

# 8-WEEK SOFA TO 50 KM

Week one: Getting started | total ride time: 1 hour 30 minutes - 3 hours 30 minutes



## Goals of the week

1 Make sure your bike is ready to ride and [set-up correctly](#).

2 Decide on a route for your rides.

3 Think about and decide on your [cross-training options](#).

### MONDAY



Session type  
**Rest day**

#### Session details

It might seem odd to start a training plan with a rest day but use today to make sure your bike, kit and clothing are ready to go tomorrow.

### TUESDAY



Session type  
**Ride**

🕒 30 minutes

📶 Low

#### Session details

**Easy paced ride**  
On a flat loop, ride for 30 minutes at a consistent easy pace. On the [RPE \(Rate of Perceived Exertion\)](#) chart, you should be at three to four and able to maintain a full conversation. Pace the 30 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm.

#### Focus

Getting you out on your bike and familiar with the intensity you should be riding at.

### WEDNESDAY



Session type  
**Cross training/rest**

🕒 0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or [swimming](#) are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### THURSDAY



Session type  
**Ride**

🕒 30 minutes

📶 Low

#### Session details

**Easy paced ride**  
On a flat loop, ride for 30 minutes at a consistent easy pace. On the [RPE \(Rate of Perceived Exertion\)](#) chart, you should be at three to four and able to maintain a full conversation. Pace the 30 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm.

#### Focus

Build on tuesday's ride but don't try to push any harder, it's all about discovering your sustainable pace.

### FRIDAY



Session type  
**Cross training/rest**

🕒 0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or [swimming](#) are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### SATURDAY



Session type  
**Rest day**

#### Session details

No option for cross training today, it is a compulsory day off. This rest day will allow your body to recover for tomorrow's ride.

### SUNDAY



Session type  
**Ride**

🕒 30 minutes

📶 Low

#### Session details

**Easy paced ride**  
On a flat loop, ride for 30 minutes at a consistent easy pace. On the [RPE \(Rate of Perceived Exertion\)](#) chart, you should be at three to four and able to maintain a full conversation. Pace the 30 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm.

#### Focus

Your third ride of the week, you should be feeling more confident and comfortable on the bike. Keep your upper body relaxed.

# 8-WEEK SOFA TO 50 KM

Week two: Up to an hour | total ride time: 2 hours 30 minutes - 4 hours 30 minutes



## Goals of the week

- 1 Sort out any issues with your bike you discovered last week.
- 2 [Drink from a bottle while riding.](#)
- 3 Do at least one of the cross training sessions.

### MONDAY



Session type  
**Rest day**

Session details  
Recovering from yesterday's ride and an ideal chance to iron out any mechanical or set-up issues you've discovered.

### TUESDAY



Session type  
**Ride**

🕒 45 minutes  
📶 Low

Session details  
**Easy paced ride**  
On a flat loop, ride for 45 minutes at a consistent easy pace, RPE 3/4. Pace the 45 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm.

#### Focus

Adding some saddle time to the rides you achieved last week. Start thinking about your riding technique. Today, [focus on your cornering.](#)

### WEDNESDAY



Session type  
**Cross training/rest**

🕒 0 minutes - 1 hour

Session details  
**Yoga, pilates, strength work in the gym or swimming** are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### THURSDAY



Session type  
**Ride**

🕒 45 minutes  
📶 Low

Session details  
**Easy paced ride**  
On a flat loop, ride for 45 minutes at a consistent easy pace, RPE 3/4. Pace the 45 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm.

#### Focus

Ride the same route as on Tuesday. Carry a water bottle with you and practice taking and replacing it on the move. Drinking while riding is an essential skill.

### FRIDAY



Session type  
**Cross training/rest**

🕒 0 minutes - 1 hour

Session details  
**Yoga, pilates, strength work in the gym or swimming** are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### SATURDAY



Session type  
**Rest day**

Session details  
No option for cross training today, it is a compulsory day off. This rest day will allow your body to recover for tomorrow's ride.

