

# TRAINING PLAN - ULTRA 90 MILE

## Week 1:

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 the week ahead. Which routes will you be taking? Do you have everything you need for the race? Work around your schedule by going out early morning or in the evening.

### This week's goal:

**Gain confidence, be prepped and take it easy. Target distance: 10+ miles.**

### Week 1

		TYPE	INTENSITY	DURATION
<b>MON</b>	<b>REST DAY</b> 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.	---	---	---
<b>TUES</b>	Jump right in to your training with a flat loop cycle so you can get used to your bike.	Cycling	Low	40 Mins
<b>WED</b>	<b>REST DAY</b>	---	---	---
<b>THU</b>	Switch between an easy paced ride for 10 minutes and medium intensity for 5 minute intervals for the duration of 30 minutes.	Cycling	Medium	30 Mins
<b>FRI</b>	<b>REST DAY</b>	---	---	---
<b>SAT</b>	Your choice of activity Suggestion: Work on your core strength with some weight training.	Cross Training	Medium	Up to 60 mins
<b>SUN</b>	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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I soaked up all the information while on the programme and my confidence slowly started to improve – I realised I could do this, I was good enough, I did have the social skills, I started to see myself as an Health Care Assistant.

Working in the NHS has changed my life for the better – it's improved my mental health, my drive, my ambition and my hope. I am now stronger. I have a future and I am sure my children's lives will be more secure too. ”

**Cherelle,  
Prince's Trust supported young person**



**Thank you! Your support enables us to support young people, like Cherelle, across the UK.**

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## Week 2:

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!

### This week's goal:

**To extend your total ride time without reducing work rate. Target distance: 15+ miles.**

Week 2		TYPE	INTENSITY	DURATION
<b>MON</b>	REST DAY	---	---	---
<b>TUES</b>	Easy paced ride on a flat loop.	Cycling	Low	45 mins
<b>WED</b>	Your choice of activity Suggestion: Pilates is a fantastic way to improve your core strength as it's low impact on joints; it is a great way to increase your power output whilst riding.	Cross Training	Medium	Up to 60 mins
<b>THU</b>	REST DAY	---	---	---
<b>FRI</b>	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	30 mins
<b>SAT</b>	REST DAY	---	---	---
<b>SUN</b>	Easy/medium paced ride on a flat loop.	Cycling	Low	1 Hour (15+ miles)

## Week 3:

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.

### This week's goal:

**Start to pick up the pace in your mid week session. Target distance: 25+ miles.**

Week 3		TYPE	INTENSITY	DURATION
<b>MON</b>	REST DAY	---	---	---
<b>TUES</b>	Start to introduce some hills and inclines to your route. Mix up the intensity to push yourself harder.	Cycling	Low/ Medium	1 Hour
<b>WED</b>	REST DAY	---	---	---
<b>THU</b>	20 minutes at an easy warm up pace, followed by 20 minutes steady pace and a final 20 minutes easy cool down.	Cycling	Low	1 Hour
<b>FRI</b>	REST DAY	---	---	---
<b>SAT</b>	Your choice of activity Suggestion: Swimming is not only great for strength training but also a perfect cardio activity.	Cross Training	Medium	Up to 60 mins
<b>SUN</b>	Easy paced ride mixed in with a few higher paced intervals. We're slowly increasing the distance.	Cycling	Low	2 hours (25+ miles)

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## Week 4:

This week will be your first 3 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 aim to cycle between 30-40 miles this week.

### This week's goal:

**To introduce hill riding. Target distance: 30+ miles on your longest ride.**

Week 4		TYPE	INTENSITY	DURATION
<b>MON</b>	REST DAY	---	---	---
<b>TUES</b>	Start to introduce some hills and inclines to your route. Mix up the intensity to push yourself harder.	Cycling	Low/ Medium	2 Hours
<b>WED</b>	Your choice of activity Suggestion: Swimming is not only great for strength training but also a perfect cardio activity.	Cross Training	Medium	Up to 60 mins
<b>THU</b>	20 minutes at an easy warm up pace, followed by 20 minutes steady pace and a final 20 minutes easy cool down.	Cycling	Low	1 Hour
<b>FRI</b>	Easy paced ride on a mixed surface loop.	Cycling	Low/ Medium	2 hours 30 mins
<b>SAT</b>	REST DAY	---	---	---
<b>SUN</b>	Easy paced ride on a mixed surface loop.	Cycling	Low/ Medium	3 hours (30+ miles)

## Week 5:

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.

