

TRAINING PLAN 45 mile



WEEK 1: This week's goal: Get to know your bike
Target distance: 25+ miles on your longest ride.

It's your first week, take your time to get to know your bike and gain confidence. Begin cycling on flat roads away from heavy traffic so you can get comfortable at your own pace. If something doesn't feel right, why not have your bike fitted or serviced, so it is fully prepped for your training.

Use your rest days to prep for your training for the week ahead. Which routes will you be taking?

Do you have everything you need for training? Work around your schedule by going out early morning or in the evening.

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY: Your first rest day! What a way to start a training programme. Use this time to think about your schedule for the week ahead, and if you have time arrange for a bike service.			
TUES	Jump right in to your training with a flat loop cycle so you can get used to your bike.	Cycling	Low	40 minutes
WED	REST DAY			
THURS	Switch between an easy paced ride for 10 minutes and medium intensity for 5 minute intervals for the duration of 30 minutes.	Cycling	Low	30 minutes
FRI	REST DAY			
SAT	Your choice of activity: Work on your core strength with some weight training.	Cross training	Medium	Up to 60 minutes
SUN	Easy paced ride on a flat loop. You'll be fitting in these long rides over the weekend.	Cycling	Low	1 hour (10+ miles)

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WEEK 2: This week's goal : To extend your total ride time while maintaining the previous week's pace.
Target distance : 15+ miles.

Fix any issues that occurred during your first week. After every session make sure that you check for debris and punctures.

Remember to keep hydrated. Take a small drink every 10-15 minutes. Think about other training options not on your bike that will build your core strength. Pilates, yoga or swimming are great ways to build these up and are non impact!

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY			
TUES	Easy paced ride with 5x5 mins at a harder pace within the timeframe.	Cycling	Medium	1 hour
WED	Your choice of activity: Tackle some pilates exercises to help you with core strength and endurance. Look online for the best poses for cyclists, the shoulder bridge will strengthen your glutes.	Cross training	Medium	1 hour
THURS	REST DAY			
FRI	Switch between an easy paced ride for 10 minutes and medium intensity for 5 minute intervals for the duration of 30 minutes.	Cross training	Medium	1 hour
SAT	REST DAY			
SUN	Easy/medium paced ride on a flat loop.	Cycling	Low	1 hour (15+ miles)

YOUR FUNDRAISING HELPS YOUNG PEOPLE LIKE MICHAEL.

Michael Gilroy, from Newcastle, was struggling with his mental health. He took up Muay Thai to help him with discipline, which spurred him on to a business idea.

“I spent a lot of my youth going out, which made me lose sight of my priorities in life. I struggled with anxiety and depression, but Muay Thai helped me overcome the struggles, and it changed my life.

“My Muay Thai coach gave me the idea of becoming a fight promoter, encouraging me on to the idea of Evol Promotions. I registered a limited company a week later but had little knowledge about running a business. I tried on my own for a year but it was tough, so I came to The King’s Trust for support.

“I learnt more about running a business after three days with The Trust than I did in my first year of being a business owner. I was able to create a sustainable plan which made sure my business was viable. I learned about finances, cashflow, taxes and everything money-related, which was really useful.

“The Trust taught me about the importance of setting goals, and the support I received helped me stay on track to meet those goals. With the grant I got, I was able to test trade my gym clothing and that taught me invaluable lessons which helped me improve that element of the business.

“I started by promoting fights, then hosting them myself. My events quickly evolved and soon I was running all kinds of entertainment, hiring DJs, stand-up comedians and even magicians. It was then I realised there could be more to my business.



“Starting a business is one of the best things I ever did. I find it exhilarating. The Trust guided me and gave me opportunities that I wouldn’t have had. I know fine well, without The Trust, I wouldn’t be where I am now or even known that what I’m doing now is what I wanted to do.

“I’m a big fan of The Trust and what they’ve done for me, so any opportunity to give back, help out, or get more involved, I am more than game for.”

Michael now hopes to inspire other Young People at The Trust through his role as a Young Ambassador.

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WEEK 3: This week’s goal: Start to pick up the pace in your mid week session.
Target distance: 15+ miles.

Really think about your pedalling technique. You should be pushing down on your pedal with the ball of your foot with knees pointing straight ahead. Try to keep the speed up at a steady pace but if you feel like you’re slowing down change to an easier gear.

