



TRAINING PLAN

ADVANCED

INTRODUCTION

Key Training Milestones

Babble Ride Across Britain is going to be one of 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)
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 you are following the official training plan.

The secret to your success next September will be maintaining a constant pace. By laying down a solid base and foundation now of steady rides, it will provide the relevant platform to introduce more specific workouts nearer to the event, to build strength and speed. We know it's a bit dark and getting a little cold. It's hard to motivate yourself during the dark evenings but every little helps.

It is important to remember that you can always add variety to your plan. Slogging out miles during dark 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.

We are also aware that time is a key 'luxury' during your training. We do not want training to become a chore and/or take over your life. Equally you need to give it some respect. Be clever with your time, using 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. Riding with others and making a commitment to attend a session, helps to keep motivation high (and you do it!).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 30TH			CYCLING: 1H30 EASY RIDE	CYCLING: 1H30 THRESHOLD SESSION (1)	REST	CYCLING: 2H EASY RIDE	CYCLING: 3H ENDURANCE RIDE
2 W/C 6TH	REST	CYCLING: 1H30 THRESHOLD SESSION (1)	CYCLING: 1H30 EASY RIDE	CYCLING: 1H30 THRESHOLD SESSION (3)	REST	CYCLING: 2-3H EASY RIDE	CYCLING: 3H ENDURANCE RIDE
3 W/C 13TH	REST	CYCLING: 1H30 THRESHOLD SESSION (3)	CYCLING: 1H EASY RIDE	CYCLING: 1H30 INTERVAL SESSION	REST	CYCLING: 2-3H EASY RIDE	CYCLING: 3H30 ENDURANCE RIDE
4 W/C 20TH	REST	CYCLING: 1H30 EASY RIDE	REST	CYCLING: 1H30 EASY RIDE	REST	CYCLING: 2H EASY RIDE	CYCLING: 3H EASY RIDE
5 W/C 27TH	REST	CYCLING: 1H THRESHOLD SESSION (2)	CYCLING: 1H30 EASY RIDE	CYCLING: 1H30 INTERVAL SESSION			

DRILLS & THINGS TO THINK ABOUT

Week 1	During your endurance ride at the weekend, include 2 x 1-hour sections at a brisk pace of 100-110rpm.
Week 2	Repeat your endurance ride this weekend. Remember to eat and drink on the bike and practicing fuelling strategies particular to you.
Week 3	Consider a rest and recovery routine. It is very important to refuel straight away and rest after each training session. Concentrate on smooth pedalling action and maintain high cadence.
Week 4	Recovery and adaptation week. This is when the hard work that you've been doing pays off, but only if you recover properly!
Week 5	The threshold and interval sessions are intensive, so make sure you fuel well during the rides. These sessions are key to success and in developing speed and power.

GLOSSARY

Intensity	Low ● Mid ● High ●
Cadence	This is the number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is similar to wheel speed but is a distinct measurement. Certain bike computers are able to measure cadence. If you don't have one, count your pedal strokes for 15 seconds and multiply by 4!
RPM	Pedal revolutions per min
Drills	<p>Threshold session (1)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 12 minutes followed by 3 minutes recovery (repeat 3 to 4 times). Warm down well. <p>Threshold session (2)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 5 minutes followed by 1 minute recovery (repeat 6 to 8 times). Warm down well <p>Interval session (1hour30)</p> <ul style="list-style-type: none"> 30 min warm up/ 6 x 1 min effort in hard gear (50-60rpm) / 1 min rest after each effort / 5 min rest between sets

Being December we're aware that you'll all be enjoying lots of Christmas parties and the odd mince pie (or lots!). Please don't forget about your training...

With winter in full flow, temperatures have dropped, so make sure you keep warm whilst out riding and cycle safely. Be aware of the conditions, particularly any ice on the roads. You need to be enjoying your training. Embrace that 'feel good feeling' when you get in from a chilly ride and enjoy a hot cup of tea.

