

Training Programme: End - End cycle ride

- This programme is written in 6 'phases'. Each phase is a step in the staircase, toward being 'fit to ride' in September. The coaches' job is to suggest the right steps. The riders job; to climb steadily up them, without charging at them so unthinkingly that you 'fall down the stairs' due to an avoidable injury or illness. Nor remaining static on one step. The rider also has to be brutally honest with coach, if he disagrees with that suggested. The coach and rider being equally committed to the same goals is a must.
- The **aim** of each phase always remains unchanged; unless the rider and coach feel that alternative aim has become important due to other factors. For example, if a severe injury occurs then a new 'rehabilitation' phase could be inserted, and subsequent phases adapted. Or later 'speed' or 'strength' training phases may be thought useful if progress is good.
- The **objectives** within each phase are much more fluid, according to the riders individual circumstances. Common sense needs to be applied, along with monitoring and reflection. At the end of the day, each rider is individual, and has to decide what is right for them. However too much slippage and you'll suffer horribly and be prone to injury or failure come September. Too adventurous and you could end up over-training and unnecessarily losing time due to long bouts of injury or illness.
- The **notes** give advice specific to each phase. The 'training notes' written on the 2 separate sheets apply to all of the first 4 phases especially. These are essential training phases to give adequate 'base endurance'. Some slippage time is built into the programme, as phase 5 is flexible, however the first 4 need to be completed 2 weeks prior to leaving at the latest. The last phase after this date being an essential 'recovery' phase, so your body and mind are fresh, and you have time for last minute essentials like servicing your bike, logistics planning, press calls, family, sleep etc.

Finally this programme should help you to get the most out of the End-to-End experience, for it will be an 'experience and a half'. When I completed it in 1997; it was an experience that has not been rivalled easily, apart from the day I got married, our honeymoon and my little boy born this year. None of you, nor I, have done it as a group ride. The charity I fund-raised for was not such a 'totally' worthy cause either. It's got to be worth being fit enough, so you are not running on empty; as when people see what you are doing they will, I expect, treat you like kings. And deservedly so!

God Speed Chaps!

Keep your head, keep praying, keep 'training-wise' and all will be fine.

Remember: no one considers jumping up a staircase in one go.

They do the first step., then the second., then the third. And if they have any sense, stop occasionally, to see where they are heading to and where they have come from.

Don't be put off by other people's reactions, like; "you're mad", they are seeing the whole staircase, and not the steps leading up it. Enjoy your training!

Notes by S. Roberts. British Cycling Federation Level 2 Club Coach. March 2006

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Phase 1 (7 weeks)

Aims	Suggested Objectives		Notes
	Date (week commencing)	Target distance -miles-	
<ul style="list-style-type: none"> • Building up mileage gradually, week by week, to 75 miles • To have a complete rest, mid-phase for full recovery • Only to complete shorter rides, in between, if fully recovered and time is not too pressurised. 	Week 1	45	<ul style="list-style-type: none"> • Target mileage needs to be completed in a single ride with no more than a 30 minute stop. • For 3 days prior to the ride only do very short rides, if any. • If you have not ridden at all since the previous long ride, then start very steady for a few miles, so your system has a chance to get going again. • Rest means no riding! • Read the 2 accompanying pages of 'training notes' carefully.
	Week 2	55	
	Week 3	65	
	Week 4	rest	
	Week 5	65	
	Week 6	70	
	Week 7	75	

Phase 2 (5.5 weeks)

Aim	Suggested Objectives		Notes
	Date (week commencing)	Target distance -miles-	
<ul style="list-style-type: none"> • Extend ride mileage to 100 miles, using a 2 week biorhythm • To complete rides, of 50 miles or less, during the interceding 'recovery' weeks • Only to attempt long mileage if fully recovered with no signs of illness or acute injury. • To rest, following completion of the 100 mile ride, until week 14 	Week 8	80	<ul style="list-style-type: none"> • Target mileage needs to be completed in a single ride with no more than two 30 minute stops. • Consider using a suitable energy drink to supplement solid food rations like bananas. • For 3-5 days prior to the ride only do very short rides, less than 30 miles, if any. • For 2 days prior rest completely. • Read the accompanying pages of 'training notes' carefully. • If resting BPR raised more than 10% then reschedule ride until fully recovered. • Rest means no riding. <p>* Do the 100 mile ride early in the week to enable more rest prior to phase 3 (see phase 3).</p>
	Week 9	Recovery	
	Week 10	90	
	Week 11	Recovery	
	Week 12*	100*	
	Week 13	Rest	

