeat set twice</p>
Threshold session (1)	Warm up thoroughly then ride at full effort for 12 minutes followed by 3 recovery (repeat 3 to 4 times). Warm down well
Threshold session (2)	Warm up thoroughly then ride at full effort for 5 minutes followed by 1 minute recovery (repeat 6 to 8 times). Warm down well
Threshold session (3)	Warm up thoroughly then ride at full effort for 1 minute followed by 1 minute recovery (repeat 10 times). Warm down well

INTRODUCTION

TRAINING TOP TIPS

HOW TO GET THE MOST OUT OF YOUR TRAINING PLAN

The secret to your success next September will be maintaining a constant pace. By laying down a solid base and foundation of steady rides at the beginning, it will provide the relevant platform to introduce more specific workouts to build strength and speed nearer to the Event.

Add variety to your plan

Slogging out miles during dark winter evenings might not be your 'cup of tea', so introduce alternatives to develop an aerobic base fitness such as spinning, cross training, swimming or running.

Be smart with your training time

We do not want training to become a chore and/or take over your life. Equally you need to give it some respect.

Use opportunities such as lunchtimes and weekends.

It is far better to train little and often than to save it all up for one big blast at the weekend.

Ride with others

Making a commitment to attend a session helps to keep motivation high (and helps you do it!). Ensure you ride with a group of similar ability riders.

Stretch, stretch & stretch

In tandem with your cycling sessions, keep up a stretching regime and honour yourself with recovery time, as this is when the adaptations will take place – reaping the rewards of all your hard work.

Always take a rain jacket

You never know with the good old British weather!

Don't play 'catch up'

If for any reason you have had to miss training through work or family commitments, or even illness, then resist the urge to play catch up. This could have a negative effect and you will potentially over-train, thus lowering your immune system making you even more susceptible to colds and viruses.

You are what you eat

Ensure you are eating a healthy balanced diet and ensure you train with the same sports nutrition that you will use on the Event.

THE PLAN

DECEMBER

KEY FOCUS: Enjoyment

MILESTONE: A total of 175 miles / 17 hours on the bike

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1 7/12	REST	CYCLE 1 hr 30 Threshold Session (1)	CYCLE 1 hr 30	CYCLE 1 hr 30 Threshold Session (2)	REST	CYCLE 2 hrs 30	CYCLE 3 hrs 30	
2 14/12	REST	CYCLE 1 hr 30 Threshold Session (3)	CYCLE 2 hrs	CYCLE 1 hr 30 Threshold Session (1)	REST	CYCLE 3 hrs	CYCLE 4 hrs	
3 21/12	REST	CYCLE 1 hr 30	REST	CYCLE 2 hrs	MERRY CHRISTMAS	REST	CYCLE 2 hrs 30	
4 28/12	CYCLE 4hrs	REST	CYCLE 1 hr 30	NEW YEARS EVE	REST	CYCLE 1hr 45 Threshold Session (2)	CYCLE 3 hrs	

THINGS TO THINK ABOUT

WEEK	
1	During your ride at the weekend, include 2 x 1 hour 15 min sections at a brisk pace of 100-110rpm.
2	During your easy ride at the weekend, avoid the temptation to ride at any intensity and remember to pedal smoothly (and stop for cake!).
3	Happy Christmas! During any riding you do this week, concentrate on your cadence.
4	Ahead of New Year, remember to look after yourself, keep hydrated and enjoy a long ride with friends.

THE PLAN

JANUARY

KEY FOCUS: Consistency

MILESTONE: A total of 250 miles / 25 hours on the bike

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5 4/1	REST	CYCLE 1 hr 45 Threshold session (1)	CYCLE 2 hours	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 3 hrs	CYCLE 3 hrs 30	
6 11/1	REST	CYCLE 1 hr 45 Threshold session (3)	CYCLE 2 hrs	CYCLE 1 hour 30 Threshold session (1)	REST	CYCLE 3 hrs	CYCLE 4 hrs	
7 18/1	REST	CYCLE 1 hr 30	REST	CYCLE 2 hrs 15	REST	CYCLE 2 hrs 30	CYCLE 3 hrs	
8 25/1	REST	CYCLING 1 hr 45 Threshold session (3)	CYCLE 1 hr 30	CYCLE 1 hr 30 Intervals	REST	CYCLE 3 hrs	CYCLE 4 hrs	

