

WE ARE  
MACMILLAN.  
CANCER SUPPORT.

# YOUR CYCLING

# TRAINING GUIDE





**THANKS  
SO  
MUCH**

**Thank you for joining Team Macmillan. We think you're amazing for having the dedication and commitment to take part in this event.**

At the finish, the sense of achievement will be huge, knowing that you've not only completed your challenge but you've helped people affected by cancer too. Taking part in a Macmillan cycling challenge is no mean feat, so you'll need to dedicate some time to training. But don't worry – we're here to guide you in the right direction.



**GET  
STARTED**

Before starting out it's a good idea to see your doctor for a medical or health assessment, particularly if you smoke, you're overweight or there's a history of heart disease in your family.

**Slow and steady wins the training race**

All Macmillan cycling challenges are designed for people who lead an active lifestyle, and they're achievable as long as you're prepared to train. Build up mileage gradually to avoid injury and over-exercise, this will create a good base fitness on which to build the stamina levels you'll need.



# TEAM MACMILLAN TRAINING SCHEDULE

We've put together some training plans that will help you get the most out of your challenge.

From the start, you should focus on developing your cadence, which is the speed at which your legs rotate this is known as rotations per minute (rpm). Doing this will improve your aerobic capacity, meaning your heart and lungs will grow stronger and be less stressed when cycling or exercising.

To build up your cadence, you should select the gear that feels most comfortable for the particular gradient you're on. If you can keep a steady rpm of about 60–70, this will help you become cycling fit quicker. It will also increase your strength and stamina. And before you know it, you'll be able to push harder gears while maintaining the same rpm.

As you move on with your training it's important to fit in some hills and spend a couple of weekends doing two consecutive days' cycling. This will prepare your body and your bum for what's ahead.



# 30 MILE CYCLE TRAINING GUIDE

## Week 1

### Monday (bike and flexibility)

20–30 minutes easy ride.

Start easily, introducing your body to training.

Tuesday Rest

Wednesday Rest

### Thursday (bike)

30–45 minutes easy ride.

Friday Rest

Saturday Rest

### Sunday (bike and flexibility)

45–60 minutes easy ride or 5 miles, whichever comes first.

1st longer session, start slowly and stretch your leg muscles at the end.

## Week 2

### Monday Rest

### Tuesday (bike and flexibility)

45 minutes steady pace.

Easy/steady sessions can be combined with a daily commute to and from work to save time.

### Wednesday (gym)

60 minute total body workout concentrating upon legs, back, shoulders, arms and core. Begin with light weights that you can handle with ease.

Focus on correct technique. Uphill cycling in particular requires good upper body strength so your gym training should focus on this area.

Begin this week with a single set of each exercise.

### Thursday Rest

### Friday (bike)

45 minutes steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

1 hour to an hour and a half, or 10 miles whichever comes first. Easy paced ride.

If your challenge includes off-road cycling then try to do as much of off-road training as possible.

## Week 3

### Monday Rest

### Tuesday (bike and flexibility)

45 mins steady pace.

Remember to stretch out for 5–10 minutes afterwards and don't forget your chest.

### Wednesday (gym)

Same as the week 2 gym session.

Target 2 sets of each exercise this week.

### Thursday Rest

### Friday (bike)

1 hour 20 mins steady pace.

### Saturday Rest

Start thinking about suitable energy snacks that you can carry with you.

### Sunday (bike and flexibility)

Target 2 hours continuous cycling, or 15 miles whichever comes first. Take short recovery/refuelling breaks if you need to. This is the end of phase 1. You should be able to cycle for 2 hours steady, or 15 miles (whichever comes first).

## Week 4

### Monday Rest

### Tuesday (bike and flexibility)

1 hour easy ride.

### Wednesday (gym)

Total body session.

Try and select weights that challenge you more on the last few repetitions of the second set.

### Thursday Rest

### Friday (bike and flexibility)

60 minutes fartlek ride. Fartlek is Swedish for speed play, interspersing some faster bursts with recoveries.

Introduction to faster paced training.

### Saturday Rest

### Sunday (bike and flexibility)

Aim for a continuous steady paced ride of 2 hours - 2½ hours or 20 miles, whichever comes first.

By now you will need to be thinking about your nutrition and hydration en route, so prepare a carbohydrate drink before you set off.

## Week 5

### Monday Rest

### Tuesday Rest

Try and have a sports massage for your legs, to ease any stiffness.

### Wednesday (bike and flexibility)

45–60 minutes on a hilly circuit. You should be fully recovered from the weekend and feel strong for this session.

### Thursday (gym)

Total body workout.

Optional session. Omit gym training if you feel tired.

### Friday (bike)

1 hour steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

Same as last Sunday.

Take a drink with you and some energy foods in your pockets so that you're always topped up. Gels and chewy bars are easy to eat on the bike.

## Week 6

**Monday** Rest

### Tuesday (bike and flexibility)

Repeat the fartlek session from week 4, aiming for 1 hour to 1 ¼ minutes in total.

By extending yourself during the faster paced rides, you will find steady paced training much easier.

### Wednesday (gym)

Maintain the weights from the last session at the same level.

**Thursday** Rest

### Friday (bike)

1¼ to 1½ hours steady paced ride.

**Saturday** Rest

### Sunday (bike and flexibility)

2½ hours to 2¾ hours longer ride. Start slowly and take a couple of recovery breaks if you need to.