If you haven't already, joining a cycling club helps hugely with motivation. Many clubs will have a programme of club rides where you can learn from experienced riders and coaches. It will ensure you head out on the road as you'll have some buddies to go with! The added safety and social aspects of group riding are a huge bonus.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 27TH					REST	CYCLING: 2-3H EASY RIDE	CYCLING: 3H30 ENDURANCE RIDE
2 W/C 4TH	REST	CYCLING: 1H30 THRESHOLD SESSION (1)	CYCLING: 1H30 EASY RIDE	CYCLING: 1H30 THRESHOLD SESSION (2)	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H30 ENDURANCE RIDE
3 W/C 11TH	REST	CYCLING: 1H30 THRESHOLD SESSION (3)	CYCLING: 2H EASY RIDE	CYCLING: 1H30 THRESHOLD SESSION (1)	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H ENDURANCE RIDE
4 W/C 18TH	REST	CYCLING: 1H30 EASY RIDE	REST	CYCLING: 2H EASY RIDE	CYCLING: 2H30 EASY RIDE	CYCLING: 1- 1H30 STEADY PACE	REST- CHRISTMAS EVE
5 W/C 25TH	REST- MERRY CHRISTMAS!	CYCLING: 1H INTERVAL SESSION	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 3H EASY PACE	CYCLING: 1H30 INTERVAL SESSION

DRILLS & THINGS TO THINK ABOUT

Week 1	The threshold and interval sessions are intensive, so make sure you fuel well during the rides. These sessions are key to success and in developing speed and power.
Week 2	During your endurance ride at the weekend, include 2 x 1 hour 15 min sections at a brisk pace of 100-110rpm.
Week 3	During your easy ride at the weekend, avoid the temptation to ride at any intensity and remember to pedal smoothly (and stop for cake!).
Week 4	Happy Christmas! During any riding you do this week, concentrate on your cadence.
Week 5	Ahead of New Year, remember to look after yourself, keep hydrated and enjoy a long ride with friends.

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RPM	Pedal revolutions per min
Drills	<p>Threshold session (1)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 12 minutes followed by 3 minutes recovery (repeat 3 to 4 times). Warm down well <p>Threshold session (2)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 5 minutes followed by 1 minute recovery (repeat 6 to 8 times). Warm down well <p>Threshold session (3)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 8 minutes followed by 2 minutes recovery (repeat 3 to 5 times). Warm down well <p>Interval session (1hour30)</p> <ul style="list-style-type: none"> 30 min warm up/ 6 x 1 min effort in hard gear (50-60rpm) / 1 min rest after each effort / 5 min rest between sets

New year. New motivation. It's the year of Babble RAB!

Without a doubt Babble RAB is a significant challenge, but one that can be achieved by all with a well-structured training plan and careful time management.

There is no real secret to training, just ride your bike and get 'miles in the legs'. There are no short cuts, just head out on the bike and keep it simple. We realise that sometimes you may have other commitments that interfere with training, but please be realistic and don't try and play 'catch up' because you've missed a session. This month focusses on endurance training to build cardiovascular base fitness and improve endurance capacity. If you find it difficult to get the hours in outside (due to darkness, or dangerous conditions) then consider alternative activities such as running and swimming to maintain the aerobic development.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 1ST	REST- HAPPY NEW YEAR!	CYCLING: 1H INTERVAL SESSION	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 3H EASY RIDE	REST
2 W/C 8TH	REST	CYCLING: 1H THRESHOLD SESSION (3)	CYCLING: 1H15 EASY RIDE	CYCLING: 1H30 INTERVAL SESSION	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H30 ENDURANCE RIDE
3 W/C 15TH	REST	CYCLING: 1H45 THRESHOLD SESSION (3)	CYCLING: 2H EASY RIDE	CYCLING: 1H30 THRESHOLD SESSION (1)	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H ENDURANCE RIDE
4 W/C 22ND	REST	CYCLING: 1H30 EASY RIDE	REST	CYCLING: 2H15 EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H EASY RIDE
5 W/C 29TH	REST	CYCLING: 1H45 THRESHOLD SESSION (3)	CYCLING: 1H30 EASY RIDE				