THINGS TO THINK ABOUT

WEEK	
5	Keep your cadence up and effort even, up and down any hills on your ride. During your long ride this week, include 2 blocks of 5 mins alternating 15 seconds hard and 45 seconds easy.
6	Practice group riding skills - Enjoy the ride and the social aspect of riding with others. Try a new route for a change – you can start to go a little further afield!
7	This is a recovery and adaptation week. Don't forget to incorporate some stretching in to your weekly regime.
8	Take some time to check over your kit – clothing, shoes, cleats, base layers, shorts – all essential to your comfort on the bike.

THE PLAN

FEBRUARY

KEY FOCUS: Efficiency

MILESTONE: A total of a 100 mile cycle in one day on a flat terrain completed in 10 hours

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
9 1/2	REST	CYCLE 1 hr 45 Threshold session (3)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 2 hrs 30	CYCLE 4 hrs	
10 8/2	REST	CYCLE 1 hr 45 Intervals	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (1)	REST	CYCLE 3 hrs	CYCLE 4 hrs	
11 15/2	REST	CYCLE 1 hr 30	REST	CYCLE 1 hr 30	REST	CYCLE 2 hrs	CYCLE 3 hours	
12 22/2	REST	CYCLE 1 hr 45 Threshold session (3)	CYCLE 1 hr 45	CYCLE 1 hr 45 Intervals	REST	CYCLE 2 hrs 45	CYCLE 3 hrs 45	

THINGS TO THINK ABOUT

WEEK	
9	Keep the effort high during your high intensity Threshold sessions and make sure you keep hydrated. During your long ride at the weekend, include 2 x 1 hour 20 min sections at a brisk pace of 100-110rpm.
10	Remember to drink and eat on the bike and follow your recovery regime after your rides.
11	This is an easy week so take the time to check your bike. A thorough clean is often when wear and tear is spotted. Replace items such as worn brake blocks and chains in good time to maintain efficiency.
12	During your long rides ensure you concentrate on cadence and make the brisk riding a constant effort to develop performance.

THE PLAN

MARCH

KEY FOCUS: Stretch & Recover

MILESTONE: A total of 100 miles in one day (6,00ft total in the day) / 10 hours on the bike.

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
13 1/3	REST	CYCLE 2 hrs Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 2 hrs 30/ 3 hrs	CYCLE 4/5 hours	
14 8/3	STRETCH 30 mins	CYCLE 2 hrs Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 2/3 hours	CYCLE 4/5 hours	
15 15/3	STRETCH 30 mins	CYCLE 1 hr	REST	CYCLE 1 hr	REST	CYCLE 2 hrs 30	CYCLE 3 hrs	
16 22/3	STRETCH 30 mins	CYCLE 1 hr 30 Threshold session (3)	CYCLE 1 hr	CYCLE 1 hr 45 Intervals	REST	CYCLE 2 hrs 45	CYCLE 3 hrs 45	
17 29/3	STRETCH 30 mins	CYCLE 2 hrs Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 2 hrs 30/ 3 hrs	CYCLE 4/5 hrs	

THINGS TO THINK ABOUT

WEEK	
13	During your long rides, think about cycling at a pace which is 'comfortably hard', not 'hardly comfortable'.
14	Introduce stretching as a key part of your training week. This could be yoga, pilates or just a stretching session in front of the TV!
15	This is a recovery and adaptation week. Think about general nutrition and quality rest.
16	Make sure you try and ride with a buddy or a group of similar ability riders, to ease the monotony of training alone.
17	Try and think about gear choice and don't be tempted to try and push too big a gear. Maintain a cadence of 90-100rpm on your steady paced rides.

