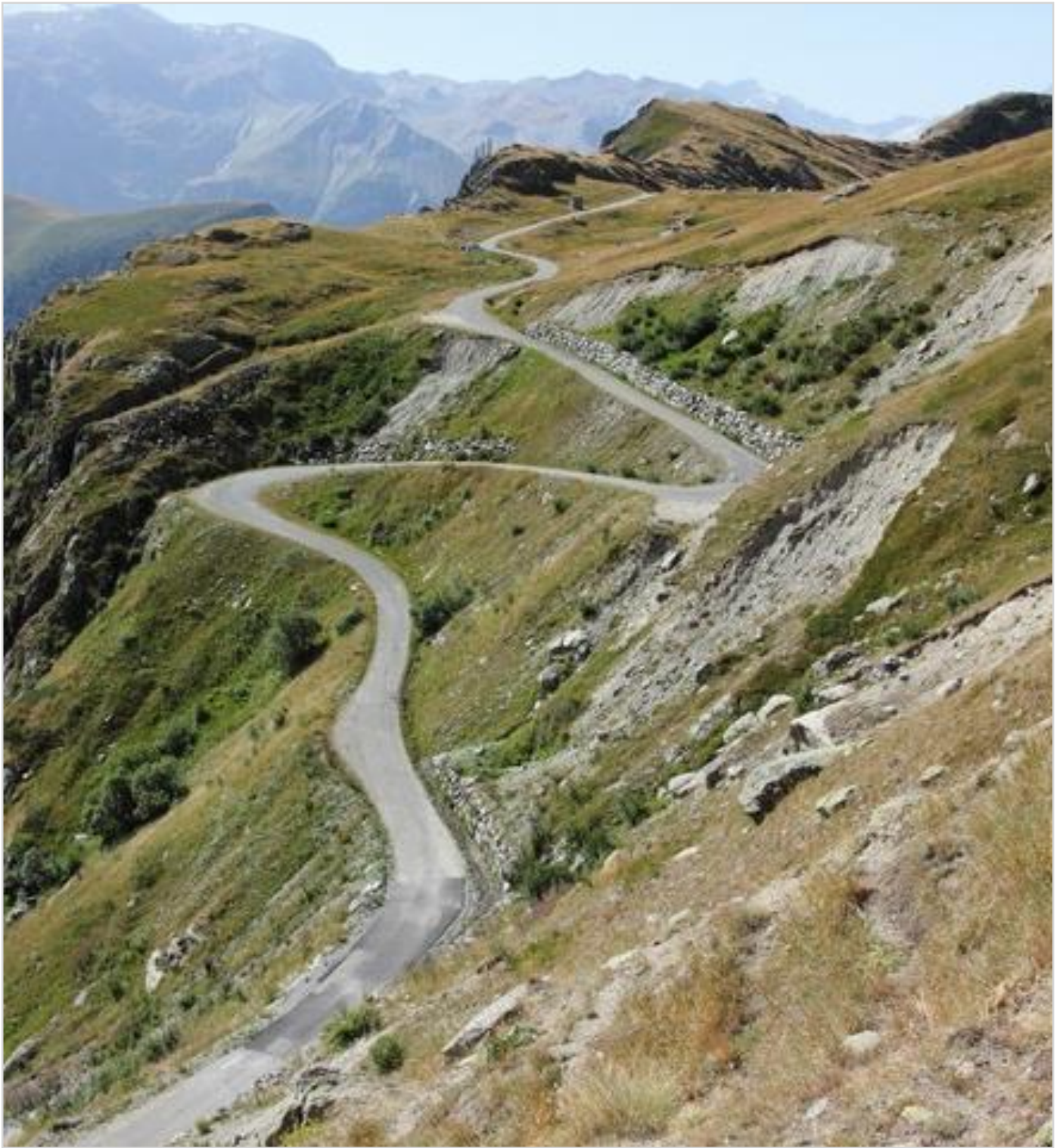


VODAFONE FOUNDATION TRANS-ALP CYCLE TRAINING PLAN: ADVANCED



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PLANET

INTRODUCTION

TRAINING LEVEL RPE GUIDE

NAME	RATE OF PERCEIVED EFFORT (RPE)	DESCRIPTION
Active Recovery	RPE 1	<ul style="list-style-type: none">• "Easy spinning" or "light pedal pressure", i.e., very low level exercise, too low to induce significant physiological adaptations.• Minimal sensation of leg effort/fatigue. Requires no concentration to maintain pace, and continuous conversation possible.• Typically used for active recovery after strenuous training days (or races), between interval efforts, or for socializing.
Endurance	RPE 2	<ul style="list-style-type: none">• "All day" pace, or classic long slow distance (LSD) training. Sensation of leg effort/fatigue generally low, but may rise periodically to higher levels (e.g., when climbing).• Concentration generally required to maintain effort only at highest end of range and/or during longer training sessions.• Breathing is more regular than at level 1, but continuous conversation still possible.
Tempo	RPE 3	<ul style="list-style-type: none">• Requires concentration to maintain alone, especially at upper end of range, to prevent effort from falling back to level 2.• Breathing deeper and more rhythmic than level 2, such that any conversation must be somewhat halting, but not as difficult as at level 4.
Lactate Threshold	RPE 4	<ul style="list-style-type: none">• Just below to just above a time trial effort, taking into account duration, current fitness, environmental conditions, etc.• Essentially continuous sensation of moderate or even greater leg effort/fatigue. Continuous conversation difficult at best, due to depth/frequency of breathing. Effort sufficiently high that sustained exercise at this level is mentally very taxing.
VO2 Max	RPE 5	<ul style="list-style-type: none">• Typical intensity of longer (3-8 min) intervals intended to increase VO2max.• Strong to severe sensations of leg effort/fatigue, such that completion of more than 30-40 min total training time is difficult at best.• Conversation not possible due to often 'ragged' breathing.
Anaerobic Capacity	RPE 6	<ul style="list-style-type: none">• Short (30 s to 3 min), high intensity intervals designed to increase anaerobic capacity.• Heart rate generally not useful as guide to intensity due to non-steady-state nature of effort.• Severe sensation of leg effort/fatigue, and conversation impossible.
