











Key to graphics:

	<p>REST – Yay!</p>
	<p>Alternative exercise (running, Zumba, swimming, PE lessons etc.) or rest</p>
	<p>Alternative exercise (including pilates, yoga, swimming etc.)</p>
	<p>Try some pilates, yoga or other exercise for 10 – 60 mins</p>
 <p>RIDE 15 mins</p>	<p>Ride your bike for recommended duration at a comfortable speed</p>
 <p>RIDE 1 hour x 1</p>	<p>Ride your bike for the recommended duration but include one- 5 minute hill climb (x 2 would mean two five minute climbs etc.). This could be the same hill repeated or different hills.</p>
 <p>RIDE 1 hour x 1</p>	<p>Ride your bike for recommended duration at a comfortable speed but include a section in the middle (of up to 20 minutes) where you push the speed <u>a little</u>. This is easier if you have bike computer but can be done without.</p>
 <p>RIDE 1 hour x 1</p>	<p>Ride for approx. 20 minutes smoothly, gradually increasing the cadence (rpm) then do 5 x 3 minute intervals where the first minute is done as fast as you can go and the second two minutes are 'sit up and recover' (this is the 'x1', 'x2' would be 10 intervals etc.). Experienced riders can alter the intervals, giving themselves shorter recovery, or recovery based on heart rate zones, or longer exertion times, or intervals up hills(!) or on longer rides several sets of intervals interspersed with blocks of steady riding.</p>
 <p>RIDE ? hour ? min</p>	<p>Ride steadily at a Low – Medium intensity, i.e. this is the ride to do with friends, perhaps with a coffee and cake stop midway.</p>
 <p>RIDE a little less than 10/25/50 or 75 miles</p>	<p>Ride a distance close to the one you hope to do at WOW; don't worry about speed or time.</p>

Nb. When producing these guidelines an average speed of 12.5 mph was used; for those doing the 50 or 75 mile route who want to train towards a faster speed you will need to adapt the stated amount of time to RIDE on your long ride.

British Cycling 20 minute Warm Up	Time	Cadence/rpm*	Riding style
20 minute British Cycling warm-up (for any occasion)	5 mins	90	Smooth pedalling
	2 mins	95	Smooth
	2 mins	100	Smooth
	2 mins	105	Smooth
	1min 30sec	110	Smooth
	30sec	120 - 130	Maintain form
	2 mins	90	Smooth
	6 secs	150+	Max out!
	1 min	90	Relax and recover
	6 secs	150+	Max out!
	1 min	90	Relax and recover
	6 secs	150+	Max out!
2 min 42 secs	90	Relax and recover	

*Cadence or revolutions per minute, rpm, is the speed the pedals go around.

These plans are for general guidance only, the days are not set in stone and the sky will not fall down if you pick and choose the bits you can/want to do; occasionally life gets in the way of training for an event, so adapt and use them in whichever way suits you.

Don't be fooled into thinking that the short sessions are not valuable: These are the sessions which focus on quality and different aspects of bike fitness.

For more detailed plans visit British Cycling's website and see how an understanding of Threshold, Intensity, Intervals etc. can help you develop your cycling further; better still, become a British Cycling member!










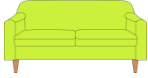




























































If you have entered the 25, 50 or 75 mile event and feel that, for whatever reason, training is not going as you had hoped, look at the Sunday Ride on Week 5 of the plans to see what kind of ride you should be doing to complete the distance steadily and comfortably: If you can do this you should be okay.

However, there is no shame in dropping down a distance if preparation has not been going well; much better that you have a great experience and raise the desired funds for your charity.

If you do decide to change distances do make sure you tell the organisers at Registration, otherwise they might send out the search party for you!
























































Women on Wheels Training Plan - created by Lesley Linden, Level 2 British Cycling coach

8 – week sofa to 10 miles training plan overview

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Let's Go!		 RIDE 15 mins	  0-60 mins	 RIDE 15 mins	  0-60 mins		 RIDE 30 mins
2. A little more		 RIDE 30 mins	  0-60 mins	 RIDE 30 mins	  0-60 mins		 RIDE 1 hour
3. Feeling good!		 RIDE 45 mins	  0-60 mins	 RIDE 45 mins	  0-60 mins		 RIDE 1 hour 15 mins
4. Going well		 RIDE 1 hour	  0-60 mins	 RIDE 1 hour	  0-60 mins		 RIDE 1 hour 30 mins
5. Lift the effort!		 RIDE 1 hour 15 mins	  0-60 mins	 RIDE 1 hour 15 mins	  0-60 mins		 RIDE 9 miles/16 km
6. Hard work is paying off!		 RIDE 1 hour, push the pace in middle	  0-60 mins	 RIDE 1 hour	  0-60 mins		 RIDE 1 hour 15 mins
7. Nearly there!		 RIDE 1 hour, find a hill	  0-60 mins	 RIDE 1 hour, push the pace in middle	  0-60 mins		 RIDE 1 hour
8. WOW week		 RIDE 30 mins	  0-60 mins	 RIDE 15 mins			Sunday 9 th July WOW 10 Go Girl!