DRILLS & THINGS TO THINK ABOUT

Week 1	During your endurance ride at the weekend, include 3 blocks of 5 mins alternating 15 seconds hard, 45 seconds easy. Stay seated and aim for a cadence of 120rpm during the 'hard' sections.
Week 2	Keep your cadence up and effort even, up and down any hills on your ride. During your endurance ride this week, include 2 blocks of 5 mins alternating 15 seconds hard and 45 seconds easy.
Week 3	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!
Week 4	This is a recovery and adaptation week. Don't forget to incorporate some stretching into your weekly regime.
Week 5	Take some time to check over your kit - clothing, shoes, cleats, base layers, shorts - all essential to your comfort on the bike.

GLOSSARY

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RPM	Pedal revolutions per min
Drills	<p>Threshold session (1)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 12 minutes followed by 3 minutes recovery (repeat 3 to 4 times). Warm down well <p>Threshold session (2)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 5 minutes followed by 1 minute recovery (repeat 6 to 8 times). Warm down well <p>Threshold session (3)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 8 minutes followed by 2 minutes recovery (repeat 3 to 5 times). Warm down well <p>Interval session (1hour30)</p> <ul style="list-style-type: none"> 30 min warm up/ 6 x 1 min effort in hard gear (50-60rpm) / 1 min rest after each effort / 5 min rest between sets

Throughout this month it is time to continue to build up the mileage in your legs. You should try to concentrate on your technique, maintaining a relaxed upper body to ensure that all the effort is being used efficiently. Less effort, quicker mileage – sounds too good to be true!

It is important to make all this hard work worthwhile so when you're out on your rides you'll take in the stunning views that the UK countryside has to offer. This will pass the time, and make you realise how great the challenge of pedalling from one end of the country to the other is going to be.

Happy and safe cycling.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 29TH				CYCLING: 1H30 ENDURANCE RIDE	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H ENDURANCE RIDE
2 W/C 5TH	REST	CYCLING: 1H45 THRESHOLD SESSION (3)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 4H ENDURANCE RIDE
3 W/C 12TH	REST	CYCLING: 1H45 INTERVAL SESSION	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (1)	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H ENDURANCE RIDE
4 W/C 19TH	REST	CYCLING: 1H30 EASY RIDE	REST	CYCLING: 1H30 EASY RIDE	REST	CYCLING: 2H EASY RIDE	CYCLING: 3H EASY RIDE
5 W/C 26TH	REST	CYCLING: 1H45 THRESHOLD SESSION (3)	CYCLING: 1H45 ENDURANCE RIDE	CYCLING: 1H45 INTERVAL SESSION			

DRILLS & THINGS TO THINK ABOUT

Week 1	Take some time to check over your kit – clothing, shoes, cleats, base layers, shorts – all essential to your comfort on the bike.
Week 2	Keep the effort high during your high intensity Threshold sessions and make sure you keep hydrated. During your endurance ride at the weekend, include 2 x 1 hour 20 min sections at a brisk pace of 100-110rpm.
Week 3	Remember to drink and eat on the bike and make sure you follow your recovery regime after your rides.
Week 4	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.
Week 5	During your endurance rides ensure you concentrate on cadence and make the brisk riding a constant effort to develop performance.

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RPM	Pedal revolutions per min
Drills	<p>Threshold session (1)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 8 minutes followed by 2 minutes recovery (repeat 3 to 5 times). Warm down well <p>Threshold session (2)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 5 minutes followed by 1 minute recovery (repeat 6 to 8 times). Warm down well <p>Threshold session (3)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 1 minute followed by 1 minute recovery (repeat 10 times). Warm down well <p>Interval session (1hour45)</p> <ul style="list-style-type: none"> 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 three times.

