

Beginner 100 Mile Ride Challenge

Measuring Your Effort

It's important that you cycle at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that cycling "harder is better" so we end up cycling too quickly, which can result in feeling tired, getting ill or injured. Understand what each session

is trying to achieve and how it should feel is the way to train smart. Below you'll find a guide to the sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.



Type of Ride / HR Zone	Perceived effort level (1-10)*	Heart rate	How it should feel – the talk test
Recovery Ride / 1	6-6.5	65-70%	You can speak in complete sentences, totally conversational, you're cycling relaxed, enjoying it and not worrying about the watch / pace.
Long Ride / 2	6.5-7	65-70%	You're in control, cycling fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady Effort Ride / 3	7-8	70-80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do.
Threshold Effort Ride / 5	8-8.5	80-85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.
Speedwork / 5A	9-9.5	90-95%	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to.


*Perceived effort =
1 represents no effort and
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Recovery 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch	Rest	Bike 40 MINS EASY EFFORT RIDE @ ZONES 1 - 2 Rolling course if possible + stretch	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Rest	Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch
Week 2	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Recovery 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch	Rest	Bike 45 MINS EASY EFFORT RIDE @ ZONES 1 - 2 Rolling course if possible + stretch	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Rest	Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch
Week 3	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Recovery 40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch	Rest	Bike 45 MINS LONG EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Rolling course if possible + stretch	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Rest	Bike 75 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch
Week 4	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Recovery 40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch	Rest	Bike 45 MINS LONG EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Rolling course if possible + stretch	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Rest	Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch
Week 5	Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Recovery 40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch	Rest	Bike 45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch	Rest	Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch	Recovery 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch

<p>Week 6</p>	<p>Bike 10 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Recovery 40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p>Rest</p>	<p>Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p>Rest</p>
<p>Week 7</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Recovery 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p>Rest</p>	<p>Bike 120 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch</p>	<p>Recovery 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>
<p>Week 8</p>	<p>Rest</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Recovery 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Bike 50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p>Rest</p>	<p>Bike 150 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch</p>	<p>Recovery 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>
<p>Week 9</p>	<p>Rest</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Recovery 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Bike 60 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p>Rest</p>	<p>Bike 180 MINS EASY TO STEADY EFFORT RIDE @ ZONES 1 - 3 Ride a rolling course in Zones 1 to 3. Stay seated on the hills to build/maintain hip power. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch</p>	<p>Rest</p>

<p>Week 10</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Recovery 40 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch</p>	<p>Rest</p>	<p>Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p>Rest</p>
<p>Week 11</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Recovery 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 210 MINS CUSTOM @ ZONES 1 - 5A Ride a course with sections similar to your challenge course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch</p>	<p>Rest</p>
<p>Week 12</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS: 5 x 5 MINS @ THRESHOLD EFFORT After a good warm-up, complete 5 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Recovery 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 210 MINS CUSTOM @ ZONES 1 - 5A Ride a course with sections similar to your challenge course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch</p>	<p>Rest</p>
<p>Week 13</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Recovery 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Can be done on an indoor trainer + stretch</p>	<p>Rest</p>	<p>Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p>Rest</p>

<p>Week 14</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS: 4 x 6 MINS @ THRESHOLD EFFORT After a good warm-up, complete 4 x 6 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Recovery 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 270 MINS CUSTOM @ ZONES 1 - 5A Ride a course with sections similar to your challenge course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch</p>	<p>Rest</p>
<p>Week 15</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS: 3 x 8 MINS @ THRESHOLD EFFORT After a good warm-up, complete 3 x 8 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Recovery 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 300 MINS CUSTOM @ ZONES 1 - 5A Ride a course with sections similar to your challenge course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch</p>	<p>Rest</p>
<p>Week 16</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Recovery 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 45 MINS FARTLEK Ride mostly in Zones 1 to 2 zones with a few short (10 to 20 second) accelerations placed throughout the workout, your choice. Relax and have fun. Can be done on an indoor trainer + stretch</p>	<p>Rest</p>	<p>Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p>Rest</p>

<p>Week 17</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS: 3 x 8 MINS @ THRESHOLD EFFORT After a good warm-up, complete 3 x 8 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Recovery 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 300 MINS CUSTOM @ ZONES 1 - 5A Ride a course with sections similar to your challenge course. Simulate hills by utilizing bigger gears and lower cadence if you don't have any on your route. Some standing up out of the saddle is OK. Ride in Zones 1- 5a. The goal of the session is not to maximize time in the higher zones so be careful not to over do it + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch</p>
<p>Week 18</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS: 2 x 10 MINS @ THRESHOLD EFFORT After a good warm-up, complete 2 x 10 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Recovery 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 180 MINS CUSTOM RIDE Go on feel with time in all zones but don't spend large amounts of time in zones 4 - 5a + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 On a flat course, keeping heart rate in Zones 1 - 2. Can be done on an indoor trainer as well + stretch</p>
<p>Week 19</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS: 2 x 10 MINS @ THRESHOLD EFFORT After a good warm-up, complete 2 x 10 minute efforts, getting heart rate into Zone 4 - 5. Take 3 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Recovery 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1-2 Rolling course if possible, with grades up to 4 percent. Remain in the saddle on the hills. + stretch</p>	<p>Rest</p>
<p>Week 20</p>	<p>Rest</p>	<p>Bike 45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Rest</p>	<p>Recovery 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 30 MINS EASY RIDE AND PRE CHALLENGE CHECK @ ZONES 1 - 2 Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to tomorrow + stretch</p>	<p>Beginner 100 Mile Ride Challenge </p>