

DELOITTE RIDE ACROSS BRITAIN 2021

TRAINING PLAN: INTERMEDIATE



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 **DELOITTE
RIDE
ACROSS
BRITAIN**

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 Tempo	REST	CYCLE 2 hrs	REST	CYCLE 2 hrs 30	CYCLE 3 hrs	
2 14/12	REST	CYCLE 1 hr 45 Tempo	REST	CYCLE 2 hrs	REST	CYCLE 2 hrs 30	CYCLE 3 hrs 30	
3 21/12	REST	CYCLE 2 hrs	REST	CYCLE 1 hr	MERRY CHRISTMAS	REST	CYCLE 2 hrs Tempo	
4 28/12	REST	CYCLE 2 hrs 30 Tempo	CYCLE 3 hrs	NEW YEARS EVE	REST	CYCLE 3 hrs Easy	CYCLE 3 hrs Easy	

THINGS TO THINK ABOUT

WEEK	
1	Think about your efforts during the 'brisk' sections of your tempo session. They should be described as 'comfortably hard, not hardly comfortable'.
2	Make sure you are recovering properly after each session and doing stretching exercises on your rest days. Start considering which energy drinks and food work well for you on your rides.
3	Happy Christmas! During any riding you do this week, concentrate on your cadence. Make the brisk riding a constant effort to develop endurance.
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 30	REST	CYCLE 1 hr 45	REST	CYCLE 1 hr 30	CYCLE 2 hrs	
6 11/1	REST	CYCLE 2 hrs	REST	CYCLE 1 hr	REST	CYCLE 3 hrs	CYCLE 4 hrs	
7 18/1	REST	CYCLE 1 hr 30	REST	REST	REST	CYCLE 1 hr 30	CYCLE 2 hrs 30	
8 25/1	REST	CYCLE 2 hrs Tempo	REST	CYCLE 2 hrs Intervals	REST	CYCLE 2 hrs 30	CYCLE 3 hrs 30	

THINGS TO THINK ABOUT

WEEK	
5	Keep your cadence up and effort even, up and down any hills on your ride. During your ride this week, include 2 blocks of 5 mins alternating 15 seconds hard and 45 seconds easy.
6	Try a new route for a change – you can start to go a little further afield!
7	This is a recovery and adaptation week.
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 30 Tempo	REST	CYCLE 1 hr 30 Intervals	REST	CYCLE 2 hrs 30	CYCLE 3 hrs	
10 8/2	REST	CYCLE 1 hr 30 Tempo	REST	CYCLE 1 hr 30 Intervals	REST	CYCLE 2 hrs	CYCLE 3 hrs 30	
11 15/2	REST	CYCLE 1 hr	REST	CYCLE 1/2 hrs	REST	REST	CYCLE 3 hrs	
12 22/2	REST	CYCLE 1 hr 30 Tempo	REST	CYCLE 1 hour 30	REST	CYCLE 3 hours	CYCLE 4 hours	

THINGS TO THINK ABOUT

WEEK	
9	Keep the effort high during your mid intensity tempo sessions and make sure you keep hydrated.
10	Remember to drink and eat on the bike and make sure you follow your recovery regime after your rides. Introduce some gentle stretching exercises to encourage flexibility and core stability.
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 tempo session make sure 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 1 hr 30 Tempo	STRETCH 30 mins	CYCLE 1 hour 30 Tempo	REST	CYCLE 3 hrs	CYCLE 4 hrs	
14 8/3	REST	CYCLE 1 hr 30 Tempo	STRETCH 30 mins	CYCLE 1 hr	REST	CYCLE 3 hrs	CYCLE 4 hrs 30	
15 15/3	REST	CYCLE 1 hr	STRETCH 30 mins	REST	REST	REST	CYCLE 3 hrs	
16 22/3	REST	CYCLE 1 hr 30 Tempo	STRETCH 30 mins	CYCLE 1 hr 30 Tempo	REST	CYCLE 3 hrs	CYCLE 4 hrs	
17 29/3	REST	CYCLE 1hr 30/ 2 hrs Tempo	STRETCH 30 mins	CYCLE 1hr 30/2 hours Tempo	REST	CYCLE 3 hrs	CYCLE 4 hrs	

THINGS TO THINK ABOUT

WEEK	
13	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!
14	Practice nutritional strategies and find out what works best for you on the bike.
15	This is a recovery and adaptation week. Think about general nutrition and quality rest.
16	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 rides.
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 rides.

