



TRAINING PLAN

INTERMEDIATE



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.



NOVEMBER

Let the Training Commence

The secret to your success next September, will be maintaining a constant pace. A solid base and foundation laid down now with steady rides 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			REST	CYCLING: 1H STEADY PACE W/ DRILLS	REST	CYCLING: 1H30 EASY RIDE	CYCLING: 2H SOCIAL RIDE
2 W/C 6TH	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 1H STEADY PACE W/ DRILLS	REST	CYCLING: 1H30 EASY RIDE	CYCLING: 2H SOCIAL RIDE
3 W/C 13TH	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 1H FTP TEST	REST	CYCLING: 1H30 EADY RIDE	CYCLING: 2H SOCIAL RIDE
4 W/C 20TH	REST	CYCLING: 1H EASY RIDE	REST	REST	REST	CYCLING: 1H EASY RIDE	CYCLING: 2H SOCIAL RIDE
5 W/C 27TH	REST	CYCLING: 1H THRESHOLD SESSION	REST	CYCLING: 1H30 INTERVAL SESSION			

DRILLS & THINGS TO THINK ABOUT

Week 1	During your steady paced ride midweek, include 10 mins of a brisk pace of 100-110rpm in the last half hour of your ride. Introducing short sharp efforts will help increase speed.
Week 2	During your steady paced ride this week, include 2 blocks of 5 mins alternating 15 seconds hard and 45 seconds easy.
Week 3	Consider a rest and recovery routine. It is very important to refuel straight away and rest after each training session. During your steady paced ride include the drill from week one.
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	During your sociable ride at the weekend, avoid the temptation to ride at any intensity and remember to pedal smoothly (and stop for cake!)

GLOSSARY

Intensity	Low ● Mid ● High ●
Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min easy / 5 min hard/ 10 min easy / 20 min hard / 10-15 min warm down



DECEMBER

Key focus this month: Enjoyment

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: 2H EASY RIDE	CYCLING: 3H SOCIAL RIDE
2 W/C 4TH	REST	CYCLING: 1H30 THRESHOLD SESSION	REST	CYCLING: 2H INTERVAL SESSION	REST	CYCLING: 1H30 STEADY PACE	CYCLING: 1H30 SOCIAL RIDE
3 W/C 11TH	REST	CYCLING: 1H45 THRESHOLD SESSION	REST	CYCLING: 2H INTERVAL SESSION	REST	CYCLING: 1H30 STEADY PACE	CYCLING: 1H30 EASY RIDE
4 W/C 18TH	REST	CYCLING: 2H THRESHOLD SESSION	REST	CYCLING: 1H FTP TEST	REST	CYCLING: 1-1H30 EASY RIDE	REST – XMAS EVE
5 W/C 25TH	REST - XMAS	REST – BOXING DAY	REST	CYCLING: 2H THRESHOLD SESSION	REST	CYCLING: 1H30 EASY RIDE	REST

DRILLS & THINGS TO THINK ABOUT

Week 1	During your sociable ride at the weekend, avoid the temptation to ride at any intensity and remember to pedal smoothly (and stop for cake!)
Week 2	Think about your efforts during the 'brisk' sections of your tempo session. They should be described as 'comfortably hard, not hardly comfortable'.
Week 3	Enjoy the interval sessions as variety. They are designed to develop speed and power so you'll hopefully start to see some results!
Week 4	Happy Christmas! During any riding you do this week, concentrate on your cadence. Make the brisk riding a constant effort to develop endurance!
Week 5	Ahead of New Year, remember to look after yourself, keep hydrated and enjoy a long ride with friends.

GLOSSARY

Intensity	Low ● Mid ● High ●
Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard / 10 min easy / 20 min hard / 10-15 min warm down



JANUARY

Key focus this month: Consistency

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 – NEW YEARS DAY	CYCLING: 2H THRESHOLD SESSION	REST	CYCLING: 1H30 STEADY PACE W/ DRILLS	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H SOCIAL RIDE
2 W/C 8TH	REST	CYCLING: 2H30 THRESHOLD SESSION	REST	CYCLING: 1H45 STEADY PACE W/ DRILLS	REST	CYCLING: 3H EASY RIDE	CYCLING: 3H30 SOCIAL RIDE
3 W/C 15TH	REST	CYCLING: 1H30 EASY RIDE	REST	CYCLING: 1H FTP TEST	REST	CYCLING: 3H EADY RIDE	CYCLING: 4H SOCIAL RIDE
4 W/C 22ND	REST	CYCLING: 2H EASY RIDE	REST	REST	REST	CYCLING: 1H30 EASY RIDE	CYCLING: 2H30 SOCIAL RIDE
5 W/C 29TH	REST	CYCLING: 2H THRESHOLD SESSION	REST				

DRILLS & THINGS TO THINK ABOUT

Week 1	During your steady paced 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 120 rpm during the ‘hard’ sections.
Week 2	Keep your cadence up and effort even, up and down any hills on your ride. During your steady paced ride this week, include 2 blocks of 5 mins alternating 15 seconds hard and 45 seconds easy.
Week 3	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.
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

