

INTERMEDIATE 50KM CYCLING PROGRAMME



If you've cycled before and are ready to gear up for a 50km distance ride, this programme is for you!



DEFINITIONS AND GUIDELINES

Cadence (revolutions per minute, rpm): The number of revolutions each leg performs in one minute.

Intramuscular triglyceride (IMTG) ride: The IMTG session teaches the body to use fat as an energy source. This training session should be at the start of the day while fasting (you should not have eaten since dinner the night before). Cycling while fasting burns fat and not carbohydrates. If you exercise at a low intensity, your body switches to using a very high percentage of fat for fuel. The benefits of this session are increased fat burning, a leaner body and increased while carbohydrates are still available, which allow you to ride for longer and improved performance. This session is performed at an easy intensity in zone 2, lasting up to 1 hour and 30 minutes.



TARGET HEART RATES

Work out the recommended maximum heart rate (HRmax) for your age:

$HR_{max} = 220 - \text{your age}$



Target: 90% HRmax
 $(220 - \text{age}) \times 90\%$

Training effect: Approaching
 HRmax

Heart rate zone: 5

Perception of effort:
 Very hard

Target: 80% HRmax
 $(220 - \text{age}) \times 80\%$

Training effect: Increasing
 athletic performance

Heart rate zone: 4

Perception of effort: Hard

Target: 70% HRmax
 $(220 - \text{age}) \times 70\%$

Training effect: Improving
 aerobic fitness

Heart rate zone: 3

Perception of effort:
 Somewhat hard



Target: 60% HRmax (220 - age) x 60%

Training effect: Losing weight and improving health

Heart rate zone: 2

Perception of effort: Moderate

Target: 50% HRmax (220 - age) x 50%

Training effect: Starting to improve health or recovery session

Heart rate zone: 1

Perception of effort: Easy

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THE PROGRAMME








WEEK
1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 2 hours in zone 2 and 3 Try to keep cadence high throughout (>90 rpm)	 IMTG ride: 60 minutes in zone 2 while fasting (do not eat any meal for at least 5 hours before the ride) Drink water during the 60 minutes, switch to a carbohydrate drink and finish the ride Eat immediately after finishing the training session	 REST	 2 hour and 30 minutes in zone 2 and 3 Try to keep cadence high throughout (>90 rpm)	 Cross-training: 1 hour of gym / Pilates / core stability training	 1 hours and 30 minutes in zone 2 and 3 at own cadence	 2 hours in zone 2 only Try to keep cadence high throughout (>90 rpm)








WEEK
2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 REST	 1-hour recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)	 REST	 Warm up for 30 minutes in zone 2 and 3 Follow with 2 x 10 minutes of seated climbing on a moderate gradient Keep the cadence low (50 – 65 rpm) and use a low gear to keep the intensity below the mid-zone 3 heart rate range Keep your shoulders and hands relaxed during the climbing and focus on keeping your pelvis steady If you struggle to sit for the entire climb, stand for 50 meters and then sit again Recover for 10 minutes in zone 2 between each climbing effort Cycle for 20 minutes in zone 2 to finish	 1 hour recovery ride	 1 hour and 30 minutes in zone 2 and 3 at own cadence	 2 hours in zone 2 only Try to keep cadence high throughout (>90 rpm)








WEEK
3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
REST	IMTG ride: 60 minutes in zone 2 only	2 hours in zone 2 and 3 at own cadence	2 hour and 30 minutes in zone 2 only Try to keep cadence high (>90 rpm)	REST	2 hours in zone 2 and 3 at own cadence	2 hour and 30 minutes in zone 2 only Try to keep cadence high (>90 rpm)








WEEK
4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
REST	IMTG ride: 60 minutes in zone 2 only	Warm up for 30 minutes in zone 2 and 3 Follow with 6 x 3 minutes in a high gear and at a low cadence (45 - 50 rpm) Use a gear that you can only just turn over Try to do each of these hard efforts on a gentle uphill to keep the effort constant Recover for 5 minutes in zone 2 between each hard effort Cool down for 30 minutes in zone 2 to finish	2 hour and 30 minutes in zone 2 only Try to keep cadence high throughout (>90 rpm)	REST	1 hour recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)	REST








WEEK
5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
REST	<p>Warm up for 30 minutes in zone 2 and 3</p> <p>Follow this with 2 x 8 minutes in zone 4</p> <p>Recover for 10 minutes in zone 2 between each interval</p> <p>Try to do the interval on a moderate, long climb (8 - 10% gradient)</p> <p>Cool down for 30 minutes in zone 2 to finish</p>	1 hour and 30 minutes in zone 2 and 3 at own cadence	2 hours in zone 2 and 3 Try to keep cadence high throughout (>90 rpm)	REST	2 hours in zone 2 and 3 at own cadence	3 hours in zone 2 only Try to keep cadence high throughout (>90 rpm)








WEEK
6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
REST	<p>Tempo: Warm up for 30 minutes in zone 2 and 3</p> <p>Follow this with 20 minutes in zone 4 (or high zone 3 if you cannot sustain zone 4)</p> <p>Cool down for 30 minutes in zone 2</p>	REST	1 hour recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)	REST	2 hours in zone 2 and 3 at own cadence	3 hours in zone 2 only Try to keep cadence high throughout (>90 rpm)








WEEK
7

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
REST	<p>Warm up for 30 minutes in zone 2 and 3</p> <p>Follow this with 2 x 10 minutes in zone 4</p> <p>Recover for 8 minutes in zone 2 between each interval</p> <p>Try to do the interval on a moderate, long climb (8 – 10% gradient)</p> <p>Cool down for 30 minutes in zone 2</p>	2 hours in zone 2 and 3 at own cadence	2 hour and 30 minutes in zone 2 and 3 Try to keep cadence high throughout (>90 rpm)	REST	2 hour and 30 minutes in zone 2 and 3 at own cadence	3 hours in zone 2 only Try to keep cadence high throughout (>90 rpm)

WEEK
8

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
REST	<p>Warm up for 30 minutes zone 2 and 3</p> <p>Follow this with 5 x 4 minutes in zone 5</p> <p>Recover for 5 minutes in zone 2 between each interval</p> <p>Cool down for 30 minutes in zone 2</p>	2 hours in zone 2 and 3 at own cadence	REST	1 hour recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)	2 hours in zone 2 and 3 at own cadence	<p>Warm up for 30 minutes in zone 2 and 3</p> <p>Follow this with 2 x 10 minutes in zone 4</p> <p>Recover for 8 minutes in zone 2 between each interval</p> <p>Try to do the interval on a moderate, long climb (8 – 10% gradient)</p> <p>Cool down – 30 minutes in zone 2</p>

WEEK
9

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 <p>1 hour recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)</p>	 <p>REST</p>	 <p>2 hours in zone 2 and 3 at own cadence</p>	 <p>30 minutes warm-up in zone 2 and 3, followed by 3 x 4 minutes in zone 4</p>	 <p>REST</p>	 <p>1 hour 30 minutes in zone 2 and 3 with 4 x 2 minutes accelerations to bring your heart rate up to zone 4 for the last 30 seconds of each acceleration Use a relatively hard gear and moderate cadence (70 rpm) Recover for 5 minutes between each acceleration (These are not supposed to be hard intervals)</p>	 <p>50 km race</p>

