

# Your 10-week training plan for a 100km ride

Start your ride at an easy pace to warm up (about 5 mins) and then finish at a slower pace too (5-10 mins). Spending 5-10 minutes stretching after your ride will help with recovery.

## Week 1

<b>Monday</b>	Rest day – no riding today. But do spend some time preparing for tomorrow’s ride. Make sure your bike is in good working order and get all your kit ready
<b>Tuesday</b>	Ride 30 mins at easy effort – you should easily be able to hold a conversation
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 30 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 15-25km at easy effort
<b>Sunday</b>	Rest day

## Week 2

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 30 mins at easy effort
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 45 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 15-25km at easy effort
<b>Sunday</b>	Rest day

## Week 3

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 45 mins at easy effort
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 45 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 30-40km at easy effort
<b>Sunday</b>	Ride 60 mins: 20 mins easy warm up, 20 min steady (you should be able to talk in short sentences), 20 mins easy cool down

## Week 4

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 60 mins at easy effort
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 45 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 40-50km at easy effort
<b>Sunday</b>	Ride 60 mins: 20 mins easy warm up, 20 mins steady (you should be able to talk in short sentences), 20 mins easy cool down

## Week 5

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 60 mins: intervals – easy effort with 3 x 5 mins harder effort (you should be out of breath) spaced out evenly throughout the ride
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 60 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 50-60km at easy effort
<b>Sunday</b>	Ride 65 mins: 20 mins easy warm up, 25 mins steady, 20 mins easy cool down

## Week 6

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 60 mins: intervals – easy effort with 4 x 5 mins harder effort spaced out evenly throughout the ride
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 75 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 60-70km at easy effort
<b>Sunday</b>	Ride 65 mins: 20 mins easy warm up, 25 mins steady, 20 mins easy cool down

## Week 7

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 60 mins: easy pace with 2 x 10 min stints at harder effort
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 75 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 70km-80km at easy effort
<b>Sunday</b>	Ride 70 mins: 20 mins easy warm up, 30 mins steady, 20 mins easy cool down

## Week 8

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 60 mins: easy pace with 2 x 10 min stints at harder effort
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 90 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 80-90km at easy effort
<b>Sunday</b>	Ride 70 mins: 20 mins easy warm up, 30 mins steady, 20 mins easy cool down

## Week 9

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 60 mins: easy pace with 2 x 10 min stints at harder effort
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 90 mins at easy effort
<b>Friday</b>	Rest day
<b>Saturday</b>	Ride 90-100km at easy effort
<b>Sunday</b>	Rest day

## Week 10

<b>Monday</b>	Rest day
<b>Tuesday</b>	Ride 60 mins at easy pace
<b>Wednesday</b>	Rest day
<b>Thursday</b>	Ride 45 mins at easy pace
<b>Friday</b>	Rest day