Intensity	Low ● Mid ● High ●
Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard/ 10 min easy / 20 min hard / 10-15 min warm down



FEBRUARY

Key focus this month: Efficiency

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 30TH				CYCLING: 2H INTERVAL SESSION	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H30 SOCIAL RIDE
2 W/C 6TH	REST	CYCLING: 1H30 THRESHOLD SESSION	REST	CYCLING: 1H30 INTERVAL SESSION	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3H SOCIAL RIDE
3 W/C 13TH	REST	CYCLING: 1H30 THRESHOLD SESSION	REST	CYCLING: 1H INTERVAL SESSION	REST	CYCLING: 2H EADY RIDE	CYCLING: 3H30 SOCIAL RIDE
4 W/C 20TH	REST	CYCLING: 1H EASY RIDE	REST	CYCLING: 1-2H EASY RIDE	REST	REST	CYCLING: 3H SOCIAL RIDE
5 W/C 27TH	REST	CYCLING: 1H30 THRESHOLD SESSION	REST	CYCLING: 1H30 STEADY PACE W/ DRILLS			

DRILLS & THINGS TO THINK ABOUT

Week 1	During your sociable ride at the weekend, avoid the temptation to ride at any intensity and remember to pedal smoothly (and stop for cake!).
Week 2	Keep the effort high during your high intensity interval sessions and make sure you keep hydrated.
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 tempo session ensure you concentrate on cadence and make the brisk riding a constant effort to develop performance.

GLOSSARY

Intensity	Low ● Mid ● High ●
Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard/ 10 min easy / 20 min hard / 10-15 min warm down



MARCH

Key focus this month: Stretching and 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: 3H EASY RIDE	CYCLING: 4H SOCIAL RIDE
2 W/C 4TH	REST	CYCLING: 1H30 THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H STEADY PACE W/ DRILLS	REST	CYCLING: 1H30 EASY RIDE	CYCLING: 2H SOCIAL RIDE
3 W/C 11TH	REST	CYCLING: 1H30 THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H FTP TEST	REST	CYCLING: 1H30 EADY RIDE	CYCLING: 2H SOCIAL RIDE
4 W/C 18TH	REST	CYCLING: 1H EASY RIDE	STRETCHING: 30 MINS PILATES OR YOGA	REST	REST	CYCLING: 1H EASY RIDE	CYCLING: 2H SOCIAL RIDE
5 W/C 25TH	REST	CYCLING: 1H30 THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 INTERVAL SESSION			

DRILLS & THINGS TO THINK ABOUT

Week 1	During your steady paced rides, include 4 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	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 3	Practice nutritional strategies and find out what works best for you on the bike.
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. Maintain a cadence of 90-100rpm on your steady paced rides.

GLOSSARY

Intensity	Low ● Mid ● High ●
Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard/ 10 min easy / 20 min hard / 10-15 min warm down



APRIL

Key focus this month: Sustainable Pace

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 increases 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	REST	CYCLING: 1H30 THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 THRESHOLD SESSION	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H SOCIAL RIDE
2 W/C 8TH	REST	CYCLING: 1H30-2H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30-2H THRESHOLD SESSION	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H SOCIAL RIDE
3 W/C 15TH	REST	CYCLING: 1H30-2H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30-2H THRESHOLD SESSION	REST	CYCLING: 3-4H EADY RIDE	CYCLING: 4H30 SOCIAL RIDE
4 W/C 22ND	REST	CYCLING: 1-2H EASY RIDE	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1-2H EASY RIDE	REST	REST	CYCLING: 3H SOCIAL RIDE
5 W/C 29TH	REST	CYCLING: 1H FTP TEST					

DRILLS & THINGS TO THINK ABOUT

GLOSSARY

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.	Intensity	Low Mid High
Week 2	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.	Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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!
Week 3	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.	RPM	Pedal revolutions per min
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.	Drills	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard/ 10 min easy / 20 min hard / 10-15 min warm down
Week 5	FTP Test this week should show improved results and give you some motivation that your training is working!		



MAY

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			STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30-2H THRESHOLD SESSION	REST	CYCLING: 3-4H EASY RIDE	CYCLING: 4H SOCIAL RIDE
2 W/C 6TH	REST	CYCLING: 1H30-2H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30-2H THRESHOLD SESSION	REST	CYCLING: 3-4H EASY RIDE	CYCLING: 4H SOCIAL RIDE
3 W/C 13TH	REST	CYCLING: 1-2H EASY RIDE	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1-2H EASY RIDE	REST	REST	CYCLING: 3H SOCIAL RIDE
4 W/C 20TH	REST	CYCLING: 1H30 THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 THRESHOLD SESSION	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H SOCIAL RIDE
5 W/C 27TH	REST	CYCLING: 1H30-2H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30-2H THRESHOLD SESSION	REST		

DRILLS & THINGS TO THINK ABOUT

GLOSSARY

Week 1	During your steady paced ride, 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.	Intensity	Low ● Mid ● High ●
Week 2	Take part in a sportive– a great chance to experience what Babble RAB would be like and completing back-to-back rides.	Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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!
Week 3	This is a recovery and adaptation week. Enjoy a rest after a big weekend of riding. Make sure you do some stretching!	RPM	Pedal revolutions per min
Week 4	During your steady paced ride, include 3 sets of 15-minute efforts at a brisk pace staying sat in the saddle	Drills	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard/ 10 min easy / 20 min hard / 10-15 min warm down
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.		