Make sure you're stocked up with snacks and a drink. This is the end of phase 2. You should be able to cycle for 2½ hours steady, or 25 miles, whichever comes first.

## Week 7

**Monday** Rest

### Tuesday (bike and flexibility)

1 hour steady pace.

### Wednesday (gym)

Total body workout.

The weekend expedition is the focus this week so if you feel tired, leave gym training.

**Thursday** Rest

**Friday** Rest

Load up your fuel tank throughout the day with good quality carbohydrate.

### Saturday (bike and flexibility)

3½ hours long ride with whatever recovery breaks you feel that you need.

This weekend is effectively your dress rehearsal so try and get away to a new location.

### Sunday (bike and flexibility)

3 hours steady.

## Week 8

**Monday** Rest

Use the extra rest days this week to finalise all your travelling arrangements.

### Tuesday (bike and flexibility)

30 minutes very easy.

Avoid the temptation to 'race', remember that you are tapering and your training is just to keep your body 'ticking over'.

**Wednesday** Rest

### Thursday (bike)

45 minutes, easy paced ride.

**Friday** Rest

**Saturday** Rest

### Sunday

You should now be fully ready for your challenge and feel in great shape.

Enjoy your big day, you're ready for it.



# 50 MILE CYCLE TRAINING GUIDE

## Week 1

### Monday (bike and flexibility)

30 minutes easy ride.

### Tuesday Rest

### Wednesday (gym)

60 minute total body workout concentrating upon legs, back, shoulders, arms and core. Focus on correct technique.

Uphill cycling in particular requires good upper body strength, so remember to focus on this area.

### Thursday Rest

### Friday (bike)

45 minutes easy ride.

### Saturday Rest

### Sunday (bike and flexibility)

60 minutes easy.

1st longer session, start slowly and stretch your leg muscles at the end.

## Week 2

### Monday Rest

### Tuesday (bike and flexibility)

45 minutes steady pace.

### Wednesday (gym)

Same as Wednesday from week 1 but this time with 2 sets of each exercise.

### Thursday Rest

### Friday (bike)

45 minutes steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

1½ hours easy paced ride.

Try to incorporate some off-road training if possible.

## Week 3

### Monday Rest

### Tuesday (bike and flexibility)

1 hour steady pace.

Remember to stretch out for 5–10 minutes afterwards and don't forget your chest.

### Wednesday (gym)

Same as Wednesday from week 2 session but try to increase some of the weights.

Upper body strength is key so avoid skipping gym sessions.

### Thursday (bike and flexibility)

45 minutes ride. Intersperse some faster bursts with recoveries.

### Friday (bike)

1 hour steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

Target 2 hours continuous cycling, taking short recovery/refuelling breaks if you need to.

## Week 4

### Monday (bike and flexibility)

30 minutes easy. This is your first 'back-to-back' workout.

Use this session as an easy recovery workout after yesterday's longer ride.

### Tuesday Rest

### Wednesday (gym)

Total body session.

### Thursday Rest

### Friday (bike and flexibility)

60 minutes fartlek ride.

### Saturday Rest

### Sunday (bike and flexibility)

2½ hours steady paced ride.

By now you will need to be thinking about your nutrition and hydration en route, so prepare a carbohydrate drink before you set off.

## Week 5

### Monday Rest

### Tuesday (gym)

Change your exercises to rechallenge your body but still target the same muscle groups.

### Wednesday (bike and flexibility)

Warm-up, 25 minutes fast, cool down.

Reduced training week this week so put your focus into today's speed session.

### Thursday Rest

### Friday (bike)

60 minutes steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

Same as last Sunday's session of 2½ hours.

Take a drink with you and some energy foods in your pockets so that you're always topped up. Gels and chewy bars are easy to eat on the bike.

## Week 6

### Monday Rest

### Tuesday (bike and flexibility)

Warm-up followed by 3 sets of 5 minutes brisk, 5 minutes easy and then cool down.

Try and keep your cadence (rate at which you turn the cranks) as well as your speed, consistent on the faster sections.

### Wednesday (gym)

Look to push up from the weights that you used in your last session.

### Thursday Rest

### Friday (bike)

1 to 1½ hours steady paced ride.

### Saturday Rest

### Sunday (bike and flexibility)

3 hours longer ride. Start slowly and take a couple of recovery breaks as you feel you need.

Make sure you're stocked up with snacks and a drink that you can easily access en route.

## Week 7

**Monday** Rest

### Tuesday (bike and flexibility)

1 hour steady pace.

Cut the session down to 30 minutes if you still feel tired from last Sunday.

### Wednesday (gym)

Total body workout.

It's very important to keep your gym sessions going because they will really support your CV training.

**Thursday** Rest

### Friday (bike)

1½ hours steady paced ride.

### Saturday (gym)

Optional session if you feel OK.

Afterwards, fuel up with a good complex carbohydrate meal ready for tomorrow.

### Sunday (bike and flexibility)

4 hours easy ride.

This is a big one so keep the speed down, drink regularly and stretch afterwards.

## Week 8

**Monday** Rest

### Tuesday (bike and flexibility)

60 minutes 'go as you please' fartlek session.

Stretch all your leg muscles afterwards.

### Wednesday (gym)

Sole gym session this week so focus on quality and improvement.

### Thursday (bike)

60 minutes steady.