Key focus this month: Stretching & recovery

This month the primary focus remains about building base fitness. You'll begin to see slightly longer 'efforts' and a build-up of intensity on the tougher sessions.

In tandem with your cycling sessions, it is key to 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.

Yoga, Pilates or just simple stretching in front of your favourite TV programme are all very beneficial to your preparation.

Happy and safe cycling.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 26TH					REST	CYCLING: 2H45 EASY RIDE	CYCLING: 3H45 ENDURANCE RIDE
2 W/C 4TH	REST	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 2H30-3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
3 W/C 11TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 2-3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
4 W/C 18TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H EASY RIDE	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H EASY RIDE
5 W/C 25TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 THRESHOLD SESSION (3)	CYCLING: 1H ENDURANCE RIDE	CYCLING: 1H45 INTERVAL SESSION	REST	CYCLING: 2H45 EASY RIDE	CYCLING: 3H45 ENDURANCE RIDE

DRILLS & THINGS TO THINK ABOUT

Week 1	During your endurance rides ensure you concentrate on cadence and make the brisk riding a constant effort to develop performance.
Week 2	During your endurance rides, think about cycling at a pace which is 'comfortably hard', not 'hardly comfortable'.
Week 3	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!
Week 4	This is a recovery and adaptation week. Think about general nutrition and quality rest.
Week 5	Try and think about gear choice and don't be tempted to try and push too big a gear. Make sure you try and ride with a buddy or a group of similar ability to riders to ease the monotony or training alone.

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Drills	<p>Threshold session (1)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 12 minutes followed by 3 minutes recovery (repeat 3 to 4 times). Warm down well <p>Threshold session (2)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 5 minutes followed by 1 minute recovery (repeat 6 to 8 times). Warm down well <p>Threshold session (3)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 1 minute followed by 1 minute recovery (repeat 10 times). Warm down well <p>Interval session (1hour45)</p> <ul style="list-style-type: none"> 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 three times.

Babble RAB is an endurance challenge and as such the key to success will be based upon riding throughout the nine days at a sustainable pace. Cycling efficiently is as much about conserving energy as it is using it. This is why we are encouraging riders to ride and train together as much as possible.

The key is to remain realistic and ride with a group of similar ability riders. If you try and ride with riders much fitter than yourself, it won't be too long before you're running on empty – and no one needs or wants that pressure to have to keep up. This will ensure you 'enjoy' rather than 'endure' Babble RAB.

As spring arrives the number of sportives increase allowing you to enter events to gauge your fitness levels and practice being out on the road with others. These events will prove invaluable to your experience and will help you allay any fears ahead of September.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 1ST	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 THRESHOLD SESSION (3)	CYCLING: 1H ENDURANCE RIDE	CYCLING: 1H45 INTERVAL SESSION	REST	CYCLING: 2H45 EASY RIDE	CYCLING: 3H45 ENDURANCE RIDE
2 W/C 8TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 2H30-3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
3 W/C 15TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 2-3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
4 W/C 22ND	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H EASY RIDE	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H EASY RIDE
5 W/C 29TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 THRESHOLD SESSION (3)					

DRILLS & THINGS TO THINK ABOUT

Week 1	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.
Week 2	Identify a more demanding route including some climbs for your endurance rides. Make sure, if possible, they are not too steep, but have gradual inclines to help maintain even efforts.
Week 3	Group riding will help alleviate the monotony of going out on your own and is a vital skill to learn for Babble RAB. Make sure the riders are of a similar ability or training will be compromised.
Week 4	This is a recovery and adaptation week. Try and practice using different sports nutrition during these rides to determine what works for you.
Week 5	During this time in the plan, you need to concentrate on endurance to build up the ability to ride back-to-back for multiple days.

