

Gold Route

Basic plan

This training plan has been produced by GH Training in partnership with Parkinson's UK to support participants taking part in Pedal Series events.



IMPORTANT - PLEASE READ BEFORE FOLLOWING THE PLAN


Every Cyclist Is Different.

- **Individual Differences** — No single training plan will suit everyone. Always listen to your body, and if training feels too fatiguing, take a day off and recover.
- **This Plan Is a Guide** — The following training timetable is exactly that: a guide. Don't feel you have to follow every session to the exact minute or mile.
- **Distances, Time & Intensity** — Sessions are set in either miles or minutes to give you flexibility. Ride to time if that suits your schedule and terrain, or to distance to build event confidence. Focus on the suggested effort level and stay consistent.
- **Understanding the Timetable** — Generic training plans are difficult to design to suit everyone. Apply common sense and use the key to the timetable on the next page to adapt the plan and training intensities where needed. This plan is suitable if you can currently ride **10-15 miles** comfortably.
- **Training Zones** — The zones suggested in this guide are where you should aim to spend most of your riding time. However, accept that you will occasionally drift into a lower or higher zone — that's completely normal.
- **Weekend Ride Flexibility** — Days 6 and 7 are typically your longer weekend rides. If time allows, you can choose to complete both. However, if you have limited availability, completing just one ride is absolutely fine. Consistency over the weeks matters more than squeezing everything into one weekend.
- **Recovery Weeks** — In weeks 8 and 12, you'll notice a lighter "down week" built into the plan. These weeks are there to give your body a chance to recover, adapt and absorb the training you've been doing.



Key to Timetable

- **Basic Zone (Zones 1 & 2)** - You should aim to spend around 80% of your training time in this zone. It should feel comfortable — you shouldn't be out of breath and you should be able to hold a conversation easily. Training here improves your body's ability to use fat as fuel, helping to preserve your limited carbohydrate stores.
- **Intensive Zone (Zones 3 & 4)** - This intensity is a step up from steady riding. It requires more effort and concentration to stay in this zone, and could include sessions such as **intervals** and **hill training**. Your breathing will be heavier, but you should still be able to sustain this effort for anywhere from 30-60 minutes. Ideally, once you have built a solid fitness base, you should aim to include training in Zones 3 and 4 at least **once a week** to build resilience and improve your resistance to fatigue.
- **Maximal Zone (Zone 5)** - Training in this zone is hard work and not really necessary if you are new to cycling or have no interest in pushing your performance. You'll typically reach it during steep climbs or structured interval sessions. Breathing will be very heavy, conversation almost impossible, and your legs will be burning. Zone 5 is demanding and, although it isn't included in the following training plan, you can still use it as part of your preparation. Just keep it to short bursts, no more than twice a week.

 *Not sure about training zones or want a more detailed breakdown of heart rate or power zones?*
[Click here for a full guide to training zones.](#)

- **Cycling Cadence** - If you're able to monitor cadence, use it to guide your effort. Cadence is your pedal revolutions per minute (rpm). For long-distance cycling, aim for 85–95rpm. On longer endurance rides, 80–90rpm is ideal. Adjust your gears to stay within range without grinding or over-spinning.
- **Rest** - Suggested days for a rest. By all means head out for a ride if your legs feel up to it, but remember that rest is important and should not be overlooked. If you need to swap the rest days in the plan around, that's perfectly ok.



Rest and Stretch

As you'll see in the plan, twice a week - on **Days 3 & 5** - you're encouraged to take a full rest day and/or complete some light flexibility and conditioning work.

You can move these sessions to suit your week. If they fit better elsewhere, that's absolutely fine.

Cycling involves long periods in a fixed position, which can leave certain muscles tight. If that tightness builds up, it can affect your pedal mechanics and increase injury risk.

So, every rest day, stretch and mobilise the following muscles:

- **Glutes**
- **Hip Flexors**
- **Hamstrings**
- **Quadriceps**
- **Lower back**

[Click here](#) for a demonstration on how to perform these stretches properly.

If you have a foam roller, try to use it once or twice a week to help release tight connective tissue and keep muscles moving freely. It's a simple addition that can further reduce your risk of injury as your training builds.



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Rest	30-45 mins <i>(Basic Zone)</i>	Rest & Stretch	30-45 mins <i>(Basic Zone)</i>	Rest & Stretch	30-45 mins <i>(Basic Zone)</i>	10-15 miles <i>(Basic Zone)</i>
2	Rest	30-45 mins <i>(Basic Zone)</i>	Rest & Stretch	45-60 mins <i>(Basic Zone)</i>	Rest & Stretch	45-60 mins <i>(Basic Zone)</i>	15-20 miles <i>(Basic Zone)</i>
3	Rest	45-60 mins <i>(Basic Zone)</i>	Rest & Stretch	45-60 mins <i>(Basic Zone)</i>	Rest & Stretch	10-15 miles <i>(Basic Zone)</i>	20-25 miles <i>(Basic Zone)</i>
4	Rest	10-15 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	25-30 miles <i>(Basic Zone)</i>
5	Rest	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	30-35 miles <i>(Basic Zone)</i>
6	Rest	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	40-45 miles <i>(Basic Zone - but include hills)</i>
7	Rest	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	45-50 miles <i>(Basic Zone - but include hills)</i>
8	Rest	10-15 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	Rest	30-35 miles <i>(Basic Zone)</i>

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	Rest	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	50-55 miles <i>(Basic Zone - but include hills)</i>
10	Rest	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	55-60 miles <i>(Basic Zone - but include hills)</i>
11	Rest	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	20-25 miles <i>(Basic Zone)</i>	60-65 miles <i>(Basic Zone - but include hills)</i>
12	Rest	10-15 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	Rest	30-35 miles <i>(Basic Zone)</i>
13	Rest	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	65-70 miles <i>(Basic Zone - but include hills)</i>
14	Rest	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	Rest & Stretch	15-20 miles <i>(Basic Zone)</i>	75-80 miles <i>(Basic Zone - but include hills)</i>
15	Rest	10-15 miles <i>(Basic Zone)</i>	Rest & Stretch	10-15 miles <i>(Basic Zone)</i>	Rest & Stretch	10-15 miles <i>(Basic Zone)</i>	20-25 miles <i>(Basic Zone)</i>
16	Rest	10-15 miles <i>(Basic Zone)</i>	Rest & Stretch	10-15 miles <i>(Basic Zone)</i>	Rest & Stretch	Rest	EVENT DAY