Neuromuscular Power	RPE 7	<ul style="list-style-type: none">• Very short, very high intensity efforts (e.g., out of the saddle sprinting, standing starts, attacks) that generally place greater stress on musculoskeletal rather than metabolic systems.

INTRODUCTION

STRENGTH EXERCISES

EXERCISE	REPS	SETS	Rest	Focus	Description
SQUATS	10	3	10 seconds	Legs	Stand with feet shoulder width, keep feet flat and sit down and stand up.
TRICEP DIPS	10	3	20 seconds	Arms	Slide your bottom off the front of the chair with your legs extended out in front of you. Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints. Slowly bend your elbows to lower your body towards the floor until your elbows are at about a 90-degree angle.
LUNGES	10	3	20 seconds	Legs	Stand with one leg in front and the other behind. Lunge down as far as you can control in good form, then return back to the top
PRESS UPS	10	3	20 seconds	Arms & core	Keep a tight core throughout the entire press up. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent.
STEP UPS	10	3	20 seconds	Legs	Starting position – stand in front of a step with back, legs and arms straight, feet hip-distance apart, and weights in each hand (palms facing the body). Step up with your right leg and straighten it at the top.
CRUNCHES	10	3	20 seconds	Core	Lie on your back, knees bent and feet flat on the floor, hip-width apart. Place your hands on your thighs, across your chest or behind your ears. Slowly curl up towards your knees until your shoulders are about 3 inches off the floor. Hold for a few seconds and lower down slowly.
PLANK	30 seconds	2	20 seconds	Core	Assume a modified press up position with your elbows bent 90-degrees and both forearms resting on the floor directly underneath your shoulders, looking straight to the floor.

INTRODUCTION

TRAINING TOP TIPS

HOW TO GET THE MOST OUT OF YOUR TRAINING PLAN

The secret to your success next September will be maintaining continuity through the weeks leading up to your Alps challenge. By laying down a solid base and foundation of steady rides at the beginning, it will provide the relevant platform to introduce more specific workouts to build strength and speed nearer to the Event

Add variety to your plan

Slogging out miles during dark winter evenings might not be your 'cup of tea', so introduce alternatives to develop an aerobic base fitness such as spinning, cross training, swimming or running.

Be smart with your training time

We do not want training to become a chore and/or take over your life. Equally you need to give it some respect.

Use opportunities such as lunchtimes and weekends. It is far better to train little and often than to save it all up for one big blast at the weekend.

