

Your 16-week training guide for a 100-mile cycling challenge



Taking on a 100-mile bike ride is a challenge and a half! There's lots of preparation that can ensure you're ready and eager to go for the big day!

First and foremost, set your goals and make sure you have everything you need ahead of training.

1. The bike

Make sure you have a roadworthy bike that has been checked and serviced by a reputable bike shop. Pump the tyres to nearly the maximum recommended pressure. Under-inflated tyres will adversely affect handling, increase rolling resistance, and tend to pick up punctures more easily.

2. What to wear

Wearing proper padded cycling shorts will prevent saddle sores. Unless you are using clip-less pedals, ordinary trainers are quite adequate. A proper cycling shirt will have pockets to carry food, a phone, and other essentials.

3. Riding position

For efficient pedalling, the legs should be slightly bent at the bottom end of the pedal stroke. NOTE: at this saddle height, it is unlikely that your feet can touch the ground while sitting down – so unless you are quite confident, for the sake of safety, lower the saddle. The front end of the saddle should be slightly behind the bottom bracket. The saddle must be horizontal or the tip tilting up very slightly. If it is tilting down, your upper body weight will bear heavily on your arms. The ball of your foot should be directly over the pedal axle.

4. Training intensity

Develop a stretching regime before each run. Stretching running-specific muscles can prevent many injuries – e.g. calves, hamstrings, Achilles, quadriceps, adductors, abductors and back. Cool down, including a 5-10 min walk, after each run. If you do get an injury, ensure you consult a professional and pause your training immediately.

5. Training tips

You may find it easier to train if you join a riding group or have a cycling partner. Riding in a group on training rides will also improve your bike handling skills. Following in the slipstream of another rider can save over 20% energy.

Using the gears correctly can reduce energy usage and also enable you to maintain a higher average speed. **A rule of thumb:** When riding, if the heart and lungs are hurting – use a higher gear (smaller cog) – if the legs are hurting – use a lower gear (bigger cog). Your speed is likely to change.

Your 16-week training plan

Warm up and cool down
All sessions should include a 5min warm up / cool down to help prevent injury

Week 1-4								
Base fitness - low intensity								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MILEAGE
Week 1	REST DAY	15 km / 10 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	20 km / 12.5 miles medium intensity ride OR spin /cycling class	REST DAY	40 km / 25 miles easy ride	75 km / 47.5 miles
Week 2	REST DAY	15 km / 10 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	20 km / 12.5 miles medium intensity ride OR spin /cycling class	REST DAY	40 km / 25 miles easy ride	75 km / 47.5 miles
Week 3	REST DAY	15 km / 10 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	20 km / 12.5 miles medium intensity ride OR spin /cycling class	REST DAY	50 km / 30 miles easy ride	85 km / 52.5 miles
Week 4	REST DAY	15 km / 10 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	20 km / 12.5 miles medium intensity ride OR spin /cycling class	REST DAY	50 km / 30 miles easy ride	85 km / 52.5 miles

Intensity levels
Low, medium, high (low intensity for longer runs, high intensity for intervals / speed)

Week 5-8								
Power and speed - begin interval and high intensity training								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MILEAGE
Week 5	REST DAY	20 km / 12.5 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	25 km / 15 miles high intensity ride OR spin /cycling class	REST DAY	64 km / 40 miles easy ride	109 km / 67.5 miles
Week 6	REST DAY	20 km / 12.5 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	25 km / 15 miles high intensity ride OR spin /cycling class	REST DAY	64 km / 40 miles easy ride	109 km / 67.5 miles
Week 7	REST DAY	20-25 km / 12.5-15miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	25 km / 15 miles high intensity ride OR spin /cycling class	REST DAY	80 km / 50 miles easy ride	125-130 km / 77.5-80 miles
Week 8	REST DAY	20-25 km / 12.5-15miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	25 km / 15 miles high intensity ride OR spin /cycling class	REST DAY	80 km / 50 miles easy ride	125-130 km / 77.5-80 miles

Mix up your cardio
Using another aerobic exercise to boost your cardio training could help to keep things interesting. Try cross-training, spin classes, high-intensity rides, running, swimming or HIIT classes!

Stretching
Make sure to give yourself 5 minutes after experience to stretch, this will help prevent injury. Yoga and Pilates are also great for stretching and could be done on a rest day.

Weight training and core stability

Giving time to work on weight and core training will really compliment your training and help build muscle as well as help prevent injury. [Check out Global cycling networks weight training suggestions](#)

Be sure to reduce your weight training in your last couple of weeks before the big day

Final week

Don't stop exercising completely otherwise your legs will feel sluggish and heavy for race day but keep it light.