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Key focus this month: Get outside!

We are aware that many of you have time pressures that affect your levels of training. This should not be stressful. The emphasis of this plan is based on a more repeatable endurance-based format like the event itself. Babble RAB is a ride and not a race. The key to success in September will be about learning to ride a bike at a constant pace spreading out the energy available throughout each day, and throughout the nine days.

As the evenings are now getting lighter, the opportunity to get out into the fresh air after work during the week begins to become more attractive, particularly when compared with using a turbo in the garage. It's time to ditch the heavy winter clothing and try out some spring/summer gear. Everyone loves gear, so have a go at testing out your layering when heading out on a ride.

Remember to always take a rain jacket with you though – you never know with the good old British weather!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 29TH			CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
2 W/C 6TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (3)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H30 EASY RIDE	REST	CYCLING: 2H30-3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
3 W/C 13TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H EASY RIDE	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H EASY RIDE
4 W/C 20TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (3)	CYCLING: 1H45 ENDURANCE RIDE	CYCLING: 1H45 INTERVAL SESSION	REST	CYCLING: 2H45 EASY RIDE	CYCLING: 3H45 ENDURANCE RIDE
5 W/C 27TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST		

DRILLS & THINGS TO THINK ABOUT

Week 1	During your endurance ride on Wednesday, include 5 blocks of 5mins alternating 15 seconds hard, 45 seconds easy. Stay seated and aim for a cadence of 120rpm during the 'hard' sections.
Week 2	Try to take part in a sportive – a great chance to experience what Babble RAB would be like and completing back-to-back rides.
Week 3	This is a recovery and adaptation week. Enjoy a rest after a big weekend of riding. Make sure you do some stretching!
Week 4	Make sure you maintain your recovery regime after your rides. You should be replacing carbs and protein within 20 minutes of finishing the ride.
Week 5	Continue to think about the efficiency of your pedalling and the technique adopted. 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!.

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Key focus this month: Look after yourself

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.

Make sure you incorporate rest – this is when adaptation takes place and is as important as the actual sessions themselves. Ensure you are eating a healthy balanced diet and resting as much as possible.

If you have entered any events this month, make sure you practice your preparation, including nutrition/pacing strategies and bike maintenance. It'll calm the nerves and build your confidence for the challenge ahead. On Babble RAB we will have bike mechanics on hand to help with any serious mechanical issues. However, you will be expected to bring with you your own bike puncture repair kit and know the basics of fixing a puncture!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 27 TH						CYCLING: 3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
2 W/C 3 RD	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
3 W/C 10 TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H EASY RIDE	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H EASY RIDE
4 W/C 17 TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H45 INTERVAL SESSION	CYCLING: 1H45 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (3)	REST	CYCLING: 2H45 EASY RIDE	CYCLING: 3H45 ENDURANCE RIDE
5 W/C 24 TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE

DRILLS & THINGS TO THINK ABOUT

Week 1	Continue to think about the efficiency of your pedalling and the technique adopted.
Week 2	For your endurance rides, varied climbs work well. Mix up some short, sharp 'lungbusters', with some steady gentle gradients.
Week 3	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.
Week 4	When in a group situation, consider your skills development; cornering, climbing, descending, gear selection etc.
Week 5	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.

GLOSSARY

Intensity	Low ● Mid ● High ●
Cadence	This is the number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is similar to wheel speed but is a distinct measurement. Certain bike computers are able to measure cadence. If you don't have one, count your pedal strokes for 15 seconds and multiply by 4!
RPM	Pedal revolutions per min
Drills	<p>Threshold session (1)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 12 minutes followed by 3 minutes recovery (repeat 3 to 4 times). Warm down well <p>Threshold session (2)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 5 minutes followed by 1 minute recovery (repeat 6 to 8 times). Warm down well <p>Threshold session (3)</p> <ul style="list-style-type: none"> Warm up thoroughly then ride at full effort for 1 minute followed by 1 minute recovery (repeat 10 times). Warm down well <p>Interval session (1hour45)</p> <ul style="list-style-type: none"> 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 three times.

