



PEDAL TO YPRES

Training Plan

THE ROYAL BRITISH
LEGION



LONDON TO YPRES TRAINING PLAN

THE PLAN

This training plan stretches over a total of 16 weeks. It is designed to get you ready to tackle this challenging 4 day, 460 km ride. Mixing rides of different lengths and intensities it works from a system of training in different perceived effort zones. The goal of the plan is to adapt your body to the challenge of riding a multi day event.

AM I READY?

This training plan assumes a base level of fitness before starting. This is a challenging effort and the training needs to be appropriate to the physical demands you will face. If you do not feel ready to complete a 90 minute continuous ride at an easy effort check out our 6 weeks 'base building' plan first.

PLANNING AHEAD

Training for any endurance event requires consistency and patience. Ring fence the key sessions in your diary and make sure you plan around work or family life commitments.

MAKING IT WORK FOR YOU

This plan is not a tablet of stone and is designed to work for cyclists of a broad range of abilities. If you are more experienced look to add some of the additional sessions labelled 'optional' into your week. If you don't have time to complete all the sessions in the plan prioritise threshold and long rides and aim for the lower end of the time options.

WHAT ELSE DO I NEED TO KNOW?

The glossary on the next page is vital to understanding the terms and effort levels in the plans. Make sure you check out our *cycling guide* which gives further detail on training, nutrition, bike handling and technique.



TRAINING GLOSSARY & ZONES

'CADENCE' is how quickly you turn the 'crank' and is measured in revolutions per minute. A 'standard' cadence would be 80-90. Our plans will encourage you at times to 'spin' at a higher cadence or sometimes work bigger gears at a lower cadence.

'SPIN' used in these plans to denote an easier effort but still maintaining a higher cadence, often used in recovery between harder efforts.

'GEARING' gears are your friends. Use them to control your cadence and power by being aware of your terrain, fatigue level, environmental conditions to control your effort. Try to maintain a relatively consistent cadence using your gears, rather than fluctuation through big surges of effort.

'CORE/S&C' We strongly recommend including some core exercises and strength and conditioning into your training week. The training guide we have developed for you include some of the key exercises to complete.

'XT' Stands for 'cross-training' and includes cardiovascular training such as running, swimming, aqua jogging, rowing and elliptical trainers.

'HILLS' Riding hills will both get you prepared to tackle hills on event day but also will develop more power and strength endurance in all of your riding. The plan includes short hills efforts, building to long continuous blocks of 8-10 minutes of hills. For these you will likely need to repeat one hill several times to make up the volume required, just take an easy effort back down between each up hill effort.

TRAINING ZONES

Our training plans work you in a range of effort 'effort zones' or order to add variety into your training and to more effectively develop your strength and different energy systems;

Zone 1: Fully easy riding, 5-6/10 effort where you could hold a full conversation.

Zone 2: Steady effort ride, 6-7/10 effort still controlled but limited to a sentence worth of conversation.

Zone 3: Threshold effort rides. 7-8/10 effort at a pace where you might only speak 4-5 words.

Zone 4: Hard intervals at 9-10/10 effort. 1-2 word answer effort or harder.

ADAPTING THE PLAN TO YOUR LIFE

ADAPTING TO EXPERIENCE AND ABILITY

This plan is designed to accommodate cyclists from a broad span of abilities. It assumes you can already cover up to 90 minutes of riding at an easy intensity. If you can't check out our base building cycle plan which will get you up to speed. Despite this we all have different lifestyles, available training time and motivation. If you are a bit less experienced and struggling for training time, particularly in the mid week, drop the optional training sessions and look to complete some of the sessions at the lower end of the suggested range of volume. If you are more experienced and are looking to push on we recommend completing the higher volume options e.g. 80 minutes from a session marked as '60-80 minutes'.

WHAT TO DO IF YOU ARE SICK OR INJURED

Crucially don't try to play catch up or plough on through sickness or an injury. Seek the advice of a good sports physiotherapist who will advise you on the best ways you can get back into the saddle. Check out our cycling guide for our tips on how to include more cross-training. If you are able to do this pain free it can really help keep you on track even if you can't get out on the bike. When you are back on the bike step back into the training plan from where you left off rather than skipping ahead weeks.

SAFETY FIRST

Safety is critical at all times. Our cycling guide offers tips and advice on bike safety and handling. If you do not feel you can complete the harder faster sessions included in this plan safely on open roads, consider completing them on a static bike or 'turbo trainer'.

THE PLANS

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Core	50 minute ride. Include 5x6 minutes at threshold effort zone 3 with 3 minutes easy spin recovery.	Core and S&C and optional 30-45 minutes XT in zone 1-2	45 minute easy ride, fully conversational in Zone 1.	Rest	45-60 minutes to include 8-10 controlled climbs at zone 3 effort between 1-3 minutes long.	90 mins - 1 hour 45 minutes all easy & conversational. Zone 1
2.	Core	50 minutes easy in zone 1.	Core and S&C and optional 30-45 minutes XT in zone 1-2	45 minute ride. Include 2x12 mins @ 'threshold' effort zone 3 with 3 minutes easy spin recovery	Rest	45-60 minutes with 3 x 8 minutes continuous hills in zone 3 with 2-3 minutes easy recovery.	1 hour 45 minutes - 2 hours easy and conversational. Zone 1, keeping regular 80-90 cadence.
3.	Core	50 minutes to include 5 x 6 minutes at zone 3 with 90s minutes easy spin recovery. Regular 80-90 cadence.	Core and S&C and optional 30-45 minutes XT in zone 1-2	45 minutes in zone 1 Before breakfast is ideal if possible.	Rest	60 minutes with 3x10 minutes continuous hills in zone 3 with 2-3 minute easy recovery.	2 hours 15-30 minutes easy ride, zone 1-2 with regular cadence.
4.	Core	50 minutes easy-steady in zone 1 and 2.	Core and S&C and optional 30-45 minutes XT in zone 1-2	40 minutes easy ride, fully conversational in zone 1.	Rest	40 minute ride, 20 minutes in zone 1, 20 in zone 3.	90 minutes all relaxed in zone 1.