Women on Wheels Training Plan - created by Lesley Linden, Level 2 British Cycling coach

8 – week Novice to 25 miles training plan overview

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Let's go!		 RIDE 30 mins	 ZZZ 0-60 mins	 RIDE 30 mins	 ZZZ 0-60 mins		 RIDE 30 mins
2. A little more		 RIDE 45 mins	 ZZZ 0-60 mins	 RIDE 45 mins	 ZZZ 0-60 mins		 RIDE 1 hour
3. Up to an hour		 RIDE 1 hour	 ZZZ 0-60 mins	 RIDE 1 hour	 ZZZ 0-60 mins		 RIDE 1 hour 30 mins
4. Going well		 RIDE 1 hour	 ZZZ 0-60 mins	 RIDE 1 hour	 ZZZ 0-60 mins		 RIDE 2 hours
5. Lift the intensity		 RIDE 1 hour	 ZZZ 0-60 mins	 RIDE 30 mins	 ZZZ 0-60 mins		 RIDE 23 miles/37 km
6. Hit some hills!		 RIDE 1 hour x 2	 ZZZ 0-60 mins	 RIDE 1 hour	 ZZZ 0-60 mins		 RIDE 2 hours 30 mins
7. Nearly there!		 RIDE 1 hour x 2	 ZZZ 0-60 mins	 RIDE 1 hour	 ZZZ 0-60 mins		 RIDE 1 hour 30 mins
8. WOW week		 RIDE 30 mins	 ZZZ 0-60 mins	 RIDE 30 mins			Sunday 9 th July WOW 25 Go Girl!

Women on Wheels Training Plan - created by Lesley Linden, Level 2 British Cycling coach

8 – week 25 miles to 50 miles training plan overview

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Let's go!		 RIDE 1 hour		 RIDE 1 hour	 0-60 mins		 RIDE 2 hours
2. A little more		 RIDE 1 hour +		 RIDE 1 hour x 2	 0-60 mins		 RIDE 2 hrs 30 mins
3. Lift the intensity		 RIDE 1 hr 30 mins		 RIDE 1 hour x 2	 0-60 mins		 RIDE 2 hrs 45 mins
4. Halfway!		 RIDE 1 hour 30 mins		 RIDE 1 hour x 2	 0-60 mins		 RIDE 45 miles
5. Recovery week		 RIDE 1 hr		 RIDE 1 hour	 0-60 mins		 RIDE 3 hours 30 mins
6. Hit some more hills!		 RIDE 1 hr 30 mins x 3		 RIDE 1 hour	 0-60 mins		 RIDE 3 hrs 30 mins
7. Begin to ease back		 RIDE 1 hr 30 mins		 RIDE 1 hour	 0-60 mins		 RIDE 2 hours
8. WOW week		 RIDE 1 hour		 RIDE 45 mins			Sunday 9 th July WOW 50 Go Girl!

Women on Wheels Training Plan - created by Lesley Linden, Level 2 British Cycling coach

8 – week 50 miles to 75 miles training plan overview

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Let's go!		 RIDE 1 hour		 RIDE 1 hour 30 mins	 0-60 mins		 RIDE 3 hours
2. A little more		 RIDE 1 hour 30 mins		 RIDE 1 hr 30 mins x 3	 0-60 mins		 RIDE 3 hours 30 mins
3. Lift the intensity		 RIDE 1 hour 30 mins		 RIDE 1 hr 30 mins x 3	 0-60 mins		 RIDE 3 hours 30 mins
4. Maintain your effort		 RIDE 1 hour 30 mins		 RIDE 1 hr 30 mins x 5	 0-60 mins		 RIDE 4 hours
5. Recovery week		 RIDE 1 hour		 RIDE 1 hour	 0-60 mins		 RIDE 70 miles
6. Hit those hills!		 RIDE 1 hr 30 mins x 5		 RIDE 2 hours	 0-60 mins		 RIDE 5 hours
7. Begin to ease back		 RIDE 1 hour 30 mins		 RIDE 1 hour	 0-60 mins		 RIDE 4 hours 30 mins
8. WOW week		 RIDE 1 hour 30 mins		 RIDE 1 hour			Sunday 9 th July WOW 75 Go Girl!