

25 MILES CYCLE TRAINING PLAN

Welcome to your 25 miles cycling training plan. Firstly, thank you for signing up to an event with Parkinson's UK. You're truly helping us to improve the lives of everyone affected by Parkinson's.

Well done on taking the first steps to completing this 25 miles cycle!

Cycling is a great, yet challenging sport. It's both a serious test of your fitness and your commitment to training. Covering 25 miles under your own steam is a tremendous achievement and from beginning your training, to lining up at the start and finishing, preparing for and completing a 25 miles cycle is a great experience.

Don't forget to warm up and cool down prior to any form of exercise. You can find our warm up and cool down section on our training hub. Best of luck! If you have any questions please email us on events@parkinsons.org.uk.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	30 min easy	Rest	Rest	30 - 45 min easy ride	Rest	Rest	Long ride: 5 Miles
2	Rest	45 min steady	Gym session or home workout	Rest	45 min steady	Rest	Long ride: 10 Miles
3	Rest	45 min steady	Gym session or home workout	Rest	1 ½ hour steady	Rest	Long ride: 15 Miles
4	Rest	1 hour easy	Gym session or home workout	Rest	1 hour interval Alternate: 5 mins fast 5 mins easy	Rest	Long ride: 20 Miles

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5	Rest	45 min hill reps	Gym session or home workout	Rest	1 hour steady	Rest	Long ride: 20 Miles
6	Rest	30 min interval Alternate: 5 mins fast 5 mins easy	Gym session or home workout	Rest	1 hour steady	Rest	Long ride: 3 hours
7	Rest	1 hour steady	Gym session or home workout	Rest	30-45 min hill reps	Rest	Long ride: 3 hours
8	Rest	30 min easy	Rest	45 min easy	Rest	Rest	Race day!

Glossary:

Easy - An easy ride is classed as an effort that you'd be able to maintain for a long duration. This would generally be around a 5 out of 10 effort in regards to the rate of perceived exertion (RPE).

RPE - is the rate of perceived exertion of an exercise. This scale is subjective to each individual. What might be a 6 out of 10 for one person might be totally different for another. Please refer to the table below for the RPE scale.

Intervals - Interval training involves cycling fast (but not sprinting), over a set distance or time, at an effort level of 9 out of 10. Follow each hard interval with an easy one of at least the same length, then repeat. If you have a cycle computer, such as a garmin, use this to help you get the distances and times right. Alternatively, doing it on an exercise bike in the gym will help with timings.

Steady - a steady ride means something that isn't too easy and isn't too hard. Looking back an RPE this would approximately be 7 out of 10 in effort.

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Glossary cont:

Long Ride - this is your longest run of the week. The aim of this ride isn't to cycle as fast as you can, but to get the distance in the legs. This ride should be a little harder than your easy ride but not as hard as you tempo for example. Aim for a pace around 7 out of 10 in regards to RPE.

Rest - rest days are very important to make sure you recover properly between days of exercise. Rest days don't mean complete inactivity. On a rest day it is a good idea to stretch, foam roll or even do a bit of cross training. This means anything other than cycling, so you could swim, run or go to the gym for example.

Gym or home workout - this pretty much means what it says on the tin. It's very important to improve your strength when cycling, both upper and lower body. When cycling you don't just use your legs, you use a lot of your upper body too. Don't forget to work out your back, shoulders and arms.

Hill reps - an important aspect of cycle training is hill reps. You can't avoid them so it's better to get used to them in training. Find a hill near you and just do reps of that hill. Use the uphill as your harder effort and take the downhill as your recovery.

Example cycle sessions:

All sessions below are to be performed once a sufficient warm up has been completed. Never start exercising without properly warming up the muscles otherwise this could lead to injury.

Example Interval session:

5 minutes fast - 8 or 9 out of 10 effort

5 minutes easy - 5 out of 10 effort

(repeat depending on session length)

Example Hill rep Session:

Warm up by cycling to your hill

Uphills - 8 out of 10 effort

Downhills - 5 out of 10 effort (recovery)

(repeat reps depending on session length)

Cool down by cycling home

RPE Scale	
10	Maximal effort (sprinting)
9	Really Really Hard
8	Really Hard
7	Harder
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

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