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY			
TUES	Easy paced ride on a flat loop.	Cycling	Low	45 minutes
WED	REST DAY			
THURS	Easy paced ride on a flat loop for 20 mins. Increase intensity a little for following 20 mins. Final 20 mins easy cool down.	Cycling	Medium	1 hour
FRI	REST DAY			
SAT	Easy paced ride on a flat loop.	Cycling	Low	1 hour 30 minutes (15+ miles)
SUN	20 minutes at an easy pace to warm up, followed by 20 minutes at a steady pace and a final 20 minutes at an easy pace to cool down.	Cycling	Low	1 hour

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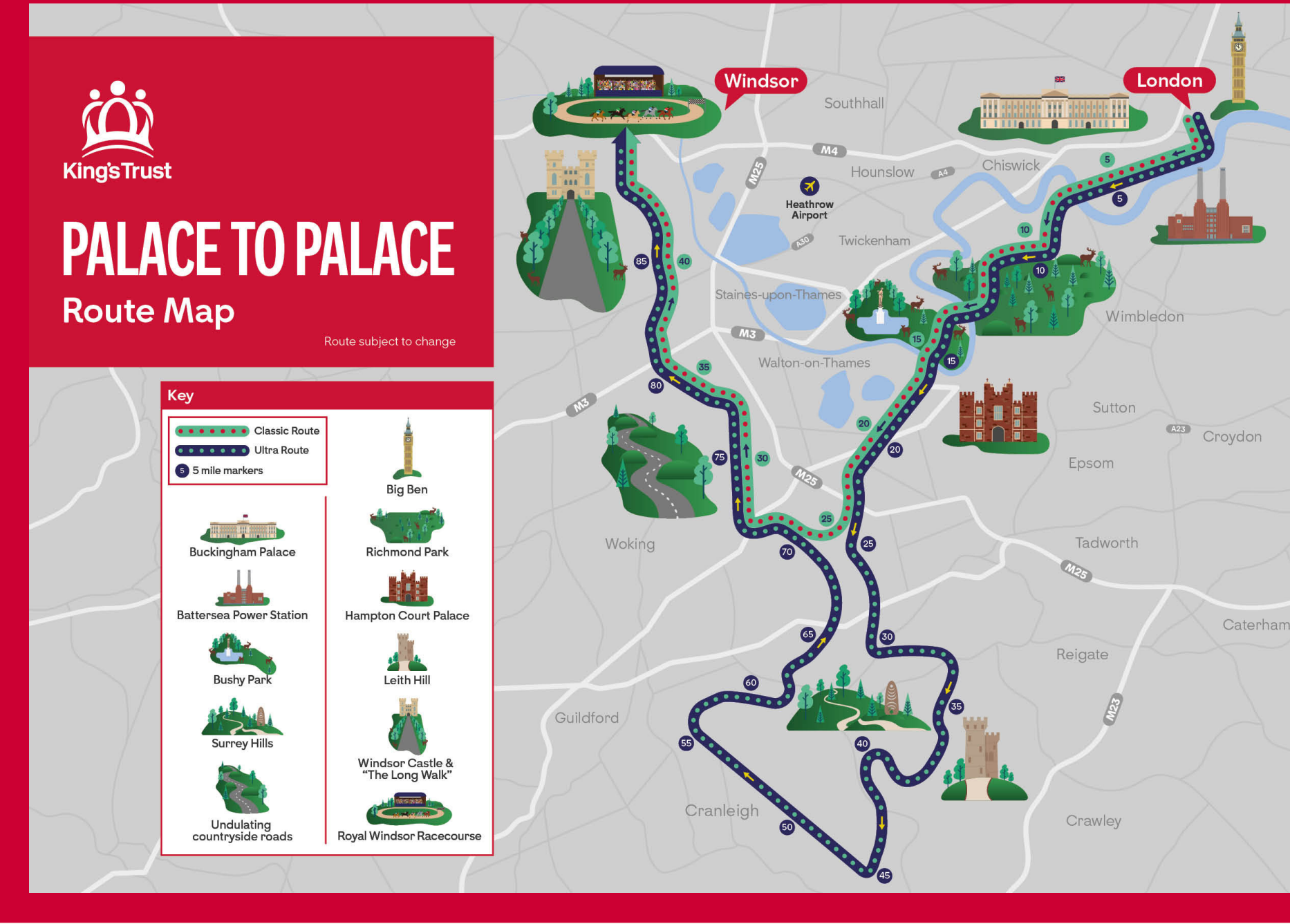


WEEK 4: This week's goal: To introduce hill riding.
Target distance: 25+ miles on your longest ride.

This week will be your first 2 hour ride which you should find achievable. You'll need to start thinking about the type of food to take en route. Remember to eat little and often on the longer rides. Refuel every 20-30 minutes on high carb foods such as bananas, flapjacks or dried fruit.