**Friday** Rest

### Saturday (bike and flexibility)

4½ hours steady. Back-to-back weekend.

### Sunday (bike and flexibility)

3½ hours steady/easy.

## Week 9

**Monday** Rest

**Tuesday** Rest

### Wednesday (bike and flexibility)

60 minutes on a hilly circuit, working hard on each hill.

### Thursday (gym)

Quality total body workout.

If your gym has a wobble board, practise on it for a few minutes because it will really help your balance and control.

### Friday (bike)

1 hour steady pace.

### Saturday (gym)

Optional session if you feel OK.

Big complex carbohydrate meal tonight – pasta is ideal.

### Sunday (bike and flexibility)

5 hours, easy paced ride.

With most of this week light, you'll now be ready for your longest session to date.

## Week 10

**Monday (gym and flexibility)**

Optional session.

Core training focus and extra wobble board training.

### Tuesday (bike and flexibility)

1½ hours steady pace.

### Wednesday (gym)

Total body workout.

### Thursday

Rest  
Double rest day in preparation for the big weekend expedition.

### Friday

Rest  
Load up your fuel tank throughout the day with good quality carbohydrate.

### Saturday (bike and flexibility)

5–6 hours long ride with whatever recovery breaks you feel that you need.

### Sunday (bike and flexibility)

5 hours long ride with whatever recovery breaks you feel that you need.

## Week 11

**Monday** Rest

### Tuesday (gym)

Still keep your gym training going at the start of your taper.

### Wednesday (bike and flexibility)

30–40 minutes alternate fast and slow pace but not flat out.

Remember that this is the start of your taper so don't blitz it.

### Thursday (gym)

Look to maintain your existing level rather than push up on heavier weights.

### Friday (bike)

1 hour steady paced ride.

**Saturday** Rest

### Sunday (bike and flexibility)

5 hours single weekend session.

This is your last long ride so 'roadtest' any last minute items of kit.

## Week 12

**Monday** Rest

Use the extra rest days this week to finalise all your travelling arrangements.

### Tuesday (bike and flexibility)

30 minutes very easy.

Avoid the temptation to 'race', remember that you are tapering and your training is just to keep your body 'ticking over'.

**Wednesday** Rest

### Thursday (bike)

1 hour, easy paced ride.

**Friday** Rest

**Saturday** Rest

By now you should be really refreshed, relaxed and ready to go.

### Sunday

Well done on completing your training guide, good luck for today.

Enjoy it.

# 80 MILE CYCLE TRAINING GUIDE

## Week 1

### Monday (bike and flexibility)

30 minutes easy ride.

### Tuesday Rest

### Wednesday (gym)

60 minute total body workout concentrating upon legs, back, shoulders, arms and core. Focus on correct technique.

Uphill cycling in particular requires good upper body strength, so remember to focus on this area.

### Thursday Rest

### Friday (bike)

45 minutes easy ride.

Don't push the pace; week 1 is all about getting into training mode.

### Saturday Rest

### Sunday (bike and flexibility)

60 minutes easy.

## Week 2

### Monday Rest

### Tuesday (bike and flexibility)

45 minutes steady pace.

### Wednesday (gym)

Same as Wednesday from week 1 but this time with 2 sets of each exercise.

### Thursday Rest

### Friday (bike)

45 minutes steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

1½ hours easy paced ride.

Try to incorporate some off-road training if possible.

## Week 3

### Monday Rest

### Tuesday (bike and flexibility)

1 hour steady pace.

Remember to stretch out for 5–10 minutes afterwards and don't forget your chest.

### Wednesday (gym)

Same as Wednesday from week 2 session but try to increase some of the weights.

Upper body strength is key so avoid skipping gym sessions.

### Thursday (bike and flexibility)

45 minutes ride. Intersperse some faster bursts with recoveries.

### Friday (bike)

1 hour steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

Target 2 hours continuous cycling, taking short recovery/refuelling breaks if you need to.

## Week 4

### Monday (bike and flexibility)

30 minutes easy. This is your first 'back-to-back' workout.

### Tuesday Rest

### Wednesday (gym)

Total body session.

On the final few reps of the 2nd set of each exercise you should be working quite hard.

### Thursday Rest

### Friday (bike and flexibility)

60 minutes fartlek ride.

### Saturday Rest

### Sunday (bike and flexibility)

2½ hours steady paced ride.

By now you will need to be thinking about your nutrition and hydration en route, so prepare a carbohydrate drink before you set off.

## Week 5

### Monday Rest

### Tuesday (gym)

Change your exercises to re-challenge your body but still target the same muscle groups.

### Wednesday (bike and flexibility)

Warm-up, 25 minutes fast, cool down.

Reduced training week this week so put your focus into today's speed session.

### Thursday Rest

### Friday (bike)

60 minutes steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

Same as last Sunday's session of 2½ hours.

Take a drink with you and some energy foods in your pockets so that you're always topped up. Gels and chewy bars are easy to eat on the bike.

## Week 6

### Monday Rest

### Tuesday (bike and flexibility)

Warm-up followed by 3 sets of 5 minutes brisk, 5 minutes easy and then cool down.

Try and keep your cadence (rate at which you turn the cranks) as well as your speed, consistent on the faster sections.

### Wednesday (gym)

Look to push up from the weights that you used in your last session.