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Phase 3 (1.5 weeks)

Aim	Suggested Objectives		Notes
	Date (week commencing)	Target distance -miles-	
<ul style="list-style-type: none"> To complete 2 long rides, of 70 miles or more, in close succession To practice group riding technique for riders who are able to make it to Geoff's To be motivated by seeing 'Le Tour' To get a complete rest from the bike at the end of this phase 	Week 14 (Day 1)	70-80	<p>Day 1 A very gentle spin would help re-awaken the legs after the rest break the week before.</p> <p>Day 2 Ride steady and find out how you get on riding together. Aim to complete the ride with everyone feeling comfortable and everyone kept together in one group.</p> <p>Day 3 Church? Gentle spin to avoid legs ceasing up. Discussion and reflection. Watch 'Le Tour'.</p> <p>Day 4 Aim to maximise efficiencies of group riding. Encourage communication to get strongest riders to do more work or ease of pace so everyone rides for the others. Everyone to finish together.</p>
	Day 2	Recovery	
	Day 3	90-100	
	Days 4 - 10	Complete Rest	

Phase 4 (2 weeks)

Aim	Suggested Objectives		Notes
	Date (week commencing)	Target distance -miles-	
<ul style="list-style-type: none"> To complete 3 Long rides, of 70 miles or more, in close succession to stimulate recovery. To learn to pace each days riding to avoid extreme fatigue in subsequent riding days. To have complete rest for a full week after the rides 	Week 15 in succession (preferably) (Day 4)	Day 1 - 70 Day 2 - 90 Day 3 - 70	<ul style="list-style-type: none"> Do not begin this phase until you are certain that you have recovered fully from phase 3. Plan this phase for a time when you are able to rest after you return home. Abort & reschedule the phase at any time if BPR remains 10% or more of the normal recovered rate the morning prior to riding. If you have not ridden at all since the previous long ride, then start very steady for a few miles, so your system has a chance to get going again. Read the accompanying pages of 'training notes' carefully.
	Week 16	Rest	

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Phase 5 (3 weeks)

Provisional Aims below	Suggested Objectives		Notes
<ul style="list-style-type: none"> • Flexible phase to be planned according to individual need later. • Week 17 to complete any outstanding aspects of phases 3 or 4 • Week 18 to recover, actively on bike, or with rest off the bike • Week 19 to complete several days of demanding riding, including some strength training on hills 	Date (week commencing)	Target distance -miles-	<ul style="list-style-type: none"> • This phase to be scheduled by end of July. • During this phase any slippage in the earlier foundation fitness phases will be rectified. • Strength or speed training could be incorporated into this stage provided foundation is definitely established and no signs of fatigue, illness or injury.
	Week 17	?	
	Week 18	?	
	Week 19	?	

Phase 6 (2 weeks)

Aim	Suggested Objectives		Notes
<ul style="list-style-type: none"> • Total physical and mental recuperation prior to the End to End • Focus on ensuring all equipment okay, getting good rest and completing ride planning etc. • Some undemanding riding in the week prior to wake your system up again 	Date (week commencing)	Target distance -miles-	<ul style="list-style-type: none"> • Early in the week of 21st August could be used for some more intensive riding if the demanding riding of 14 – 20th Aug could not take place. • Any riding, monitor recovery closely and rest completely if pulse is even slightly raised. • For 7 days prior to the End to End only do short rides, if any, and keep rides low intensity.
	Week 20	rest	
	Week 21	easy riding	