### SUNDAY



Session type  
**Ride**

🕒 1 hour  
📶 Low

Session details  
**Easy paced ride**  
On a flat loop, ride for one hour at a consistent easy pace, RPE 3/4. Pace the one hour ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm. Aim to take a sip from your water bottle every 10 minutes.

#### Focus

Building up your endurance. Stick to the correct intensity, remember you should be able to talk easily, and you'll have no problems.

# 8-WEEK SOFA TO 50 KM

## Week three: Lifting the intensity | total ride time: 3 hours 30 mins - 5 hours 30 mins



### Goals of the week

1 Introducing some faster paced riding.

2 Consider buying and using a [foam roller](#) on your rest days.

3 Do at least one of the cross training sessions.

### MONDAY



Session type  
**Rest day**

#### Session details

Recovering from yesterday's ride and an ideal chance to iron out any mechanical or set-up issues you've discovered.

### TUESDAY



Session type  
**Ride**

🕒 1 hour

📶 Low/Med

#### Session details

**Easy paced ride with tempo effort**  
On a flat loop, ride for the first 20 minutes at a consistent easy pace RPE 3-4. For the next 20 minutes, increase the intensity a little RPE 5-6. It's not a sprint, just a conscious effort to up the pace a little.

You should still be able to talk but maybe just in short sentences. For the final 20 minutes return to easy pace RPE 3-4.

#### Focus

Finding a riding intensity above your steady pace but that's still sustainable. Don't forget to use your gears and keep your legs spinning quickly.

### WEDNESDAY



Session type  
**Cross training/rest**

🕒 0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or **swimming** are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### THURSDAY



Session type  
**Ride**

🕒 1 hour

📶 Low/Med

#### Session details

**Easy paced ride with tempo effort**  
On a flat loop, ride for the first 20 minutes at a consistent easy pace RPE 3-4. For the next 20 minutes, increase the intensity a little RPE 5-6. It's not a sprint, just a conscious effort to up the pace a little.

You should still be able to talk but maybe just in short sentences. For the final 20 minutes return to easy pace RPE 3-4

#### Focus

You might not have got this session quite right on Tuesday and maybe tried to push a bit hard. Adjust your effort and find that tempo intensity.

### FRIDAY



Session type  
**Cross training/rest**

🕒 0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or **swimming** are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### SATURDAY



Session type  
**Rest day**

#### Session details

No option for cross training today, it is a compulsory day off. This rest day will allow your body to recover for tomorrow's ride.

### SUNDAY



Session type  
**Ride**

🕒 1 hour and 30 minutes

📶 Low

#### Session details

**Easy paced ride**  
On a flat loop, ride for one hour and 30 minutes at a consistent easy pace, RPE 3/4. Pace the one hour and 30 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm. Aim to take a sip from your water bottle every 10 minutes and have something to eat, such as half an energy bar, after one hour.

#### Focus

Building up your endurance and the skills, such as eating and drinking on the bike, which are essential as you ride further.

# 8-WEEK SOFA TO 50 KM

## Week four: Two-hour ride | total ride time: 4 hours - 6 hours



### Goals of the week

**1** Riding for two hours at the weekend.

**2** [Book a massage](#) as a reward after your long ride.

**3** Do at least one of the cross training sessions.

### MONDAY



Session type  
**Rest day**

#### Session details

Recovering from yesterday's ride and an ideal chance to iron out any mechanical or set-up issues you've discovered.

### TUESDAY



Session type  
**Ride**

1 hour

Low/Med

#### Session details

**Easy paced ride with tempo effort**  
On a flat loop, ride for the first 20 minutes at a consistent easy pace RPE 3-4. For the next 20 minutes, increase the intensity a little RPE 5-6. It's not a sprint, just a conscious effort to up the pace a little. You should still be able to talk but maybe just in short sentences. For the final 20 minutes return to easy pace RPE 3-4.