Week 9-12

Endurance runs - this section includes your longest run

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MILEAGE
Week 9	REST DAY	30 km / 20 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	30 km /20 miles high intensity ride OR spin /cycling class	REST DAY	100 km / 62 miles easy ride	160 km / 102 miles
Week 10	REST DAY	30 km / 20 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	30 km /20 miles high intensity ride OR spin /cycling class	REST DAY	100 km / 62 miles easy ride	160 km / 102 miles
Week 11	REST DAY	30 km / 20 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	30 km /20 miles high intensity ride OR spin /cycling class	REST DAY	120 km / 75 miles easy ride	180 km / 115 miles
Week 12	REST DAY	30 km / 20 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	30 km /20 miles high intensity ride OR spin /cycling class	REST DAY	140 km / 87 miles easy ride	200 km / 127 miles

Week 13-15

Tapering

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MILEAGE
Week 13	REST DAY	30 km / 20 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	30 km / 20 miles high intensity ride OR spin /cycling class	REST DAY	100 km / 62 miles easy ride	160 km / 102 miles
Week 14	REST DAY	30 km / 20 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	20 km / 12.5 miles high intensity ride OR spin /cycling class	REST DAY	100 km / 62 miles easy ride	150 km / 94.5
Week 15 recovery week (reduced)	REST DAY	15 km / 10 miles easy, low intensity ride	Weight training & core stability	cross training or REST DAY	20 km / 12.5 miles high intensity ride OR spin /cycling class	REST DAY	80 km / 50 miles easy ride	115 km / 72.5 miles

Race week

Good luck!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MILEAGE
Week 16	REST DAY	15 km easy / 10 miles easy, low intensity ride	REST DAY / stretch	15 km / 10 miles easy, low intensity ride	REST DAY / stretch	Gentle 20-30 min cycle ride to activate the legs	RACE DAY!	191 km / 120 miles

Massage

If you decide to book in a massage before race day, try and schedule it at least 4 days out from race day, to give your legs time to recover.

A guide to good nutrition

Proper nutrition is a vital part of your training programme. As you train, your energy requirements can be really high. So, it's important to eat the correct food, at the correct time and that each component is balanced. These nutrition tips will ensure that you're fuelling your body correctly to get the most out of your training and be ready for the big cycle!

Eat carbohydrates and fat

When you ride, the energy required comes from two main sources: glycogen (from carbohydrates - carbs) and fats. Your body needs to combine carbs and fat in order to provide energy. If you use up your stored carbs this will compromise your ability to use fats which results in your energy source drying up – in racing parlance this is usually referred to as 'hitting the wall'. Proper training conditions the body to use more fat which spares the carbs enabling you to last the whole distance.

Eat a balanced diet

A good diet should consist of about 50-60% carbs, 15% protein, 20-30% fat. The carbs should come from a mixture of complex (75%) slow energy release carbs (e.g. bread, potatoes, rice, pasta, cereal, etc) and simple (25%) quick energy release carbs (e.g. sugary drinks, jams, honey, chocolate, etc). It is better to have four or five small meals rather than three larger ones. The body can only store about 50-75g of carbs at a time. Two slices of bread weighing 60g contains about 27g of carbs. Try out different types of carbs during training runs and see which ones work best for you, but don't try anything new on race day or the evening before!

Time your meals

Have a carb rich meal 1 - 2 hrs before training. The timing is individual, so determine what is best for you by trial and error. Do NOT take any sugary foods or drinks within 60minutes of riding.

Drink plenty of water

To store 1g of carb the body requires about 4g of water, so drink plenty. Try to drink between meals, rather than during a meal to help with digestion.

Replace nutrients

Have a carb rich meal about 30 mins after the end of a training session. This is the time when those hard-worked muscles are most receptive to nutrients. If you don't, it could affect your training the following day.

Snack attack

When you train regularly, as well as your generally higher calorie requirements, you will find that your metabolic engine (the speed at which you burn calories whether you are exercising or not) increases. To avoid energy lows throughout the day, make sure you keep a selection of healthy snacks to hand so you can keep your energy levels topped up.

By avoiding energy lows resulting from low blood sugar, you will have more energy for everyday activities and will keep your muscles and liver primed for your next training session.

The big day!

Get up in good time. Have your favourite pre-race meal and drink sufficient fluid. Do not eat any sugary food within 60 minutes of the start. If you found gels helpful during your training rides take enough with you but remember do NOT take the first until you have been riding for a minimum of 30 minutes. You can carry sandwiches to consume during the event.

Start easy, settle down to your intended pace. Check time at first km and adjust pace aiming to maintain a uniform pace throughout. DO NOT try to ride fast at the beginning with the expectation of losing time towards the end - you will pay dearly for this in the last few miles.

This guide should have given you all the information you need to plan and ensure you achieve your goals. If you have any other questions whatsoever, please don't hesitate to get in touch via info@supportgstt.org.uk or info@supportevelina.org.uk – we're happy to help with any advice or tips you need!

Best of luck, we know you'll smash it!