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 27TH						CYCLING: 3-4H EASY RIDE	CYCLING: 4H SOCIAL RIDE
2 W/C 3RD	REST	CYCLING: 1H30-2H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30-2H THRESHOLD SESSION	REST	CYCLING: 3-4H EASY RIDE	CYCLING: 4H30 SOCIAL RIDE
3 W/C 10TH	REST	CYCLING: 1-2H EASY RIDE	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1-2H EASY RIDE	REST	REST	CYCLING: 3H SOCIAL RIDE
4 W/C 17TH	REST	CYCLING: 1H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 INTERVAL SESSION	REST	CYCLING: 3H EASY RIDE	CYCLING: 4H SOCIAL RIDE
5 W/C 24TH	REST	CYCLING: 2H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H INTERVAL SESSION	REST	CYCLING: 3-4H EASY RIDE	CYCLING: 4H SOCIAL 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 steady paced 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	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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 (1hour 30):</p> <ul style="list-style-type: none"> 30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down <p>Interval session (1hour 30):</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 <p>FTP Test (1hour):</p> <ul style="list-style-type: none"> Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard / 10 min easy / 20 min hard / 10-15 min warm down



JULY

Key focus this month: Your Kit

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	REST	CYCLING: 2H THRESHOLD SESSION	STRETCHING: 30MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION	REST	CYCLING: 3-4H EASY RIDE	CYCLING: 4H SOCIAL RIDE
2 W/C 8TH	REST	CYCLING: 2H EASY RIDE	STRETCHING: 30MINS PILATES OR YOGA	CYCLING: 1H30 THRESHOLD SESSION	REST	CYCLING: 3H EASY RIDE	CYCLING: 4- 5H SOCIAL RIDE
3 W/C 15TH	REST	CYCLING: 1-2H EASY RIDE	STRETCHING: 30MINS PILATES OR YOGA	CYCLING: 1-2H EASY RIDE	REST	REST	CYCLING: 6- 7H SOCIAL RIDE
4 W/C 22ND	REST	CYCLING: 2H THRESHOLD SESSION	STRETCHING: 30MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION	REST	CYCLING: 3- 4H EASY RIDE	CYCLING: 4H SOCIAL RIDE
5 W/C 29TH	REST	CYCLING: 2H THRESHOLD SESSION	STRETCHING: 30MINS PILATES OR YOGA				

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	Bike maintenance! By now you should be able to comfortably change a tube and complete simple roadside repairs!
Week 5	Continue to practice eating and drinking on the bike.

GLOSSARY

Intensity	Low Mid High
Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard/ 10 min easy / 20 min hard / 10-15 min warm down



AUGUST

Key focus this month: Tapering & Preparation

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 1st 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: 1-2H EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 6-7H SOCIAL RIDE
2 W/C 5TH	REST	CYCLING: 1H30 THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1H30 THRESHOLD SESSION	REST	CYCLING: 4H EASY RIDE	CYCLING: 5H SOCIAL RIDE
3 W/C 12TH	REST	CYCLING: 2H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION	REST	CYCLING: 3-4H EADY RIDE	CYCLING: 4-5H SOCIAL RIDE
4 W/C 19TH	REST	CYCLING: 2H THRESHOLD SESSION	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 2H THRESHOLD SESSION	REST	CYCLING: 3-4H EASY RIDE	CYCLING: 4H30 SOCIAL RIDE
5 W/C 26TH	REST	CYCLING: 1-2H EASY RIDE	STRETCHING: 30 MINS PILATES OR YOGA	CYCLING: 1-2H EASY RIDE	REST	CYCLING: 2H30 EASY RIDE	CYCLING: 3-4H SOCIAL 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	Pedalling 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.

GLOSSARY

Intensity	Low Mid High
Cadence	The number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals. Cadence is like 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	Threshold session (1hour 30): <ul style="list-style-type: none">30 min warm up / 7 min brisk / 1 min easy / 5 min brisk / 1 min easy / 3 min brisk / warm down Interval session (1hour 30): <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 FTP Test (1hour): <ul style="list-style-type: none">Monitor your Heart Rate (so you have a benchmark): 10 min easy / 2 x 1min @ 120rpm / 1 min easy after each / 4 min in easy / 5 min hard/ 10 min easy / 20 min hard / 10-15 min warm down