### Thursday Rest

### Friday (bike)

1 to 1½ hours steady paced ride.

### Saturday Rest

### Sunday (bike and flexibility)

3 hours longer ride. Start slowly and take a couple of recovery breaks as you feel you need.

Make sure you're stocked up with snacks and a drink that you can easily access en route.



## Week 7

**Monday** Rest

### Tuesday (bike and flexibility)

1 hour steady pace.

Cut the session down to 30 minutes if you still feel tired from last Sunday.

### Wednesday (gym)

Total body workout.

It's very important to keep your gym sessions going because they will really support your CV training.

**Thursday** Rest

### Friday (bike)

1½ hours steady paced ride.

### Saturday (gym)

Optional session if you feel OK.

Afterwards, fuel up with a good complex carbohydrate meal ready for tomorrow.

### Sunday (bike and flexibility)

4 hours easy ride.

This is a big one so keep the speed down, drink regularly and stretch afterwards.

## Week 8

**Monday** Rest

Total rest day today because this week steps up a level.

### Tuesday (bike and flexibility)

60 minutes 'go as you please' fartlek session.

Stretch all your leg muscles afterwards.

### Wednesday (gym)

Sole gym session this week so focus on quality and improvement.

### Thursday (bike)

60 minutes steady.

You should now be coping with this duration without any difficulty.

### Friday

Really easy day today, just check over your bike and kit for the weekend and ensure that you eat well in the evening.

### Saturday (bike and flexibility)

4½ hours steady. Back-to-back weekend.

Stretching after your ride is really important today to help you recover for tomorrow.

### Sunday (bike and flexibility)

3½ hours steady/easy.

## Week 9

**Monday** Rest

Two consecutive rest days, so avoid activity and recover.

### Tuesday

Rest  
Try and have a sports massage for your legs, to ease any stiffness.

### Wednesday (bike and flexibility)

60 minutes on a hilly circuit, working hard on each hill.

You should be fully recovered and able to extend yourself a little.

### Thursday (gym)

Quality total body workout.

If your gym has a wobble board, practise on it for a few minutes because it will really help your balance and control.

### Friday (bike)

1 hour steady pace.

### Saturday (gym)

Optional session if you feel OK.

Big complex carbohydrate meal tonight – pasta is ideal.

### Sunday (bike and flexibility)

5 hours, easy paced ride.

With most of this week light, you'll now be ready for your longest session to date.

## Week 10

**Monday (gym and flexibility)**

Optional session.

Core training focus and extra wobble board training.

### Tuesday (bike and flexibility)

1½ hours steady pace.

Keep it steady because the focus is on the weekend expedition.

### Wednesday (gym)

Total body workout.

Essential session if you missed Monday's workout.

### Thursday

Rest

Double rest day in preparation for the big weekend expedition.

### Friday

Rest

Load up your fuel tank throughout the day with good quality carbohydrate.

### Saturday (bike and flexibility)

5–6 hours long ride with whatever recovery breaks you feel that you need.

This weekend is effectively your dress rehearsal so try and get away to a new location.

### Sunday (bike and flexibility)

5 hours long ride with whatever recovery breaks you feel that you need.

## Week 11

**Monday** Rest

### Tuesday (gym)

Still keep your gym training going at the start of your taper.

A second sports massage today will reinvigorate your legs.

### Wednesday (bike and flexibility)

30–40 minutes alternate fast and slow pace but not flat out.

Remember that this is the start of your taper so don't blitz it!

### Thursday (gym)

Look to maintain your existing level rather than push up on heavier weights.

### Friday (bike)

1 hour steady paced ride.

### Saturday

Rest

### Sunday (bike and flexibility)

5 hours single weekend session.

This is your last long ride so 'roadtest' any last minute items of kit.

## Week 12

**Monday** Rest

### Tuesday (bike and flexibility)

30 minutes very easy.

Avoid the temptation to 'race', remember that you are tapering and your training is just to keep your body 'ticking over'.

### Wednesday

Rest

### Thursday (bike)

Body copy 1 hour, easy paced ride.

### Friday

Rest

**Saturday** Rest  
By now you should be really refreshed, relaxed and ready to go.

### Sunday

Well done on completing your training guide, good luck for today.

Enjoy it.

# 100 MILE CYCLE TRAINING GUIDE

## Week 1

### Monday (bike and flexibility)

30 minutes easy ride.

### Tuesday Rest

### Wednesday (gym)

60 minute total body workout concentrating upon legs, back, shoulders, arms and core. Focus on correct technique.

Uphill cycling in particular requires good upper body strength, so remember to focus on this area.

### Thursday Rest

### Friday (bike)

45 minutes easy ride.

Don't push the pace; week 1 is all about getting into training mode.

### Saturday Rest

### Sunday (bike and flexibility)

60 minutes easy.

## Week 2

### Monday Rest

### Tuesday (bike and flexibility)

45 minutes steady pace.

### Wednesday (gym)

Same as Wednesday from week 1 but this time with 2 sets of each exercise.

### Thursday Rest

### Friday (bike)

45 minutes steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

1½ hours easy paced ride.

If your challenge includes off-road cycling then try to do as much of off-road training as possible.

## Week 3

### Monday Rest

### Tuesday (bike and flexibility)

1 hour steady pace.

Remember to stretch out for 5–10 minutes afterwards.

### Wednesday

Same as Wednesday from week 2 session but try to increase some of the weights that you've used in the first two weeks.