#### Focus

If you're riding the same loop as last week, can you go a bit further in the 20-minutes effort?

### WEDNESDAY



Session type  
**Cross training/rest**

0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or **swimming** are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### THURSDAY



Session type  
**Ride**

1 hour

Low/Med

#### Session details

**Easy paced ride with tempo effort**  
On a flat loop, ride for the first 20 minutes at a consistent easy pace RPE 3-4. For the next 20 minutes, increase the intensity a little RPE 5-6. It's not a sprint, just a conscious effort to up the pace a little. You should still be able to talk but maybe just in short sentences. For the final 20 minutes return to easy pace RPE 3-4.

#### Focus

You should be familiar with your tempo intensity now and confident to increase your effort a little.

### FRIDAY



Session type  
**Cross training/rest**

0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or **swimming** are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### SATURDAY



Session type  
**Rest day**

#### Session details

No option for cross training today, it is a compulsory day off. This rest day will allow your body to recover for tomorrow's ride.

### SUNDAY



Session type  
**Ride**

2 hours

Low

#### Session details

**Easy paced ride**  
On a flat loop, ride for two hours at a consistent easy pace, RPE 3/4. Pace the two hours ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm. Aim to take a sip from your water bottle every 10 minutes and have something to eat, such as half an energy bar or a gel, every 20-30 minutes.

#### Focus

Building up your endurance and riding for 2 hours. It doesn't have to be continuous, you can have a halfway café stop.

# 8-WEEK SOFA TO 50 KM

## Week five: R&R | total ride time: 2 hours 30 minutes - 4 hours 30 minutes



### Goals of the week

**1** Rest and recover after four weeks of training.

**2** Give your bike a good clean.

**3** Opt for restful and restorative cross training options.

### MONDAY



Session type  
**Rest day**

#### Session details

Recovering from yesterday's two hours ride, take it easy, you deserve it.

### TUESDAY



Session type  
**Ride**

1 hour

Low/Med

#### Session details

**Easy paced ride with tempo effort**  
On a flat loop, ride for the first 20 minutes at a consistent easy pace RPE 3-4. For the next 20 minutes, increase the intensity a little RPE 5-6. It's not a sprint, just a conscious effort to up the pace a little. You should still be able to talk but maybe just in short sentences. For the final 20 minutes return to easy pace RPE 3-4.

#### Focus

It's not all R&R this week but this is your only really tough session so, try and set a PB.

### WEDNESDAY



Session type  
**Cross training/rest**

0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or swimming are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### THURSDAY



Session type  
**Ride**

30 minutes

Low

#### Session details

**Easy paced ride**  
On a flat loop, ride for 30 minutes at a consistent easy pace RPE 3-4.

#### Focus

This is a really easy spin for what should now feel like a short amount of time. Use your gears to keep the load on your legs low, this ride should aid recovery.

### FRIDAY



Session type  
**Cross training/rest**

0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or swimming are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### SATURDAY



Session type  
**Rest day**

#### Session details

No option for cross training today, it is a compulsory day off. This rest day will allow your body to recover for tomorrow's ride.

### SUNDAY



Session type  
**Ride**

1 hour

Low

#### Session details

**Easy paced ride**  
On a flat loop, ride for one hour at a consistent easy pace, RPE 3/4. Pace the one hour ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm. Aim to take a sip from your water bottle every 10 minutes.

#### Focus

Just an hour today to keep you ticking over, don't be tempted to do more. Recovery from a tough block of training, like the four weeks you've just done, is when the body gets stronger.

# 8-WEEK SOFA TO 50 KM

## Week six: Hitting some hills | total ride time: 4 hours 30 minutes - 6 hours 30 minutes



### Goals of the week

**1** Find a suitable hill for Tuesday sessions.

**2** If you're not entered into an official 50 km event, start thinking about a route.

**3** Do at least one of the cross training sessions.

### MONDAY



Session type  
**Rest day**

#### Session details

Recovering from yesterday's ride and an ideal chance to iron out any mechanical or set-up issues you've discovered.