Ride with others

Making a commitment to attend a session helps to keep motivation high (and helps you do it!). Ensure you ride with a group of similar ability riders.

Stretch, stretch & stretch

In tandem with your cycling sessions, keep up a stretching regime and honour yourself with recovery time, as this is when the adaptations will take place – reaping the rewards of all your hard work.

Always take a rain jacket

You never know with the good old British weather!

Don't play 'catch up'

If for any reason you have had to miss training through work or family commitments, or even illness, then resist the urge to play catch up. This could have a negative effect and you will potentially over-train, thus lowering your immune system making you even more susceptible to colds and viruses.

You are what you eat

Ensure you are eating a healthy balanced diet and ensure you train with the same sports nutrition that you will use on the Event.

Active recovery

Active recovery can reduce soreness and speed up the muscle-rebuilding process. For example, after a few days of solid training, an active recovery session helps your muscle recovery by increasing blood flow without putting a heavy strain. Examples include walking, stretching, yoga, pilates and swimming.

THE PLAN

WEEKS 1-4

PHASE 1: Building base fitness

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1 31/01	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 2 - flat road	STRENGTH 1hr	CYCLE 1hr30 RPE 2 - flat road	REST	CYCLE 2hr30 RPE 2 - flat road, consistent pace	CYCLE 3hr30 RPE 2 - flat road, consistent pace	
2 07/02	ACTIVE RECOVERY 1hr	CYCLE 1hr RPE 3/4 2 x 20 min efforts, 10 min recovery	STRENGTH 1hr	CYCLE 1hr30 RPE 2 - flat road	REST	CYCLE 2hr30 RPE 2 - flat road, consistent pace	CYCLE 3hr30 RPE 2 - flat road, consistent pace	
3 14/02	ACTIVE RECOVERY 1hr	CYCLE 1hr RPE 3/4 2 x 20 min efforts, 10 min recovery	STRENGTH 1hr	CYCLE 1hr30 RPE 2 - flat road	REST	CYCLE 2hr30 RPE 2 - flat road, consistent pace	CYCLE 3hr30 RPE 2 - flat road, consistent pace	
4 21/02	ACTIVE RECOVERY 1hr	CYCLE 1hr RPE 3/4 2 x 20 min efforts, 10 min recovery	STRENGTH 1hr	CYCLE 1hr30 RPE 2 - flat road	REST	CYCLE 3hr RPE 2 - flat road, consistent pace	CYCLE 3hr30 RPE 2 - flat road, consistent pace	

THINGS TO THINK ABOUT

WEEK	
1	Think about mixing up your routes and inject some variation. Perhaps plan a flattish route and use it for the next few weeks to concentrate on cadence.
2	Enjoy the social side of training. Just remember though, if riding with others, don't get carried away with other people's speed. If they're too fast - go your own pace!
3	Try a different route this week, and remember to treat yourself with a hot drink and cake at the end of a ride!
4	Remember to look after yourself, keep hydrated and enjoy a long ride with friends.

THE PLAN

WEEKS 5-8

PHASE 1: Building base fitness

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5 28/02	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 3/4 3 x 20 min efforts, 10 min recovery	STRENGTH 1hr	CYCLE 1hr30 RPE 3/4 3 x 20 min efforts, 10 min recovery	REST	CYCLE 3hr RPE 2 - flat road, consistent pace	CYCLE 4hr RPE 2 - flat road, consistent pace	
6 07/03	REST	CYCLE 1hr15 RPE 2 - flat road	STRENGTH 1hr	ACTIVE RECOVERY 1hr	REST	CYCLE 2hr30 RPE 2 - flat road, consistent pace	CYCLE 3hr RPE 2 - flat road, consistent pace	
7 14/03	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 3/4 3 x 20 min efforts, 10 min recovery	STRENGTH 1hr	CYCLE 1hr30 RPE 5 5 x 5 min efforts, 5 min recovery	REST	CYCLE 3hr RPE 2/3 - flat road, consistent pace	CYCLE 4hr RPE 2 - flat road, consistent pace	
8 21/03	ACTIVE RECOVERY 1hr	CYCLE 1hr45 RPE 3/4 3 x 20 min efforts, 10 min recovery	STRENGTH 1hr	CYCLE 1hr30 RPE 5 5 x 5 min efforts, 5 min recovery	REST	CYCLE 2hr 30 RPE 2 - flat road, consistent pace	CYCLE 4hr RPE 2 - flat road, consistent pace	

THINGS TO THINK ABOUT

WEEK	
5	During your midweek ride, include 15 mins of a brisk pace 100-110rpm in the last half hour of your ride. Introducing short, sharp efforts will increase speed.
6	Keep your cadence up and effort even when going up and down any hills on your ride.
7	Include a few hard efforts in your weekend ride.
8	Keep the effort high during your mid intensity tempo sessions and make sure you keep hydrated.