With two months to go, it's important that you start thinking about your kit. Due to all the training, you have been doing, it may be becoming worn. Check back to the [Kit List](#) on the Rider Hub to have a good look and what you should be thinking about.

Think about putting your bike in for a pre-event service. This is key as you have trained your body so hard in preparation for the event, that your bike needs to be in the best shape too. Make sure you take it in at least a month before the event. You want to have time to ride it after the service, to ensure it's exactly as you like it, and ready for the miles. In relation to your sessions, it goes without saying that during each ride you need to be thinking about maintaining a steady pace, being energy efficient, and enjoying yourself!

Keep at it - you're nearly there. Every mile that you do is one step further to the start line and to ensuring that you have a good experience.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 1ST	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (2)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
2 W/C 8TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (3)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 2-3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
3 W/C 15TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H EASY RIDE	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H EASY RIDE
4 W/C 22ND	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H45 INTERVAL SESSION	CYCLING: 1H45 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (3)	REST	CYCLING: 2H45 EASY RIDE	CYCLING: 3H45 ENDURANCE RIDE
5 W/C 29TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE				

DRILLS & THINGS TO THINK ABOUT

Week 1	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.
Week 2	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.
Week 3	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.
Week 4	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!
Week 5	Continue to practice eating and drinking on the bike.

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Tapering is a way of consolidating the work that has been completed over the previous weeks and months. It is an ‘adaption’ phase allowing the body to absorb all the hard work to be fully prepared for the 9 days in September.

A true ‘tapering phase’ depends on how religiously you have followed the plans, and the state of fitness you were in when you started your training. If you have found it difficult to follow the plans (we are aware that time is a limiting factor), you will need to ensure that you adopt the basic principles – steady and constant. If you are a little behind on training, you may gain little, if any, benefit from tapering and therefore need to continue to ride well up until the week before Babble RAB. If you have been following the plan to the letter, it is a good idea to tone the training down for the last couple of weeks to ensure that you don’t arrive at the event tired and over-trained.

The plans finish on 4th September as for the last week it is key to just keep relaxed and calm and not do too much mileage. Make sure you are getting adequate rest and prepare everything well in advance rather than packing at the last minute. Also, make sure you eat well and that your diet is carbohydrate rich making sure you arrive in Land’s End with your glycogen levels fully topped up.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 W/C 29TH				CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 2-3H EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
2 W/C 5TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H EASY	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 6-7H EASY RIDE
3 W/C 12TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION (1)	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (2)	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
4 W/C 19TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 INTERVAL SESSION	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (3)	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
5 W/C 26TH	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 INTERVAL SESSION	CYCLING: 1H30 ENDURANCE RIDE	CYCLING: 1H45 THRESHOLD SESSION (3)	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 4-5H ENDURANCE RIDE
6 W/C 2ND	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H EASY RIDE	CYCLING: 3-4H EASY RIDE				

DRILLS & THINGS TO THINK ABOUT

Week 1	With the event not too far away, the emphasis remains about being able to practice what you have learned so far regarding pace judgement and nutritional strategies.
Week 2	Peddalling technique and cadence remain the focus during your riding. Try and ensure you maintain a constant cadence.
Week 3	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’.
Week 4	Continue to practice a well tried and tested recovery routine following these interval sessions. Recovery shakes/ drinks and stretching.
Week 5	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.
General	We know that many of you will be handing in your bike onto transport ahead of the event. If you have a second bike, then do head out for a steady ride or two to spin the legs, or if you do not have a second steed, this is not a problem – try and head to a gym and spend some time on a static bike or do a gentle spin session. It is not a great idea to borrow a friend’s bike, as this will more than likely be set up differently to your own and could cause an unnecessary injury or niggle.

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