You should be cycling between 20-30 miles this week.

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY			
TUES	Start to introduce some hills and inclines to your route. Mix up the intensity to push yourself harder.	Cycling	Low/Medium	1 hour
WED	REST DAY			
THURS	Your choice of activity: Swimming is not only great for strength training but also a perfect cardio activity.	Cross training	Medium	Up to 30 minutes
FRI	REST DAY			
SAT	Easy paced ride on a loop. You will slowly begin increasing your distance.	Cycling	Low	2 hours (20+ miles)
SUN	20 minutes at an easy warm up, followed by 20 minutes steady pace and a final 20 minutes easy cool down.	Cycling	Low	1 hour



The course has been carefully chosen by Massive, our event delivery partner, to ensure you have a safe and enjoyable experience.

You can check out the full route and profile at [Ride with GPS.](#)



TfL's Cycling Hub contains all the free resources you will need to start or progress on your cycling journey.

The Hub contains:

- Around 50 safety-checked [cycle routes](#) right across the capital which you can use to prepare for your Palace to Palace Ride.
- Free online cycle [training courses](#) to build your confidence, from 'beginners' level to the more advanced 'cycling with kids' training videos.
- Advice on [cycling safely](#) in London plus practical advice from the [Met Police](#) on bike security and avoiding bike theft.
- [Discounts](#) on bikes and cycling equipment from our Cycle Sundays partners.

TfL are proud to support The Kings Trust and the Palace to Palace Bike Ride and we hope you enjoy preparing for and achieving your cycling goals this summer.



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WEEK 5: This week's goal: Relax and recover after 4 weeks training.
Target distance: 20+ miles.

You're half way through the training plan - High five! After a busy four weeks of training, take some time to recover and look at the progress you have made so far. Continue to cross-train at least once a week and remember to mix in both core strengthening exercises along with some cardio.

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY			
TUES	Easy paced ride on a flat loop but add in 3x5 minute bursts at a harder pace.	Cycling	Medium	1 hour
WED	REST DAY			
THUR	Easy paced ride on a mixed surface loop.	Cycling	Low	Up to 60 minutes
FRI	Your choice of activity: Maybe try a yoga class or if you prefer, watch a yoga video online in the comfort of your own home.	Cross training	Low	Up to 60 minutes
SAT	REST DAY			
SUN	Easy paced ride on a mixed surface loop.	Cycling	Low	2 hours (20+ miles)

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WEEK 6: This week's goal: Focus on hill climbs and your pacing.
Target distance: 30+ miles

Time to step it up a gear and begin to push further. Start focussing on hill climbs and learning to pace yourself whilst pedalling; remember to stay relaxed, use a low gear and stay mostly seated. You may want to stand up on occasion when you need that burst of power.

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	Hill reps: Begin with a 15 minute warm up on flat surface. Then begin hill climbs for 10 mins. Have 10 minutes recovery between each climb. Repeat hill climb twice. End with a 15 minute cool down on flat surface loop.	Cycling	Medium	1 Hour 15 Minutes
TUES	REST DAY			
WED	Your choice of activity: Hit the gym and lift some weights, it will help you build a powerful core and strengthen your bones.	Cross training	Medium	Up to 60 minutes
THUR	REST DAY			
FRI	20 minutes easy paced ride on flat loop. 25 minutes at a steady pace mixing in a few hill climbs. 20 minute easy paced ride on flat loop to cool down.	Cycling	Medium	65 minutes
SAT	REST DAY			
SUN	Easy paced ride with a few hills. Practice steady pacing.	Cycling	Low	3 hours (30+ miles)

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WEEK 7: This week's goal: Aim high and work towards cycling 35-40 miles this week! From next week we will start easing off the training so you are fully prepared and rested for the big day.

Use the first training session of the week to concentrate on your hill climbing and descending technique. Keep your eyes on the road ahead and break before entering corners. Get into the habit of keeping yourself hydrated and eating at regular intervals. Make sure to keep your electrolytes at the correct balance by introducing isotonic sports drinks. Aim to drink overall 500-750ml per hour.