THE PLAN

WEEKS 9-12

PHASE 1: Building base fitness

PHASE 2: Hill strength focus

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
9 28/03	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 5 5 x 5 min efforts, 5 min recovery	STRENGTH 1hr	CYCLE 1hr45 RPE 3/4 3 x 20 min efforts, 10 min recovery	REST	CYCLE 2hr30 RPE 2 - flat road, consistent pace	CYCLE 4hr RPE 2 - flat road, consistent pace	
10 04/04	ACTIVE RECOVERY 1hr	CYCLE 1hr45 RPE 3/4 3 x 20 min efforts, 10 min recovery	STRENGTH 1hr	CYCLE 1hr30 RPE 2 - flat road	REST	CYCLE 2hr30 RPE 2 - flat road, consistent pace	CYCLE 3hr RPE 2 - flat road, consistent pace	
PHASE 2 11 11/04	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 2 - add a few steep hills	STRENGTH 1hr	CYCLE 1hr45 RPE 3/4 3 x 20 min efforts, 10 min recovery	REST	CYCLE 2hr30 RPE 2 - flat road	CYCLE 1hr30 RPE 5 5 x 5 min efforts, 5 min recovery	
12 18/04	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 2 – hilly ride	STRENGTH 1hr	CYCLE 1hr30 RPE 3 – hilly ride	REST	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	CYCLE 4hr hilly ride 3 or 4% hill lasting 5 minutes	

THINGS TO THINK ABOUT

WEEK	
9	Remember to drink and eat on the bike and make sure you follow your recovery regime after your rides.
10	Check your bike. A thorough clean is often when wear and tear is spotted. Replace items such as worn brake blocks and chains in good time to maintain efficiency.
11	During your tempo session, make sure you concentrate on cadence and make the brisk riding a constant effort to develop performance.
12	Recovery is key, maximise on sleep this week!

THE PLAN

WEEKS 13-16

PHASE 2: Hill strength focus

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
13 25/04	REST Catch up on sleep!	CYCLE 1hr30 RPE 2 - hilly ride, easy pace	STRENGTH 1hr	REST	REST	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	CYCLE 4hr hilly ride Try a few hill repeats with steady effort	
14 02/05	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 2 - hilly ride, easy pace	STRENGTH 1hr	REST	ACTIVE RECOVERY 1hr	REST	CYCLE 4hr hilly ride Try a few hill repeats with steady effort	
15 09/05	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 3 - hilly ride	STRENGTH 1hr	REST	REST	CYCLE 2hr30 hilly ride 3 or 4% hill lasting 5 minutes	CYCLE 3/4hr RPE 2 - flat road, consistent pace	
16 16/05	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 2/3 - tempo pace with a few hills	STRENGTH 1hr	CYCLE 2hr RPE 2/3 - tempo pace with a few hills	REST	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	CYCLE 3/4hr RPE 2 - flat road, consistent pace	

THINGS TO THINK ABOUT

WEEK	
13	Practice nutritional strategies and find out what works best for you on the bike.
14	Book a well deserved sports massage and watch a repeat of Tour de France to feel inspired!
15	Try and think about gear choice, don't be tempted to try and push too big a gear.
16	Maintain a cadence of around 90rpm on your steady paced rides.

