



British Heart
Foundation

London to Brighton Bike Ride

Training Plan



Top tips



1. Remember how incredible you are

It's amazing people like you who help power lifesaving research. Every mile you ride and every pound you raise makes a difference.

2. Have a routine

Life is busy, so make sure your training fits around your family, friends and social life. Each week, plan when you're going to get your training sessions in and do your best to stick to it. If you miss a session, simply try to fit it in later in the week.

3. Use the training plan

Your training plan has been created by experts to make sure you get the most out of each session and enjoy taking on the ride! Why not print out your training calendar (pages 7-8), stick it on your fridge and cross off each session you complete?

4. Check out some apps

Grab your smartphone and head to the app store to find a world of helpful training tools, from weather forecasts to cycle maps. We recommend using Strava to track your activity and Map My Ride for sharing your route with others.

5. Mix it up

Cycling is our main passion, but including different types of exercise in your training will help with your strength and recovery. Add in some conditioning work and ease off with some stretching, using the exercises at the back of this guide.

Top tips



6. Remember why you're doing it!

Cycling 54 miles is an incredible challenge, so when your training gets tough remember why you're doing it. Whether it's for yourself, a loved one, or to help power lifesaving research, reminding yourself of your why will help you to tick off those miles.

7. Eat well

Good nutrition can make a huge difference to your training and will give your body what it needs. You can find more info about nutrition on page 12.

8. Plan your route

Use your morning coffee time or lunch break to plot out your routes – it will save you time when you're ready to bike! Make sure to charge your phone, take a bank card, pack snacks and water and let someone know where you're going.

9. Keep it social

Get your friends and family involved. Take them out with you on your easy rides and make a day out of it. We also recommend joining our [Facebook group](#), to chat to your fellow riders about your training and share tips.

10. Listen to your body

If you're sore you might be about to get injured so rest, stretch more, get a massage or go for an easy walk or swim instead of a cycle. Make sure that you're getting as much sleep as possible – seven to eight hours is ideal.

Get kitted out



It's important to have the essentials for this ride, but you don't need to break the bank! We've highlighted the four essential items you will need below, and also some nice to have options. Please make sure you also look at the full kit list ahead of the big day, so you are prepared come rain or shine.

Bike

Getting your hands on a bike is (unsurprisingly!) key for your challenge, but you don't need to spend a fortune on a top of the range bike. Any roadworthy bike would be suitable. Hybrid bikes are one option and come in at around £150, or a basic road bike can cost around £250.

You can buy your bike online, which is a great way to find a bargain – you just need to [know your size](#) and how to assemble it. The other option is going to your local retailer, or to borrow a bike from a friend.

You can also buy a bike second-hand, which can cost as little as £40 if you use online auction houses like eBay and Facebook Marketplace. Always make sure you perform an [M check](#) (a simple safety check of key components) to make sure the bike is safe to ride and well cared for.

Finally, in the UK some employers offer the [Cycle to Work scheme](#), which enables you to save a significant amount off the cost of a bike and cycling equipment, so it's worth talking to your employer to see what you might be entitled to.

Get kitted out



Helmet

Having a well-fitted helmet is key to making sure that you have a safe and most importantly, enjoyable ride. Sizing your helmet correctly is important, to make sure it offers you the best protection. **Remember yours on the event day, as you won't be able to ride without one.** Helmets can be bought for as little as £15.

Shoes

You'll also need appropriate shoes to take on your challenge. The most important thing is that your shoes are comfortable – a pair of trainers you already own would do the job! Or you could opt for pedals and cleats, but this isn't a requirement. The right pair of shoes can be recommended by your local cycling shop or bought second hand.

Clothing

A cycling jersey made from breathable material or a general active top – whatever is most comfortable for you – is perfect for taking on this ride, because it'll keep you cool and dry. Remember, if you raise £350, BHF will send you a London to Brighton Bike Ride jersey for free!

Padded cycling shorts are a must-have part of your kit to keep you comfy during your ride. Make sure they are hard-wearing and made from breathable fabric. Why not borrow a pair from a friend, or check out what's available on [Vinted](#)?

If you smash your £350 fundraising target, we'll send you out a free BHF cycling jersey to wear with pride on event day!



Glossary



Below is some key info about the training sessions that you'll see throughout the guide. It'll explain to you what each session means and what you need to do.

Easy rides

These rides should be at an easy pace. You should be breathing easily and be able to hold a conversation at the same time. Aim for an effort level of 6 out of 10.

Long rides

These rides should be at a pace where you are still able to hold a conversation and will help to improve your endurance and stamina. Aim for an effort level of 7 out of 10.

Steady rides

These rides should be at a pace where you're starting to experience some discomfort. Aim for an effort level of 8 out of 10.

Hard rides

These rides include short bursts of hard effort, followed by some time to recover. You should be riding at a pace where you can only speak 4-5 words at a time. Aim for an effort level of 8.5 out of 10.