Upper body strength is key so avoid skipping gym sessions.

### Thursday (bike and flexibility)

45 minutes ride. Intersperse some faster bursts with recoveries.

### Friday (bike)

1 hour steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

Target 2 hours continuous cycling, taking short recovery/refuelling breaks if you need to.

## Week 4

### Monday (bike and flexibility)

30 minutes easy. This is your first 'back-to-back' workout.

### Tuesday Rest

### Wednesday (gym)

Total body session.

### Thursday Rest

### Friday (bike and flexibility)

60 minutes fartlek ride.

### Saturday Rest

### Sunday (bike and flexibility)

2½ hours steady paced ride.

By now you will need to be thinking about your nutrition and hydration en route, so prepare a carbohydrate drink before you set off.

## Week 5

### Monday Rest

### Tuesday (gym)

Change your exercises to re-challenge your body but still target the same muscle groups.

### Wednesday (bike and flexibility)

Warm-up, 25 minutes fast, cool down.

Reduced training week this week so put your focus into today's speed session.

### Thursday Rest

### Friday (bike)

60 minutes steady pace.

### Saturday Rest

### Sunday (bike and flexibility)

Same as last Sunday's session of 2½ hours.

Take a drink with you and some energy foods in your pockets so that you're always topped up. Gels and chewy bars are easy to eat on the bike.

## Week 6

### Monday Rest

### Tuesday (bike and flexibility)

Warm-up followed by 3 sets of 5 minutes brisk, 5 minutes easy and then cool down.

Try and keep your cadence (rate at which you turn the cranks) as well as your speed, consistent on the faster sections.

### Wednesday (gym)

Look to push up from the weights that you used in your last session.

### Thursday Rest

### Friday (bike)

1–1½ hours steady paced ride.

### Saturday Rest

### Sunday (bike and flexibility)

3 hours longer ride. Start slowly and take a couple of recovery breaks as you feel you need.

Make sure you're stocked up with snacks and a drink that you can easily access en route.

## Week 7

**Monday** Rest

### **Tuesday (bike and flexibility)**

60 minutes steady paced ride.

### **Wednesday (gym)**

It's very important to keep your gym sessions going because they will really support your CV training.

**Thursday** Rest

### **Friday (bike)**

1½ hours steady paced ride.

### **Saturday (gym)**

Optional session if you feel OK. Afterwards, fuel up with a good complex carbohydrate meal ready for tomorrow.

### **Sunday (bike and flexibility)**

4 hours easy ride.

This is a big one so keep the speed down, drink regularly and stretch afterwards.

## Week 8

**Monday** Rest

### **Tuesday (bike and flexibility)**

60 minutes 'go as you please' fartlek session.

Stretch all your leg muscles afterwards.

### **Wednesday (gym)**

Sole gym session this week so focus on quality and improvement.

### **Thursday (bike)**

60 minutes steady.

**Friday** Rest

Really easy day today, just check over your bike and kit for the weekend and ensure that you eat well in the evening.

### **Saturday (bike and flexibility)**

4½ hours steady. Back-to-back weekend.

### **Sunday (bike and flexibility)**

3½ hours steady/easy.

Try and choose different routes to avoid staleness and eat small energy snacks regularly.

## Week 9

**Monday** Rest

**Tuesday** Rest

### **Wednesday (bike and flexibility)**

60 minutes on a hilly circuit, working hard on each hill.

### **Thursday (gym)**

Quality total body workout.

If your gym has a wobble board, practise on it for a few minutes because it will really help your balance and control.

### **Friday (bike)**

1 hour steady pace.

### **Saturday (gym)**

Optional session if you feel OK. Big complex carbohydrate meal tonight – pasta is ideal.

### **Sunday (bike and flexibility)**

5 hours, easy paced ride.

With most of this week light, you'll now be ready for your longest session to date.

## Week 10

### **Monday (gym and flexibility)**

Optional session.

Core training focus and extra wobble board training.

### **Tuesday (bike and flexibility)**

1½ hours steady pace.

Keep it steady because the focus is on the weekend expedition.

### **Wednesday (gym)**

Total body workout.

**Thursday** Rest

**Friday** Rest

Load up your fuel tank throughout the day with good quality carbohydrate.

### **Saturday (bike and flexibility)**

5–6 hours long ride with whatever recovery breaks you feel that you need.

Start off nice and easy, build into the ride. Make sure you stretch well after and refuel on protein and carbohydrate.

### **Sunday (bike and flexibility)**

5 hours long ride with whatever recovery breaks you feel that you need.

Legs may start off heavy, but they will get better.

## Week 11

**Monday** Rest

Rest those heavy legs following expedition week. Would be great if you could get a massage. Reward your muscles.

### **Tuesday (gym)**

Core Session.

Legs still need recovery.

Core strength will help with your cycling efficiency.

### **Wednesday (bike and flexibility)**

40–50mins high cadency cycling.

High cadency will help with technique and with leg recovery.

### **Thursday (gym)**

One hour steady pace.

**Friday** Rest

**Saturday** Rest

Optional session. 2–3 hours steady, load up well on your nutrition and hydration.

### **Sunday (bike and flexibility)**

6 hours easy paced ride.

## Week 12

### **Monday (gym)**

Total body workout.

Legs and core circuit. Really important to get your glutes and hamstrings fired up.