THE PLAN

APRIL

KEY FOCUS: Efficiency

MILESTONE: A total of a 100 mile cycle in one day on a flat terrain completed in 10 hours

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
18 5/4	STRETCH 30 mins	CYCLE 2 hrs Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 2/3 hrs	CYCLE 4/5 hrs	
19 12/4	STRETCH 30 mins	CYCLE 1 hr	REST	CYCLE 1 hour	REST	CYCLE 2 hrs 30	CYCLE 3 hrs	
20 19/4	STRETCH 30 mins	CYCLE 1 hr 30 Threshold session (3)	CYCLE 1 hr 45	CYCLE 1 hr 45 Intervals	REST	CYCLE 2 hrs 45	CYCLE 3 hrs 45	
21 26/4	STRETCH 30 mins	CYCLE 2 hrs Threshold session (3)	CYCLE 1 hr 45	CYCLE 1 hr 45 Intervals	REST	CYCLE 2 hrs 45	CYCLE 3 hrs 45	

THINGS TO THINK ABOUT

WEEK	
18	Identify a more demanding route including some climbs for your long rides. Make sure, if possible, they are not too steep, but have gradual inclines to help maintain even efforts.
19	Group riding will help alleviate the monotony of going out on your own and is a vital skill to learn for Deloitte RAB. Make sure the riders are of a similar ability or training will be compromised.
20	This is a recovery and adaptation week. Try and practice using different sports nutrition during these rides to determine what works for you.
21	Make sure you maintain your recovery regime after your rides. You should be replacing carbs and protein within 20 minutes of finishing the ride.

THE PLAN

MAY

KEY FOCUS: Sustainable Pace

MILESTONE: A total of 100 miles in one day (6,000ft total in the day) / 10 hours on the bike.

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
22 3/5	STRETCH 30 mins	CYCLE 2 hrs Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 3 hrs	CYCLE 4/5 hrs	
23 10/5	STRETCH 30 mins	CYCLE 2 hrs Threshold session (3)	CYCLE 1 hr 30	CYCLE 1 hr	REST	DULUX LONDON REVOLUTION		
24 17/5	STRETCH 30 mins	CYCLE 1 hour	REST	CYCLE 1 hr	REST	CYCLE 2 hrs 30	CYCLE 3 hrs	
25 24/5	STRETCH 30 mins	CYCLE 2 hrs Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 3 hrs	CYCLE 4/5 hrs	
26 31/5	STRETCH 30 mins	CYCLE 2 hrs Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 3 hrs	CYCLE 4/5 hrs	

THINGS TO THINK ABOUT

WEEK	
22	During this time in the plan you need to concentrate on endurance in order to build up the ability to ride back to back for multiple days.
23	Take part in Dulux London Revolution – a great chance to complete back to back rides.
24	This is a recovery and adaptation week. Enjoy a rest after a big weekend of riding. Make sure you do some stretching!
25	Be conscious of the level of effort required to complete the same climbs as when you began the programme. It may take less time? You may be climbing in a higher gear? All signs of improvement.
26	For your long rides, varied climbs work well. Mix up some short, sharp 'lungbusters', with some steady gentle gradients.

THE PLAN

JUNE

KEY FOCUS: Look after yourself

MILESTONE: A total of 120 miles / 12 hours on the bike.

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
27 7/6	STRETCH 30 mins	CYCLE 1 hr	REST	CYCLE 1 hr	REST	CYCLE 2 hrs 30	CYCLE 3 hrs	
28 14/6	STRETCH 30 mins	CYCLE 1 hr 45 Intervals	CYCLE 1 hr 45	CYCLE 1 hr 45 Threshold session (3)	REST	CYCLE 2 hrs 45	CYCLE 3 hrs 45	
29 21/6	STRETCH 30 mins	CYCLE 2 hr Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 3 hrs	CYCLE 4/5 hrs	
30 28/6	STRETCH 30 mins	CYCLE 2 hrs Threshold session (3)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 2/3 hrs	CYCLE 4/5 hrs	

THINGS TO THINK ABOUT

WEEK	
27	This is a recovery and adaptation week. Think about bike preparation – give it a clean and practice your own mechanics or book in a service if you are less confident. You will need to know how to fix a puncture, though!
28	When in a group situation, consider your skills development; cornering, climbing, descending, gear selection etc.
29	When you are climbing, ensure that you maintain a sustainable pace from the bottom and then keep the pressure on the pedals as you go over the top of the climb.
30	For most efficient riding, consider your pedalling action. To maintain a good cadence, use your ankles to create a smooth, complete pedalling action. Avoid the temptation to just push down on the pedals.

