

Multi Day Training Plan

Please Note: In order to do multiple days of riding you will need to be able to train with some extra volume and intensity. This plan definitely gets you doing both and you should have a good level of fitness before attempting it.

This plan also requires some very hard efforts, which means you will need to listen to your body and if you're feeling completely fatigued, drained or not ready for your next ride, take an extra rest day to recover.

Intensities Explained:

Steady – Being able to ride while slightly out of breath but able to hold a conversation

Hard – The pace is harder and you should be more out of breath. On a scale of 1 – 10 of how hard it feels, it should be about a 7. Recovery between each interval should be equal to length of interval.

E.g 5mins hard = 5mins steady after

Very Hard – Your legs are probably burning, you're breathing faster and the intensity on the scale is 8 or 9 out of 10. Recovery between each should be double interval length.

Max – This is an all out effort!! 10 out of 10. Recovery between intervals should be steady until feeling fully recovered.

Some things to Note:

- You can find a group or club to ride with on a Sunday or create your own with a few friends. This will get you used to cycling in a bunch (group of riders). If not chose a route with some rolling hills to push you a little harder.
- This plan is not set in stone and you can vary the days training if it doesn't fit into work commitments.
- The rest days are designed to help you recover after the tougher training days so if you want to do some exercise on these days, take a walk or swim and stretch.
- Stretch after each of your spins.
- If you are doing multiple stages on the Cycle Against Suicide your recovery is hugely important. Make sure to take a recovery drink or eat some protein (Chicken, fish, meat, eggs, or some milk) immediately after each workout.

Training Plan for Multi Day Event

Week Beginning	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Sunday
4 th February 2013	Rest	90mins Inc 3x5min Hard	Rest	90mins Inc 3x5min Hard	Rest	2 hours Steady Inc 3x1min Max	2 hours Steady Over Rolling Hills or Group Riding
11 th February 2013	Rest	90mins Inc 3x5min Hard	Rest	90mins Inc 3x5min Hard	Rest	2.5 hours Steady Inc 3x1min Max	2.5 hours Steady Over Rolling Hills or Group Riding
18 th February 2013	Rest	90mins Inc 2x10min Hard	Rest	90mins Inc 2x10min Hard	Rest	2.5 hours Steady Inc 3x1min Max	3 hours Steady Over Rolling Hills or Group Riding
25 th February 2013	Rest	90mins Steady	Rest	90mins Steady	Rest	Rest	2 hours Steady Over Rolling Hills or Group Riding
4 th March 2013	Rest	90mins Inc 2x10min Hard 3x2min Very Hard	Rest	90mins Inc 2x10min Hard 3x2min Very Hard	Rest	2.5 hours Steady Inc 3x1min Max	3 hours Steady Over Rolling Hills or Group Riding
11 th March 2013	Rest	90mins Inc 2x10min Hard 3x2min Very Hard	Rest	90mins Inc 2x10min Hard 3x2min Very Hard	Rest	2.5 hours Steady Inc 4x1min Max	3 hours Steady Over Rolling Hills or Group Riding
18 th March 2013	Rest	90mins Inc 2x15min Hard 3x3min Very Hard	Rest	90mins Inc 2x15min Hard 3x3min Very Hard	Rest	2.5 hours Steady Inc 5x1min Max	3 hours Steady Over Rolling Hills or Group Riding
25 th March 2013	Rest	90mins Steady	Rest	90mins Steady	Rest	Rest	2 hours Steady Over Rolling Hills or Group Riding
1 st April 2013	Rest	90mins Inc 2x20min Hard 3x3min Very Hard	Rest	90mins Inc 2x20min Hard 3x3min Very Hard	Rest	2.5 hours Steady Inc 5x1min Max	3 hours Steady Over Rolling Hills or Group Riding
8 th April 2013	Rest	90min Inc 2x20min Hard 5x2min Very Hard	Rest	90min Inc 2x20min Hard 5x2min Very Hard	Rest	2.5 hours Steady Inc 6x1min Max	3 hours Steady Over Rolling Hills or Group Riding
15 th April 2013	Rest	90min Steady	Rest	90min Steady	Rest	2 hours Steady Inc 3x1min Max	Rest
22 nd April 2013	Event Starts						