Practice rides

These rides help you practice on a similar route to the one you'll take on during event day! Aim to ride at an easy pace as much as possible, but you may spend some time riding at a higher effort level.

Cross training

You can choose what you would like to do on these days, as long as it's not riding! This could be anything you're comfortable with like running, swimming or lifting weights.

Rest days

These are really important to give your body time to recover from your training and allow your muscles to repair. If you'd still like to do something on these days, we recommend some yoga or a slow walk.

Training Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	30 minute strength and conditioning session <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute long ride Flat course. <input type="checkbox"/>	45 minute easy ride Flat course. <input type="checkbox"/>
Week 2	30 minute strength and conditioning session <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute long ride Flat course. <input type="checkbox"/>	60 minute easy ride Flat course. <input type="checkbox"/>
Week 3	30 minute strength and conditioning session <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute hard ride Include a few 10-20 second bursts of hard effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	90 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>	60 minute easy ride Flat course. <input type="checkbox"/>
Week 4	Rest <input type="checkbox"/>	30 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute hard ride Include a few 10-20 second bursts of hard effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	90 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 5	30 minute strength and conditioning session <input type="checkbox"/>	45 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute hard ride Include a few 10-20 second bursts of hard effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	2 hour steady ride Rolling course. Stay seated on the hills. <input type="checkbox"/>	60 minute easy ride Flat course. <input type="checkbox"/>
Week 6	Rest <input type="checkbox"/>	45 minute strength and conditioning session <input type="checkbox"/>	45 minute easy ride Flat course. <input type="checkbox"/>	45 minute hard ride Include 4 x 5 minutes at hard effort with 3 minutes to recover in between. <input type="checkbox"/>	Rest <input type="checkbox"/>	2 hour 30 minute steady ride Rolling course. Stay seated on the hills. <input type="checkbox"/>	60 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>
Week 7	Rest <input type="checkbox"/>	45 minute strength and conditioning session <input type="checkbox"/>	45 minute easy ride Flat course. <input type="checkbox"/>	45 minute hard ride Include 4 x 5 minutes at hard effort with 3 minutes to recover in between. <input type="checkbox"/>	Rest <input type="checkbox"/>	3 hour steady ride Rolling course. Stay seated on the hills. <input type="checkbox"/>	60 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>
Week 8	Rest <input type="checkbox"/>	45 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute hard ride Include a few 10-20 second bursts of hard effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute easy ride <input type="checkbox"/>	Rest <input type="checkbox"/>

Training Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 9	60 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute hard ride Include 5 x 5 minutes at hard effort with 3 minutes to recover in between. <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	3 hour 30 minute practice ride Ride a course similar to the route. <input type="checkbox"/>	1 hour 30 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>
Week 10	60 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute hard ride Include 5 x 5 minutes at hard effort with 3 minutes to recover in between. <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	3 hour 30 minute practice ride Ride a course similar to the route. <input type="checkbox"/>	1 hour 30 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>
Week 11	Rest <input type="checkbox"/>	60 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	45 minute hard ride Include a few 10-20 second bursts of hard effort. <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute easy ride <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 12	60 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute hard ride Include 6 x 5 minutes at hard effort with 3 minutes to recover in between. <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	4 hour 30 minute practice ride Ride a course similar to the route. <input type="checkbox"/>	1 hour 30 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>
Week 13	60 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute hard ride Include 4 x 8 minutes at hard effort with 3 minutes to recover in between. <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	5 hour practice ride Ride a course similar to the route. <input type="checkbox"/>	1 hour 30 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>
Week 14	60 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	60 minute hard ride Include 4 x 8 minutes at hard effort with 3 minutes to recover in between. <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	3 hour practice ride <input type="checkbox"/>	60 minute long ride Rolling course. Stay seated on the hills. <input type="checkbox"/>
Week 15	30 minute strength and conditioning session <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute steady ride Include 4 x 1.30 minutes of brisk effort with 2 minutes to recover in between. <input type="checkbox"/>	30 minute easy ride Flat course. <input type="checkbox"/>	Rest <input type="checkbox"/>	90 minute long ride <input type="checkbox"/>	60 minute easy ride <input type="checkbox"/>
Week 16	Rest <input type="checkbox"/>	45 minute steady ride <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute easy ride Include 4 x 30 seconds at hard effort with 60 seconds to recover in between. <input type="checkbox"/>	Rest <input type="checkbox"/>	30 minute easy ride <input type="checkbox"/>	London to Brighton Bike Ride. Good Luck!

Conditioning

Adding conditioning into your training will help to build up your overall fitness and strength. It'll also help to prevent you getting injured. Each week complete the exercises below. Do each exercise for the set number of reps and then continue to the next. Have a rest and then repeat if you feel able to.