THE PLAN

WEEKS 17-20

PHASE 2: Hill strength focus

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
17 23/05	REST Catch up on sleep!	CYCLE 1hr30 RPE 2/3 - hilly ride	STRENGTH 1hr	CYCLE 1hr30 RPE 2/3 - hilly ride	REST	CYCLE 2hr RPE 1/2 – flat roads, tempo pace	CYCLE 4hr hilly ride Try a few hill repeats with steady effort	
18 30/05	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	REST	REST	REST	ACTIVE RECOVERY 1hr	CYCLE 3/4hr hilly ride Try a few hill repeats with steady effort	
19 06/06	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 2/3 - hilly ride	STRENGTH 1hr	REST	REST	CYCLE 2/3hr RPE 2 - flat road, consistent pace	CYCLE 3/4hr RPE 2 - flat road, consistent pace	
20 13/06	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	STRENGTH 1hr	CYCLE 1hr30 RPE 2/3 - tempo pace with a few hills	REST	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	

THINGS TO THINK ABOUT

WEEK	
17	Identify a more demanding route including some climbs for your tempo session.
18	Try to find riders of similar ability – this will help with motivation when riding the miles!
19	Work on pedal efficiency on the climbs and practice changing through the gears when climbing.
20	Practice climbing in and out of the saddle. This can also help with stretching on the bike.

THE PLAN

WEEKS 21-24

PHASE 2: Hill strength focus

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
21 20/06	REST Catch up on sleep!	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	STRENGTH 1hr	ACTIVE RECOVERY 1hr	REST	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	CYCLE 3/4hr hilly ride 3 or 4% hill lasting 5 minutes	
22 27/06	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	STRENGTH 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	REST	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	CYCLE 2hr30 Try a few hill repeats with steady effort	
23 04/07	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	ACTIVE RECOVERY 1hr	ACTIVE RECOVERY 1hr	REST	REST	CYCLE 2hr30 Try a few hill repeats with steady effort	
24 11/07	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	STRENGTH 1hr	CYCLE 1hr30 RPE 2/3 - tempo pace with a few hills	REST	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	CYCLE 3/4hr RPE 3 - flat road, consistent pace	

THINGS TO THINK ABOUT

WEEK	
21	Continue to concentrate on riding at a consistent pace. You should notice you are going up the hills quicker and easier!
22	For your rides, varied climbs work well. Mix up some short, sharp 'lungbusters' with some steady gentle gradients.
23	This is a recovery and adaptation week. Enjoy a rest after a big weekend of riding. Make sure you do some stretching!
24	Continue to think about the efficiency of your pedalling. Concentrate on your technique and maintaining a relaxed upper body in order to ensure that ALL the effort is being used efficiently.

THE PLAN

WEEKS 25-28

PHASE 2: Hill strength focus

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
25 18/07	REST Catch up on sleep!	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	STRENGTH 1hr	ACTIVE RECOVERY 1hr	REST	CYCLE 3hr RPE 2/3 tempo pace	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	
26 25/07	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	STRENGTH 1hr	CYCLE 1hr30 RPE 2/3 - hilly ride, tempo pace	REST	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	CYCLE 3hr 3 or 4% hill lasting 5 minutes	
27 01/08	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	ACTIVE RECOVERY 1hr	REST	REST	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	
28 08/08	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	STRENGTH 1hr	CYCLE 1hr30 RPE 2/3 - tempo pace with a few hills	REST	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	CYCLE 3/4hr RPE 2 - flat road, consistent pace	

THINGS TO THINK ABOUT

WEEK	
25	Continue to concentrate on riding at a consistent pace. You should notice you are going up the hills quicker and easier!
26	Ensure to stretch and hydrate after your training.
27	Work on pedal efficiency on the climbs and practice changing through the gears when climbing.
28	Concentrate on your technique and maintaining a relaxed upper body.

THE PLAN

WEEKS 29-32

PHASE 3: Taper

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
29 15/08	REST	CYCLE 1hr30 RPE 1/2 – flat ride, easy pace	REST	ACTIVE RECOVERY 1hr	REST	CYCLE 3hr RPE 2 -flat ride, consistent pace	CYCLE 3hr hilly ride 3 or 4% hill lasting 5 minutes	
30 22/08	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	REST	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	REST	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	CYCLE 2hr30 Try a few hill repeats with steady effort	
31 29/08	ACTIVE RECOVERY 1hr	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	CYCLE 1hr30 RPE 1/2 - flat ride, easy pace	REST	REST	REST	REST	
32 05/09	REST	Travel to the Alps	Event starts Good luck!	/	/	/	/	

THINGS TO THINK ABOUT

WEEK	
29-32	Preparation is key to the success of your ride! Use these weeks to ensure you are 100% ready for the Alps!