### TUESDAY



Session type  
**Ride**

1 hour

Med/High

#### Session details

##### Hill Reps

10 minutes easy cycling on the flat to warm-up. On a challenging hill, ride for 5 minutes. Pace it, don't go out too hard but, by the end, you should be at RPE 7-8, single word answers only. Roll back down the hill, giving yourself 5 minutes to recover. Repeat the hill climb twice more. Ride steadily on the flat, RPE 3-4, for 25 minutes to complete an hour.

#### Focus

Pacing, try to reach the same point on the hill for each effort. Technique, use your gears and practice both [seated](#) and [standing](#) climbing.

### WEDNESDAY



Session type  
**Cross training/rest**

0 minutes - 1 hour

#### Session details

See how you are feeling after yesterday's tempo ride. Listen to your body and maybe just put your feet up.

### THURSDAY



Session type  
**Ride**

1 hour

Low/Med

#### Session details

##### Easy paced ride with tempo effort

On a flat loop, ride for the first 20 minutes at a consistent easy pace RPE 3-4. For the next 25 minutes, increase the intensity a little RPE 5-6. It's not a sprint, just a conscious effort to up the pace a little. You should still be able to talk but maybe just in short sentences. For the final 15 minutes return to easy pace RPE 3-4.

#### Focus

The tempo effort is a bit longer today, pace it evenly and don't go off too hard.

### FRIDAY



Session type  
**Cross training/rest**

0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or swimming are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### SATURDAY



Session type  
**Rest day**

#### Session details

No option for cross training today, it is a compulsory day off. This rest day will allow your body to recover for tomorrow's ride.

### SUNDAY



Session type  
**Ride**

2 hours and 30 minutes

Low/Med

#### Session details

##### Easy paced ride

On a loop within few climbs, ride the majority of 2 hours 30 minutes at a consistent easy pace, RPE 3/4. On the climbs, have the confidence to increase your effort to tempo intensity, RPE 5-6. Don't purposely attack the hills but don't worry if you find your effort level rising above steady paced riding. Aim to take a sip from your water bottle every 10 minutes and have something to eat, such as half an energy bar or a gel, every 20-30 minutes.

#### Focus

The longest ride before your 50 km goal. Really focus on regular eating and drinking right from the start of the ride and, don't forget, it's okay to schedule in a café stop.

# 8-WEEK SOFA TO 50 KM

## Week seven: Starting to ease back | total ride time: 3 hours 30 mins - 5 hours



### Goals of the week

1 Book your bike in for a service.

2 Double check all your clothing and kit for next week.

3 Do at least one of the cross training sessions.

### MONDAY



Session type  
**Rest day**

#### Session details

Recovering from yesterday's ride and an ideal chance to iron out any mechanical or set-up issues you've discovered.

### TUESDAY



Session type  
**Ride**

🕒 1 hour

📊 Med/High

#### Session details

10 minutes easy cycling on the flat to warm-up. On a challenging hill, ride for 5 minutes. Pace it, don't go out too hard but, by the end, you should be at RPE 7-8, single word answers only. Roll back down the hill, giving yourself 5 minutes to recover.

Repeat the hill climb three times more. Ride steadily on the flat, RPE 3-4, for 20 minutes to complete an hour.

#### Focus

You've got an extra rep to do, so pacing is even more important. Try to alternate one minute seated with one minute standing.

### WEDNESDAY



Session type  
**Cross training/rest**

🕒 0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or swimming are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### THURSDAY



Session type  
**Ride**

🕒 1 hour

📊 Low/Med

#### Session details

**Easy paced ride with tempo effort**  
On a flat loop, ride for the first 20 minutes at a consistent easy pace RPE 3-4. For the next 30 minutes, increase the intensity a little RPE 5-6. It's not a sprint, just a conscious effort to up the pace a little. You should still be able to talk but maybe just in short sentences. For the final 10 minutes return to easy pace RPE 3-4.