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY			
TUES	Easy paced ride with 5x5 mins at a harder pace within the timeframe. Include some hill climbs.	Cycling	Medium	1 hour 30 minutes
WED	Your choice of activity: Tackle some pilates exercises to help you with core strength and endurance. Look online for the best poses for cyclists, the shoulder bridge will strengthen your glutes.	Cross training	Medium	Up to 60 minutes
THUR	20 minutes easy paced ride on flat loop. 25 minutes at a steady pace mixing in a few hill climbs. 20 minute easy paced ride on flat loop to cool down.	Cross training	Medium	Up to 65 minutes
FRI	REST DAY			
SAT	Your choice of activity : Practice your breathing capacity with swimming.	Cross training	Medium	1 hour
SUN	This is the longest ride of your training. Recommended cycling 35-40 miles. Keep a steady pace and use a primarily flat route. Make sure to stay hydrated and take snacks to refuel that you can take on event day.	Cycling	Medium	4 hours (40 miles)

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WEEK 8: This week's goal: Start preparing your kit for the ride in two weeks.
Target distance: 30+ miles

Create a checklist for your kit and start cycling with it to get used to the additional weight. You should have received your King's Trust technical top by now so practice wearing this whilst cycling and make sure you feel comfortable.

Give yourself a bit of TLC and arrange for a massage, or get the same effects from home with training aids such as a foam roller or massage balls that can help with muscle soreness.

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY			
TUES	Easy paced ride with 2x10 mins at a harder pace within the timeframe.	Cycling	Medium	1 hour
WED	You decide which cross training activity you have found most beneficial. Make sure to work on core strength whether this be pilates, swimming or weights.	Cross training	Medium	Up to 60 minutes
THUR	Your choice of activity: Hit the gym and lift some weights, it will help you build a powerful core and strengthen your bones.	Cross training	Low	90 minutes
FRI	REST DAY			
SAT	Easy paced ride with 2x10 mins at a harder pace within the timeframe.	Cycling	Low/ Medium	1 hour
SUN	Easy paced ride with 10 minutes of hill climbs once an hour. Practice steady pacing.	Cycling	Low/ Medium	3 hours (30+ miles)

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WEEK 9: This week's goal: Rein in the miles this week as you prepare for Palace to Palace in 7 days!
Target distance: 15+ miles.

Think about having your bike serviced so it is ready for the big event. Have your breaks, gears and chains checked/replaced if necessary.

Stock up on snacks! There will be water stops with snacks en route but we recommend taking a few extras incase you need an extra boost.

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY			
TUES	Easy paced ride with 2x10 mins at a harder pace within the timeframe.	Cycling	Low/ Medium	1 hour
WED	REST DAY			
THUR	Switch between an easy paced ride for 10 minutes and high intensity for 5 minute intervals for the duration of 30 minutes.	Cycling	Medium	30 minutes
FRI	REST DAY			
SAT	Your favourite cross-training activity.	Cross training	Medium	Up to 60 minutes
SUN	Easy paced ride with 5x5 mins at a harder pace within the timeframe. Include some hill climbs.	Cycling	Medium	1 hour 30 minutes (15+ miles)

BY TAKING PART AND FUNDRAISING FOR PALACE TO PALACE
YOU COULD BE THE TURNING POINT FOR A YOUNG LIFE.



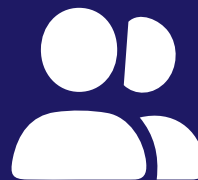
£5 could cover the cost of a bus ticket for a young person to attend their first job interview, your donation could help unlock an inspiring career.



£10 could fund a call to our helpline, enabling a vulnerable young person gain the critical advice they need.



£15 could contribute towards our work in schools, equipping a classroom with the right tools to help young people re-engage with learning.



£20 could provide a young person with an experienced youth worker for an hour, building their confidence, resilience and motivation during this time.



£55 could help The King's Trust provide a young person managing a struggling new business with expert mentoring.



£100 could leave a lasting legacy, this donation could contribute towards the specialist equipment that opens up a lifelong career for 1 young person on the margins of society.

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WEEK 10: This week’s goal: Complete Palace to Palace! Good luck!

Use this week to gather everything you need for the event and check all the event day logistics. Check your start time, how you will be getting there, travel arrangements, and check for delays planned for this weekend. Do everything you can to avoid stress on Sunday. Eat a well balanced meal on Saturday evening and lastly, have an amazing time on Sunday. See you at the finish line!

DAY	ACTIVITY	TYPE	INTENSITY	DURATION
MON	REST DAY			
TUES	This is your penultimate ride before the big day. Switch between an easy paced ride for 10 minutes and high intensity for 5 minute intervals for the duration of 30 minutes.	Cycling	Medium	30 minutes
WED	REST DAY			
THUR	REST DAY			
FRI	This is your final ride before the big day. Take it really easy and use this to keep your legs active over the weekend. Easy paced ride on a flat loop.	Cycling	Low	1 hour
SAT	REST DAY			
SUN	PALACE TO PALACE 2025!			