THE PLANS

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	Core	60 minutes to include 4x8 minutes at zone 3 with 2 minutes easy spin recovery. Regular 80-90 cadence.	Core & S&C and optional 45-60 minutes XT in zone 1-2.	45-60 minutes in zone 1. Before breakfast is ideal if possible.	Rest	75 minutes with 3x10 minutes continuous hills in zone 3 with 2-3 minute easy recovery.	2 hours - 2 hours 15 minutes zone 1.
6.	Core	60 minutes with final 40 minutes to include 2x15 minutes at zone 3 with 5 mins easy spin recovery.	Core & S&C and optional 45-60 minutes XT in zone 1-2.	45-60 minutes in zone 1. Before breakfast is ideal if possible.	Rest	80 minute ride, with 4 x 8 minutes continuous hills in zone 3 with 2-3 minutes easy recovery.	2 hours 30 minutes zone 1 throughout.
7.	Core	60 minutes to include 4x8 minutes at zone 3 with 90s easy spin recovery. Regular 80-90 cadence.	Core & S&C and optional 45-60 minutes XT in zone 1-2.	45-60 minutes in zone 1. Before breakfast is ideal if possible.	Rest	90 minutes with the final 20 minutes in zone 3.	2 hours 15-30 minutes with the final 45 in zone 2 working a big gear including rolling hills if possible..
8.	Core	45 minutes with the final 25 at zone 3 effort.	Core & S&C and optional 30-45 minutes XT in zone 1-2.	45 minutes with 5 x 4 minutes zone 4 with 90s spin recovery.	Rest	45-60 minutes easy zone 1.	Ideal weekend for 50-60km sportive or group ride. If not 2 hours 15-30 minutes with the final 45 in zone 2.

THE PLANS

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Core	60-75 minutes with 2 x (8/6/4) with 90s easy between each effort. 8 minutes zone 3 getting harder as you drop down. 5 minutes easy between sets.	Core and S&C plus optional 45-60 minutes XT in zone 1-2.	45-75 minutes practice riding in a big gear and climbing with a high cadence.	Rest	2 hours easy in zone 1.	2.5-3 hours easy and relaxed, zone 2
10.	Core	60-75 minutes with 2 x (8/6/4) with 90s easy between each effort. 8 minutes zone 3 getting harder as you drop down. 5 minutes easy between sets.	Core and S&C plus optional 45-60 minutes XT in zone 1-2.	45-75 minutes practice riding in a big gear and climbing with a high cadence.	Rest	90 minutes with 3 x 8 minutes continuous hills, zone 3 effort from 3 minutes, easy recovery.	3.5 hours easy zone 1-2 throughout.
11.	Core	60-75 minutes with 2 x (8/5/8) with 90s easy between each effort. Both 8 minutes efforts zone 3 with middle 5 zone 3-4 with 'big gear'.	Core and S&C plus optional 45-60 minutes XT in zone 1-2.	Rest	45-75 minutes practice riding in a 'big gear and climbing with a 'high cadence'.	3.5-4 hours with 3 x 10 minutes continuous hills in zone 3 from 3-5 minutes easy recovery.	2 hours relaxed throughout, zone 1-2.
12.	Core	45 minutes with 2 x 15 in zone 3 from 5 minutes spin recovery.	Core and S&C plus optional 40 minutes XT in zone 1-2.	Rest	45-75 minutes practice riding in a 'big gear and climbing with a 'high cadence'.	4 hours easy, zone 1-2.	2.5 hours to include 3 x 10 minutes continuous hills at zone 3 with 4 minutes easy between efforts.

THE PLANS

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	60-90 minutes easy riding, zone 1.	Core	60-75 minutes to include 8x3 minutes alternating odd numbers zone 3, even zone 4 (90s rest).	Optional easy recovery ride or XT zone 1 45-60 minutes.	Rest	4-5 hours easy throughout zone 1-2 with refuelling breaks plus core.	3 hours with the final 60 minutes including 3 x 15 mins zone 3 with 5 mins easy recovery.
14.	60-90 minutes easy riding, zone 1.	90 minutes - 2 hours with 4x10 minutes hills in zone 3 with 3 mins recovery.	Core	60-75 minutes to include 8 x 3 minutes zone 4 (90s rest)	Rest	90 minutes with 3 x 15 minutes zone 3 with 5 minutes easy recovery.	2.5-3 hours with regular climbs throughout. Aim for controlled zone 1-2 throughout.
15	Optional 30-40-minutes easy ride or XT plus core.	Rest	50-60 minutes 6/5/4/3/2/1 with 90s easy between each effort. 6 mins zone 3 getting harder as you drop down.	45 minutes zone 1 throughout.	Rest	60 minutes with the final 25 in zone 3.	2 hours relaxed in zone 1-2.
16	30-40 minutes easy ride zone 1.	Rest	25 minutes easy, check bike.	London to Ypres	London to Ypres	London to Ypres	London to Ypres

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