THE PLAN

APRIL

KEY FOCUS: Sustainable Pace

MILESTONE: A total of 100 miles / 10 hours on the bike

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
18 5/4	REST	CYCLE 1 hr 30/2 hrs Tempo	STRETCH 30 mins	CYCLE 1 hr 30/2 hrs Tempo	REST	CYCLE 3/4 hrs	CYCLE 4 hrs 30	
19 12/4	REST	CYCLING 1/2 hrs	STRETCH 30 mins	CYCLE 1/2 hrs	REST	REST	CYCLE 3 hrs	
20 19/4	REST	CYCL 1 hr 30 Tempo	STRETCH 30 mins	CYCLE 1 hr	REST	CYCLE 3 hrs	CYCLE 4 hrs	
21 26/4	REST	CYCLE 1 hour 30 Tempo	STRETCH 30 mins	CYCLE 1 hr 30	REST	CYCLE 3 hrs	CYCLE 4 hrs	

THINGS TO THINK ABOUT

WEEK	
18	Identify a more demanding route including some climbs for your tempo session. 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. 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	During a ride, include 3 sets of 15 minute efforts at a brisk pace staying sat in the saddle.

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	REST	CYCLE 1 hr 30/2 hrs Tempo	STRETCH 30 mis	CYCLE 1 hr 30/3 hrs	REST	CYCLE 3/4 hrs	CYCLE 4 hrs	
23 10/5	REST	CYCLE 1 hr 30/2 hrs Tempo	STRETCH 30 mins	CYCLE 1 hr 30/2hrs Tempo	REST	DULUX LONDON REVOLUTION		
24 17/5	REST	CYCLE 1/2 hrs	STRETCH 30 mins	CYCLE 1/2 hrs	REST	REST	CYCLE 3/4 hrs	
25 24/5	REST	CYCLE 1 hr 30/2 hrs Tempo	STRETCH 30 mins	CYCLE 1 hr 30/2 hrs Tempo	REST	CYCLE 3/4 hrs	CYCLE 4 hrs	
26 31/5	REST	CYCLE 1 hr 30/2 hrs Tempo	STRETCH 30 mins	CYCLING 1 hr 30/2 hrs Tempo	REST	CYCLE 3/4 hrs	CYCLING 4 hours	

THINGS TO THINK ABOUT

WEEK	
22	Continue to concentrate on riding at a consistent pace. You should notice you are going up the hills quicker and easier!
23	Take part in Dulux London Revolution – a great chance to experience what Deloitte RAB would be like, and completing 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	Continue to think about the efficiency of your pedalling and the technique adopted.

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	REST	CYCLE 1 hr 30/2 hrs Tempo	STRETCH 30 mins	CYCLE 1 hr 30/2 hrs Tempo	REST	CYCLE 3 / 4 hrs	CYCLE 4 hrs 30	
28 14/6	REST	CYCLE 1/2 hrs	STRETCH 30 mins	CYCLE 1/2 hrs	REST	REST	CYCLE 3 hrs	
29 21/6	REST	CYCLE 1 hr 30 Tempo	STRETCH 30 mis	CYCLE 1 hr 30 Tempo	REST	CYCLE 3 hrs	CYCLE 3 / 4 hrs	
30 28/6	REST	CYCLE 2 hrs Tempo	STRETCH 30 mins	CYCLING 2 hrs Tempo	REST	CYCLE 3/4 hrs	CYCLE 4 hrs	

THINGS TO THINK ABOUT

WEEK	
27	Mix up some short, sharp 'lungbusters', with some steady gentle gradients.
28	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!
29	When in a group situation, consider your skills development; cornering, climbing, descending, gear selection etc.
30	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.

THE PLAN JULY

KEY FOCUS: Look after yourself

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

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
31 5/7	REST	CYCLE 1/2 hrs	STRETCH 30 mins	CYCLE 1/2 hrs	REST	REST	CYCLE 6/7 hrs	
32 12/7	REST	CYCLE 2 hrs Tempo	STRETCH 30 mins	CYCLE 1 hr 30 Tempo	REST	CYCLE 3/4 hours	CYCLE 4 hrs	
33 19/7	REST	CYCLE 2 hours Tempo	STRETCH 30 mins	CYCLE 1 hr 30 Tempo	REST	CYCLE 3/4 hrs	CYCLE 4 hrs 30 mins	
34 26/7	REST	CYCLE 1/2 hours	STRETCH 30 mins	CYCLE 1/2 hrs	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	Bike maintenance! By now you should be able to comfortably change a tube and complete simple roadside repairs!
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	REST	CYCLE 1 hr 30 Tempo	STRETCH 30 mins	CYCLE 1 hr 30 Tempo	REST	CYCLE 4 hrs	CYCLE 5 hrs	
36 9/8	REST	CYCLE 2 hrs	STRETCH 30 mins	CYCLE 2 hrs Tempo	REST	CYCLE 3/4 hrs	CYCLE 4/5 hrs	
37 16/8	REST	CYCLE 2 hrs Tempo	STRETCH 30 mins	CYCLE 2 hrs Tempo	REST	CYCLE 3/4 hrs	CYCLE 4 hrs 30	
38 23/8	REST	CYCLE 1/2 hrs	STRETCH 30 mins	CYCLE 1/2 hrs	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 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.

Follow us on social media

Follow us on our social media channels to see the latest tips from Ride Across Britain ambassadors, hear inspirational stories and get the latest news ahead of your event.

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If you can't find the answer you're looking for, please feel free to email us:

info@rideacrossbritain.com