#### Focus

Your longest tempo effort. Give yourself a pat on the back, at the start of the plan, 30 minutes was your longest ride.

### FRIDAY



Session type  
**Cross training/rest**

🕒 0 minutes - 1 hour

#### Session details

Yoga, pilates, strength work in the gym or swimming are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

### SATURDAY



Session type  
**Rest day**

#### Session details

No option for cross training today, it is a compulsory day off. This rest day will allow your body to recover for tomorrow's ride.

### SUNDAY



Session type  
**Ride**

🕒 1 hours and 30 minutes

📊 Low/Med

#### Session details

**Easy paced ride**  
On a loop within few climbs, ride the majority of 1 hr 30 minutes at a consistent easy pace, RPE 3/4. On the climbs, have the confidence to up your effort to tempo intensity, RPE 5-6. Don't purposely attack the hills but don't worry if you find your effort level rising above steady paced riding. Sip from your water bottle every 10 minutes and eat half an energy bar or a gel, every 20-30 minutes.

#### Focus

Easing back, aiming to start your recovery before next weekend's final goal. Ride in the kit you will wear next week and as a final test of fuelling the ride.

# 8-WEEK SOFA TO 50 KM

## Week eight: Your 50km ride | total ride time: 4 hours 50 mins - 5 hours 50 mins



### Goals of the week

**1** Complete your 50 km ride.

**2** Use the additional rest day on Thursday to get all your kit together, don't leave it until the last minute on Friday

**3** Have a think about what next to do with your cycling fitness.

#### MONDAY



Session type  
**Rest day**

**Session details**  
Recovering from yesterday's ride and an ideal chance to iron out any mechanical or set-up issues you've discovered.

#### TUESDAY



Session type  
**Ride**

30 minutes

Low

**Session details**  
**Easy paced ride**  
On a flat loop, ride for 30 minutes at a consistent easy pace, RPE 3/4. Pace the 30 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm.

#### Focus

This week's rides are just about turning your legs over and tapering for the weekend's ride. Don't be tempted in to any last minute extra training. You won't gain any fitness and will just make yourself tired

#### WEDNESDAY



Session type  
**Cross training/rest**

0 minutes - 1 hour

**Session details**  
Yoga, pilates, strength work in the gym or swimming are all excellent complements to cycling and you should try and do at least one cross training session per week. Alternatively, take an additional rest day.

#### THURSDAY



Session type  
**Ride**

30 minutes

Low

**Session details**  
**Easy paced ride**  
On a flat loop, ride for 30 minutes at a consistent easy pace. RPE 3/4. Pace the 30 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm.

#### Focus

This week's rides are just about turning your legs over and tapering for the weekend's ride. Don't be tempted in to any last minute extra training. You won't gain any fitness and will just make yourself tired.

#### FRIDAY



Session type  
**Rest day**

**Session details**  
An extra rest day, double check all your kit and clothing is ready and then put your feet up.

#### SATURDAY



Session type  
**Ride**

20 minutes

Low

**Session details**  
**Easy paced ride**  
On a flat loop, ride for 20 minutes at a consistent easy pace. RPE 3/4. Pace the 20 minutes ride as evenly as possible, use your gears to keep your cadence up at around 80-90 rpm.

#### Focus

It might seem odd to ride the day before your 50 km but, a really easy paced 20-minute spin, will loosen your legs off and prevent them feeling heavy and sluggish tomorrow.

#### SUNDAY



Session type  
**Ride**

n/a

Low/Med

**Session details**  
**50km ride**  
Pace and fuel your 50 km ride exactly the same as you have your training rides. Stick to RPE 3/4 for the majority of the ride but you have the fitness to hold a higher intensity on climbs if necessary. Eat and drink little and often right from the start of the ride.

#### Focus

Enjoy it!