### **Tuesday (bike and flexibility)**

2 hours steady pace.

Good quality ride, but in the back of your mind remember it's the big one this weekend.

### **Wednesday (gym)**

Total body workout.

Try some interval training on a cross trainer or a rowing machine.

**Thursday** Rest

Start loading up

on your complex carbs and increase water consumption.

Sleep and eat well

**Friday** Rest

### **Saturday (bike and flexibility)**

6 hours long ride with whatever recovery breaks you feel that you need.

### **Sunday (bike and flexibility)**

Same as Saturday.

## Week 13

**Monday** Rest

### **Tuesday (gym)**

Still keep your gym training going at the start of your taper.

### **Wednesday (bike and flexibility)**

30–40 minutes alternate fast and slow pace but not flat out. Remember that this is the start of your taper so don't blitz it!

### **Thursday (gym)**

Look to maintain your existing level rather than push up on heavier weights.

### **Friday (bike)**

1 hour steady paced ride.

### **Saturday** Rest

### **Sunday (bike and flexibility)**

5 hours single weekend session. This is your last long ride so 'road-test' any last minute items of kit.

## Week 14

**Monday** Rest

Use the extra rest days this week to finalise all your travelling arrangements.

### **Tuesday (bike and flexibility)**

30 minutes very easy.

Avoid the temptation to 'race', remember that you are tapering and your training is just to keep your body 'ticking over'.

### **Wednesday** Rest

No gym training this week, so relax and mentally prepare.

### **Thursday (bike)**

1 hour, easy paced ride.

### **Friday** Rest

### **Saturday** Rest

By now you should be really refreshed, relaxed and ready to go.

### **Sunday**

Well done on completing your training guide, good luck for today.

Enjoy it.



# OVERSEAS CYCLE TRAINING GUIDE

## Week 1

### **Monday**

Take an initial fitness test. Find a circuit (about 8km and preferably traffic free). 15 minute warm up and ride it as quickly as possible. Record your time to track progress. 10 minute warm down.

### **Tuesday** Rest

Stretch for 30 minutes.

### **Wednesday**

10km. 10 minute warm up. Ride at a steady pace. 10 minute warm down.

### **Thursday**

20km. Take a hilly route.

### **Friday** Rest

**Saturday** Rest  
Stretch for 30 minutes.

### **Sunday**

25km. Take it at a leisurely pace.

## Week 2

### **Monday** Rest

Stretch for 30 minutes.

### **Tuesday**

20km. Work on changing gear regularly.

### **Wednesday** Rest

### **Thursday**

10km. 10 minute warm up. Choose a route including two large climbs. Ride the hill sitting in the saddle. 10 minute warm down.

### **Friday** Rest

Stretch for 30 minutes.

### **Saturday**

5km on a flat road. 15 minute warm up. Ride at a pace you find comfortable. 15 minute warm down

### **Sunday**

30km. Practise eating and drinking whilst cycling.

## Week 3

### **Monday** Rest

Stretch for 30 minutes.

### **Tuesday**

10km. 10 minute warm up. Ride at a steady pace. 10 minute warm down.

### **Wednesday** Rest

### **Thursday**

15km. 10 minute warm up. Use a route including three large climbs. Ride the hill sitting in the saddle. 10 minute warm down.

### **Friday** Rest

Stretch for 30 minutes.

### **Saturday**

10km on a flat road (comfortable pace). 15 minute Warm up. 15 minute warm down.

### **Sunday**

35km. (comfortable pace). Practise eating and drinking whilst cycling.

#### Week 4

**Monday** Rest  
Stretch for 30 minutes.

**Tuesday**  
15km. 10 minute warm up.  
Ride at a steady pace.  
10 minute warm down.

**Wednesday** Rest

**Thursday**  
20km. 10 minute warm up.  
Choose a route that includes four large climbs (of four minutes each, or longer if possible).  
Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest  
Stretch for 30 minutes.

**Saturday**  
10km on a flat road. 15 minute warm up. Ride at a pace you find comfortable. 15 minute warm down.

**Sunday**  
40km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

#### Week 5

**Monday** Rest  
Stretch for 30 minutes.

**Tuesday**  
25km. Working on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday**  
Fitness test. Ride the same 8km circuit as in the first fitness test. 15 minute warm up and ride it as quickly as possible. Record your time to track progress. 10 minute warm down.

**Thursday** Rest  
Stretch for 30 minutes.

**Friday**  
15km. 10 minute warm up. Choose a route that includes three large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. 10 minute warm down.

**Saturday** Rest

**Sunday**  
35km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

#### Week 6

**Monday** Rest  
Stretch for 30 minutes.

**Tuesday**  
20km. 10 minute warm up. Ride at a steady pace. 10 minute warm down.

**Wednesday** Rest

**Thursday**  
20km. 10 minute warm up. Choose a route that includes four large climbs (of four minutes each, or longer if possible).  
Try to ride the hill sitting in the saddle. 10 minute warm down.

**Friday** Rest  
Stretch for 30 minutes.

**Saturday**  
10km on a flat road. 15 minute warm up. Ride at a pace you find comfortable. 15 minute warm down.

**Sunday**  
40km. Choose an undulating route.

#### Week 7

**Monday** Rest  
Stretch for 30 minutes.

**Tuesday**  
20km. 10 minute warm up. Ride at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday**  
25km. 10 minute warm up. Choose a route that includes five large climbs (of four minutes each, or longer if possible).  
Try to ride the hill sitting in the saddle. 10 minute warm down.

