British Heart Foundation

CYCLING TO POWER HEART RESEARCH

Cycling training plan for intermediate

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	3 hour long ride - pace easy	Rest	45 mins: hills session 1 (3 mins by 6)	Rest	60 mins steady	Rest	45 mins easy
2	3 hour long ride - pace easy	Rest	45 mins: intervals 30/30 for 15 mins	45 mins steady	45 mins: hills session 3 (60 seconds x 8)	Rest	45 mins easy
3	3.5 hour long ride - pace easy	Rest	60 mins: hills session 2	45 mins hard	45 mins: 20 minutes of 30/30	Rest	50 mins easy
4	3 hour long ride -pace easy	Rest	45 mins: hills session 3 (90 secs x 8)	45 mins steady	45 mins easy	Rest	45 mins easy
5	3.5 hour long ride - pace easy with a fast finish	Rest	60 mins: hills session 1 (4 mins x 6)	60 mins steady	45 mins including intervals 5x5	Rest	50 mins easy

FIGHT FOR EVERY HEARTBEAT

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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	3.5 hour long ride - pace easy with a fast finish	Rest	60 mins: hills session 2	60 mins hard	60 mins including intervals 5x5	Rest	60 mins easy
7	4 hour long ride	Rest	60 mins: 20 mins of 30/30	60 mins steady	60 mins: hills session 3 (2 mins x 8)	Rest	60 mins steady
8	4 hour long ride - pace easy with a fast finish	Rest	60 mins: hills session 1 (5 mins x 6)	60 mins hard	60 mins steady	Rest	50 mins steady
9	3.5 hour long ride - pace easy with a fast finish	Rest	60 mins: 5x5 intervals	60 mins steady	45 mins easy	Rest	45 mins easy
10	3 hour long ride -pace easy	Rest	60 mins: 15 mins of 30/30	Rest	45 mins easy	Rest	Event day

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