THE PLAN JULY

KEY FOCUS: Look after yourself

MILESTONE: A total of 120 miles in a day, (8,000ft total in the day) / 12 hours on the bike.

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
31 5/7	STRETCH 30 mins	CYCLE 1 hr	REST	CYCLE 1 hr	REST	CYCLE 2 hrs 30	CYCLE 3 hrs	
32 12/7	STRETCH 30 mins	CYCLE 1 hr 45 Intervals	CYCLE 1 hr 45	CYCLE 1 hr 45 Threshold session (3)	REST	CYCLE 2 hrs 45	CYCLE 3 hrs 45	
33 19/7	STRETCH 30 mins	CYCLE 2 hr Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 2 hrs 30	CYCLE 4/5 hrs	
34 26/7	STRETCH 30 mins	CYCLE 2 hrs Threshold session (3)	REST	CYCLE 1 hr 30	REST	CYCLE 2 hrs 30	CYCLE 6/7 hrs	

THINGS TO THINK ABOUT

WEEK	
31	Make sure that you are following a good recovery process after your rides. Don't forget, there is a 20 minute window of opportunity for taking on replacement carbs and protein.
32	During your long ride on Sunday, practice all aspects that we have covered so far in training ensuring to concentrate on the constant pace aspect and good nutritional strategies including hydration.
33	Make sure that you take your turn and don't shirk the workload on the group ride. However, don't turn it in to a race either!
34	Continue to practice eating and drinking on the bike.

THE PLAN

AUGUST

KEY FOCUS: Tapering & Preparation

MILESTONE: Repeat last month's 120 mile ride, but try and do it in bad weather

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
35 2/8	STRETCH 30 mins	CYCLE 2 hrs Threshold session (1)	CYCLING 1 hr 30	CYCLE 1 hr 45 Threshold session (2)	REST	CYCLE 2 hrs 30/ 3 hrs	CYCLING 4/5 hrs	
36 9/8	STRETCH 30 mins	CYCLE 2 hrs Threshold session (1)	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (3)	REST	CYCLER 2 hrs 30	CYCLING 4/5hrs	
37 16/8	STRETCH 30 mins	CYCLE 1 hr 30 Intervals	CYCLE 1 hr 30	CYCLE 1 hr 45 Threshold session (3)	REST	CYCLE 2 hrs 30	CYCL£ 4/ 5 hrs	
38 23/8	STRETCH 30 mins	CYCLE 1 hr	REST	CYCLE 1 hr	REST	CYCLE 2 hrs 30	CYCLE 3/4 hrs	
39 30/8	REST	REST	REST	REST	DELOITTE RIDE ACROSS BRITAIN			

THINGS TO THINK ABOUT

WEEK	
35	Peddalling technique and cadence remain the focus during your riding. Try and ensure you maintain a constant cadence.
36	When climbing ensure that you maintain a sustainable pace from the bottom and then keep the pressure on the pedals as you go over the top of the climb. Don't start too hard, and then 'blow up'.
37	Continue to practice a well tried and tested recovery routine following these interval sessions. Recovery shakes/ drinks and stretching.
38	Get ready! The challenge is nearly here. You have trained hard so concentrate on getting all your kit ready, doing a few easy rides to keep the legs in check, and prepare for an incredible journey.

ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE
CHECK OUT ONE OF THE
FOLLOWING PLATFORMS.

Edit your registration

You can edit your registration by logging into MyEvents portal [here](#).

Join the Community

Make sure to also join us on the [Ride Across Britain Facebook Forum](#) to meet other participants and swap advice and training tips.

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info@rideacrossbritain.com