**Friday** Rest  
Stretch for 30 minutes.

**Saturday**  
10km on a flat road. 15 minute warm up.. Ride at a pace you find comfortable. 15 minute warm down.

**Sunday**  
50km. Choose an undulating route.

#### Week 8

**Monday** Rest  
Stretch for 30 minutes.

**Tuesday**  
20km. 10 minute warm up. Ride at a steady pace. 10 minute warm down.

**Wednesday** Rest

**Thursday**  
30km. 10 minute warm up. Choose a route that includes six large climbs (of four minutes each, or longer if possible).  
Try to ride the hill sitting in the saddle. 10 minute warm down.

**Friday** Rest  
Stretch for 30 minutes.

**Saturday**  
10km on a flat road. 15 minute warm up. Ride at a pace you find comfortable. 15 minute warm down.

#### Week 9

**Monday** Rest  
Stretch for 30 minutes.

**Tuesday** Rest  
Stretch for 30 minutes.

**Wednesday**  
Fitness test. Ride the same 8km circuit as in the other fitness tests. 15 minute warm up. Ride it as quickly as possible. Record your time to track progress. 15 minute warm down.

**Thursday**  
Stretch and do core-stability exercises for 30 minutes.

**Friday**  
20km. 10 minute warm up. Choose a route that includes four large climbs (of four minutes each, or longer if possible).  
Try to ride the hill sitting in the saddle. 10 minute warm down.

**Saturday** Rest

**Sunday**  
60km. Choose an undulating route.

## Week 10

### Monday Rest

Stretch for 30 minutes.

### Tuesday

20km. 10 minute warm down.  
Ride at a steady pace.  
10 minute warm down.

### Wednesday Rest

### Thursday

30km. 10 minute warm down.  
Choose a route that includes six large climbs (of four minutes each, or longer if possible).  
Try to ride the hill sitting in the saddle. 10 minute warm down.

### Friday Rest

Stretch for 30 minutes.

### Saturday

40km. Choose an undulating route.

### Sunday

75km on a flat route.

## Week 11

### Monday Rest

Stretch for 30 minutes.

### Tuesday

25km. 10 minute warm down.  
Ride on a flat road at a steady pace. 10 minute warm down.

### Wednesday Rest

### Thursday

30km. 10 minute warm down.  
Choose a route that includes six large climbs (of four minutes each, or longer if possible).  
Try to ride the hill sitting in the saddle. 10 minute warm down.

### Friday Rest

Stretch for 30 minutes.

### Saturday

60km. Choose an undulating route.

### Sunday

90km on a flat route.

## Week 12

### Monday Rest

Stretch for 30 minutes.

### Tuesday

30km. 10 minute warm down.  
Ride on a flat road at a steady pace. 10 minute warm down.

### Wednesday Rest

### Thursday Rest

Stretch for 30 minutes.

### Friday

40km. Choose a flat route.  
It's the first of three days' consecutive cycling so be sure to eat lots of carbohydrates after the ride.

### Saturday

60km on a flat route. Again, be sure to eat lots of carbohydrates after the ride.

### Sunday

90km. Eat and drink frequently during this long ride.

## Week 13

### Monday

Use this week to recover from the previous weeks' exertions and prepare yourself for your event. Start with a rest day. Stretch for 30 minutes.

### Tuesday

10km on a flat route. Take it very slowly and stretch for 15 minutes before and after.

### Wednesday Rest

### Thursday

Fitness test. Ride the same 8km circuit as in the other fitness tests. 15 minute warm down. Ride it as quickly as possible. Record your time to track progress. 15 minute warm down.

### Friday Rest

Stretch for 30 minutes.

### Saturday

30km. Choose an undulating route.

### Sunday

50km on a flat route. Over the next two days, take time to get your bike serviced and ready for the start of your trip.





# FITTING TRAINING

# INTO YOUR BUSY LIFE

With all your other commitments, and your fundraising, you may feel like you've no time left to train. But if you make a few changes to your lifestyle, you may well find some extra training time.

For example, you could:

- get up a little earlier and cycle before work
- make a cycle ride part of your commute or get on your bike in your lunch break.

And as well as cycling, you could work on your overall fitness by:

- walking instead of driving to the shops
- taking the stairs rather than the lift.

You can always ask for help with your training schedule at your local gym.



# INJURY PREVENTION TIPS

## Warm up and stretch

It's important to warm up before exercise and warm down afterwards in the correct way. This will help you avoid injuries and prepare your body for the exercise to follow. And don't forget – only stretch after your muscles have warmed up.

## Have enough rest

Rest is as important as training. It's vital that you allow your body adequate time to recover, particularly from hard sessions, so make sure you have enough rest days.

## Treat yourself to a sports massage

A sports massage can help speed up recovery from long rides and is an essential component of injury management – as well as making you feel great. Most physiotherapists provide sports massage. Or find the details of qualified sports masseurs or sports therapists in your area in gyms, leisure centres or local sports stores.

## Strengthen up

Doing regular core and lower-limb strengthening may help lessen the risk of injury and should be incorporated into your training programme early on. Ask physiotherapists, sports masseurs and gym instructors to show you exercises that will suit you.