Split squats

Start with your feet hip-width apart. Place your right foot forward and the left foot behind your body on a bench that's about knee height. Keep your back straight and lower your left knee toward the floor. Press down and return to the starting position. Aim for three to four sets of 6 to 8 repetitions on each leg. Rest for 45 seconds after each set.



Calf raises

Stand on the edge of a step with your heels over the edge, or just on the floor. Lift your heels until you're standing on your toes, hold for two seconds, then lower. Aim for 10 repetitions.



Press ups

Start in a high plank. Slowly lower your chest towards the floor whilst ensuring your abs are tight and your spine is in a neutral position. Slowly push back up to the start position. Lower to your knees for an easier exercise. Aim for three to four sets of 8 to 10 repetitions. Rest for 45 seconds after each set.

Conditioning

Adding conditioning into your training will help to build up your overall fitness and strength. It'll also help to prevent you getting injured. Each week complete the exercises below. Do each exercise for the set number of reps and then continue to the next. Have a rest and then repeat if you feel able to.



Russian twists

Sit down on the floor. Lean back, forming a right angle from your torso relative to your thigh. Lift your heels and raise your arms out in front of you. Rotate your torso from one side to the other, pausing for a beat in the middle position between each rep. Only work within your range of motion; once your hips and knees begin to shift, you've gone too far. Aim for 10 repetitions on each side.



Plank

Lying on your front, place your hands underneath your shoulders and push up, making sure you keep your chest over your elbows. Keep a straight line from your neck, down through your legs to your ankles by engaging all your core. Hold this for 30 seconds to one minute and build it up gradually.



Side leg raise

Start lying directly on your side. With your bottom knee bent and your top leg straight, raise your ankle up towards the sky. Make sure your leg is extended behind your bottom and not in front of you. Slowly raise your leg to the top and then return to the start position. Aim for 10 repetitions on each side.

Stretching

Stretching after a workout will help with muscle recovery and prevent you getting injured. We recommend completing the below stretching routine after each of your rides, holding each stretch for 15-20 seconds and repeating each exercise on both legs.



Glutes

Lying on your back, flex both knees and hips to 90 degrees. Take one ankle across to place it on the other knee, as shown above. Take your hands through to hug the back of the bottom leg and draw it in towards your chest.



Hamstring stretch

Lay down on your back and bend your knees. Bring one leg up and place your hand behind your knee. Pull your leg in towards your chest and straighten your knee until you can feel the stretch.



Hip flexor stretch

Kneel on your right knee and place your left leg at a 90-degree angle in front of you. Place your hands on your left knee and gently lean forward, you should feel the stretch in your left hip flexor.



Calf stretch

Place your hands on a wall and adopt a split stance (an upright lunge position). Lean your body towards the wall and you should feel the stretch down the calve of your back leg.



Quadriceps stretch

Stand with your feet together. Bring your right foot up behind you, hold your ankle with your right hand and draw your foot towards your bottom. For stability hold on to a steady surface or do this stretch laying down.

Nutrition

Nailing your nutrition is key to making the most of your training and enjoying the London to Brighton Bike Ride! Getting the basics right will mean that you have the energy you need to train and recover well. Here's our top tips for how to get your nutrition right.

Eat enough protein

Try to add protein into every meal if possible – this can be lean cuts of meat, fish, low fat dairy, beans, pulses and lentils. Extra protein is also useful after long training sessions (more than 90mins). It helps speed up muscle repair and leads to faster recovery.

Carbohydrates

Like protein, you should try to include carbohydrates in every meal, especially in the run up to your challenge – this will keep your muscle energy levels topped up.

Hydration

To make sure you're well hydrated, aim to have 6-8 glasses of fluid a day whether you are training or not. This should be mostly water, low-fat milk, soy milk, no added sugar squash, or herbal teas. If you've been keeping hydrated in the weeks leading up to your challenge, there's no need to drink lots the night before or in the hours leading up to your event.

Listen to your body

If you're feeling tired, with little to no energy or motivation, then take a step back from your training and review your nutrition. You could be over trained and under recovered. Take a couple more rest days or shorten your training sessions, for example you could do half the distance or half the reps. It's ok to need to take a break, whether it's for a few days or a week.

Get enough sleep

It's also really important to get 7-8 hours of good sleep every night to allow your body to rest and recover. Get into a good bedtime routine, where you go to bed and wake up roughly at the same time every day. Reducing the amount of caffeine and alcohol you drink can help you to sleep better, as well as putting down your screens at least an hour before bed.



Thanks so much again for choosing to take on this incredible challenge for us! Far too many of us have felt the pain of losing someone we love to cardiovascular disease, the world's biggest killer. With your support, British Heart Foundation (BHF) powers groundbreaking research to save and improve lives.

If you've got any questions at all, then please check out the FAQs on our website. If there's anything else we can help you with, give us a call on 0300 330 3322 or drop us an email to heretohelp@bhf.org.uk.

Best of luck with your training – we know you're going to smash it!

Live Chat on our [website](#)

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