



CYCLING TO POWER HEART RESEARCH

Cycling training plan for advanced

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	3 hour long ride pace easy	Rest	45 minutes including hills session 1 (3 minutes x 6)	Rest	60 minutes steady	Rest	45 minutes easy
2	3.5 hour long ride pace easy with a fast finish	Rest	60 minutes including 20 minutes of 30/30	60 minutes steady	60 minutes including hills session 3 (60 seconds x 8)	Rest	45 minutes easy
3	4 hour long ride on a hilly route	Rest	60 minutes including hills session 2	60 minutes hard	60 minutes including 20 minutes of 30/30	Rest	60 minutes easy
4	3.5 hour long ride pace easy	Rest	45 minutes including hills session 3 (90 seconds x 8)	60 minutes steady	45 minutes easy	Rest	45 minutes easy
5	4 hour long ride pace easy with a fast finish	Rest	80 minutes including hills session 1 (4 minutes x 7)	90 minutes steady	60 minutes including intervals 5x5	Rest	60 minutes easy
6	4 hour long ride on a hilly course	Rest	90 minutes including hills session 2	60 minutes hard	90 minutes including intervals 5x5	Rest	60 minutes steady
7	4.5 hour long ride with a fast finish	Rest	60 minutes including 20 minutes of 30/30	90 minutes steady	90 minutes including hills session 3 (2 minutes x 8)	Rest	70 minutes steady
8	5 hour long ride on a hilly route	Rest	60 minutes including hills session 1 (4 minutes x 7)	80 minutes hard	80 minutes steady	Rest	90 minutes steady
9	4 hour long ride pace easy with a fast finish	Rest	60 minutes including intervals 5x5	60 minutes steady	45 minutes easy	Rest	45 minutes easy
10	4 hour long ride pace easy	Rest	60 minutes including 15 minutes of 30/30	Rest	45 minutes easy	Rest	Event day

FIGHT FOR EVERY HEARTBEAT

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