## **i** Never train with an injury

Most aches and pains can be treated with ice and rest. But if your pain doesn't subside or gets worse, seek the advice of a doctor, qualified physio or sports therapist before you start training again.

# EXERCISE CIRCUIT

These exercises are designed to strengthen specific muscle groups. It's important to use just your own body weight in the early weeks. But in the latter weeks, you can add small weights to your ankles to help build strength.

The idea of the circuit is to complete each exercise then move on to the next. Once you've finished all the exercises (ie one circuit), you then go round the circuit three to five times, as shown in the programme. You can also increase the number of repetitions for each exercise to 20, 30, 40 or 50, depending on how strong you feel. Don't forget to stretch before and after the session to keep the muscles loose and long.

## **Calf raises**

Stand with your feet together, at arm's length away from the wall. Have your fingers just touching the wall for balance. Raise yourself slowly on to the tips of your toes and slowly lower. Repeat 20 times.

## **Squats**

Stand with your feet shoulder width apart, hands on hips. Keep your back straight and head up while you slowly lower yourself so that your knees are bent 90 degrees. Then stand up so that your knees are locked straight. Repeat 20 times.



## **Step ups**

Using the bottom step of a staircase or a low bench, start with your left foot on the step and your right foot on the floor. Stand up straight on your left leg, bringing your right foot up to the step above and then lower back down to the floor. Repeat 20 times. Change leg and repeat.

## **Leg extensions**

Sit on a high sofa, bed or bench with the backs of your knees just on the edge and your feet hanging down. Lean back, with your hands behind you for support. Keeping the back of your knee on the seat, slowly lift your left foot up so that your leg becomes straight, and lower again. Repeat 20 times. Change leg and repeat.

## **Leg raises**

Lie on your stomach on a mat or soft floor with your hands under your chin. Keeping your left leg straight, slowly raise it six inches off the floor and then slowly lower. Repeat 20 times. Change leg and repeat.







# TRAINING TIPS

## **Gym vs the open road**

One hour of quality workout in the gym is worth two hours out on the road, but it won't prepare you for pushing a bike in the open air. So get out on your bike, as well as into the gym.

## **Mix it up**

If you're finding your cycling regime a little dull, give yourself some time off the bike. Try swimming, rowing, joining a spinning class or getting on the cross-country skiing machines.

## **Food glorious food**

Eat a good meal the night before a cycle – one that's packed with carbohydrates. Make sure you are eating well before your ride too. Make sure you keep hydrated on your ride – drinking little and often is best.

## **Position yourself**

Your ride position is as important as your training, so make sure you're comfortable in the saddle.

## **Keep your bike right**

Keep your bike well maintained at all times.

## **Be smart**

If you have a smart phone, there are different apps you can download to monitor your training. One of our favourites is Endomondo. It's available for Android, iOS and a host of other operating systems. Download it from [endomondo.com](http://endomondo.com)

# FOOD AND DIET

What you eat when you start to train will impact on your cycling and energy levels. At first, while you're training at a low weekly mileage, concentrate on eating in a regular pattern and trying to cut your daily intake of saturated fats. Try to eat fewer fried foods and dairy products as these will counter any training you start doing.

Here's what you should be eating:

## **Carbohydrates**

As your mileage increases, make sure that at least one meal a day is high in carbohydrates – this will give you energy. Carbohydrates are mainly found in potatoes, bread, pasta and rice. Combine this with a good mixture of vitamins and minerals from fruit and vegetables. Bananas are the preferred energy provider for cyclists.

## **Meat and fish**

Meat and fish provide essential microproteins which help muscle development. If you want to be really healthy it's best to eat fish, and white meats such as chicken. If you eat red meat you should cut as much fat off as possible and cook it in a healthy way such as grilling.

## **Energy bars**

There are a number of different energy bars on the market, all providing elements which help you maintain your energy should it start to flag on a ride.

## **Fluids**

You'll need to drink more fluid on a daily basis as you'll be losing more through sweating and exercising. You can also increase your energy levels by drinking isotonic drinks, such as Lucozade. If you plan to drink them throughout your challenge event, get used to them while training.

## **Last bite**

If you eat healthily and make sure you have plenty of carbohydrates before and after long rides, you'll be fine.

# AND THERE'S MORE ...

If you want more hints, tips and training plans, head over to these websites:

## **[realbuzz.com/cycling](http://realbuzz.com/cycling)**

Tips on how to get a good ride position, cope with life on the roads and improve your fitness and technique.

## **[road-bike.co.uk](http://road-bike.co.uk)**

An excellent site aimed at beginners who want to cycle like pros – includes tips on all aspects of how to get into the sport.

## Enjoy yourself

You've signed up to take part in an incredible event so make the most of the experience. Enjoy cycling in the great outdoors, and know that you're helping to change lives as you do it. And, if you start losing motivation or finding training tough, just take a deep breath and remember this: we couldn't do what we do without you.

## Any questions?

If you have any more questions about training for your marathon, whiz over to [macmillan.org.uk/cycling](https://www.macmillan.org.uk/cycling) or email us at [cycling@macmillan.org.uk](mailto:cycling@macmillan.org.uk)

If you have any questions about cancer or if you'd like to talk about what you're going through, please give our support line a call on **0808 808 00 00** (Monday – Friday, 9am – 8pm). Or visit us at [macmillan.org.uk](https://www.macmillan.org.uk)



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