### This week's goal:

**Relax and recover after 4 weeks training. Target distance: 25+ miles.**

Week 5		TYPE	INTENSITY	DURATION
<b>MON</b>	REST DAY	---	---	---
<b>TUES</b>	Easy paced ride with 5x5 mins at a harder pace within the timeframe.	Cycling	Low/ Medium	1 hour 30 mins
<b>WED</b>	REST DAY	---	---	---
<b>THU</b>	Easy paced ride on a flat loop but add in 3 x 5 minute bursts at a harder pace.	Cycling	Medium	1 Hour
<b>FRI</b>	Your choice of activity Suggestion: 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 mins
<b>SAT</b>	REST DAY	---	---	---
<b>SUN</b>	Easy paced ride on a loop.	Cycling	Low	2 hours 30 mins (25+ miles)





# Week 6:

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.

### This week's goal:

**Focus on hill climbs and your pacing. Target distance: 40+ miles**



## Week 6

		TYPE	INTENSITY	DURATION
<b>MON</b>	Hill reps: 15 min warm up on flat surface. Hill climbs for 10 mins. 10 minutes recovery between each climb. Repeat hill climb twice. 15 minute cool down on flat surface loop.	Cycling	Medium	1 Hour 15 Mins
<b>TUES</b>	<b>REST DAY</b>	---	---	---
<b>WED</b>	First hour at an easy pace. The second hour to include bursts of high intensity and hill climbs. The final hour at an easy pace.	Cycling	Low/ Medium	3 hours
<b>THU</b>	Your choice of activity Suggestion: 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 mins
<b>FRI</b>	Steady paced ride with 10x5 mins at a harder pace within the timeframe.	Cycling	Low/ Medium	3 hours
<b>SAT</b>	<b>REST DAY</b>	---	---	---
<b>SUN</b>	Easy paced ride combined with a few hill climbs.	Cycling	Medium	4 hours (40+ miles)

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## Week 7:

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.

### This week's goal:

**Aim high and work towards 50-70 miles this week! From next week we will start easing off the training so you are fully prepared and rested for the big day**

### Week 7

		TYPE	INTENSITY	DURATION
<b>MON</b>	<b>REST DAY</b>	---	---	---
<b>TUES</b>	Easy paced ride with 10 minutes of hill climbs once an hour. Practice steady pacing.	Cycling	Medium	4 hours
<b>WED</b>	Your choice of activity Suggestion: 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 mins
<b>THU</b>	Easy paced ride with 2x10 mins at a harder pace within the timeframe.	Cycling	High	Up to 65 mins
<b>FRI</b>	<b>REST DAY</b>	---	---	---
<b>SAT</b>	Your choice of activity Suggestion: Practice your breathing capacity with swimming.	Cross Training	Medium	Up to 60 mins
<b>SUN</b>	This is the longest ride of your training. Recommended cycling 50-70 miles. Keep a steady pace and use a primarily flat route. Make sure to take a break for lunch, bananas and sandwiches.	Cycling	Medium	5 hours (50+ miles)



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## Week 8:

Create a checklist for your kit to take on the road and start to build this up. You should have received your Prince's Trust cycling jersey 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.

### This week's goal:

**Start preparing your kit and yourself for the ride in two weeks. Target distance: 40+ miles**

### Week 8

		TYPE	INTENSITY	DURATION
<b>MON</b>	<b>REST DAY</b>	---	---	---
<b>TUES</b>	Easy paced ride with 2x10 mins at a harder pace within the timeframe.	Cycling	High	1 hour
<b>WED</b>	Your favourite cross-training activity.	Cross Training	Medium	Up to 60 mins
<b>THU</b>	First hour at an easy pace. The second hour to include bursts of high intensity and hill climbs. The final hour at an easy pace.	Cycling	Low/ Medium	3 hours
<b>FRI</b>	<b>REST DAY</b>	---	---	---
<b>SAT</b>	Easy paced ride on a flat loop.	Cycling	Low	3 hours
<b>SUN</b>	Easy paced ride combined with a few hill climbs.	Cycling	Low/ Medium	4 hours (40+ miles)

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## Week 9:

Think about having your bike serviced and back to the same condition as week 1. Have your breaks, gears and chains checked/replaced if necessary.

Stock up on snacks, there will be water stops with snacks en route but you will need to bring enough food to fuel your ride.

### This week's goal:

Reign in the miles this week as you prepare for Palace to Palace in 7 days! Target distance: 20+ miles.

### Week 9

		TYPE	INTENSITY	DURATION
<b>MON</b>	REST DAY	---	---	---
<b>TUES</b>	Easy paced ride with 10 minutes of hill climbs once an hour.	Cycling	Low/ Medium	3 hours
<b>WED</b>	REST DAY	---	---	---
<b>THU</b>	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 mins
<b>FRI</b>	REST DAY	---	---	---
<b>SAT</b>	Your favourite cross-training activity.	Cross Training	Medium	Up to 60 mins
<b>SUN</b>	Easy pace ride with 6x5 mins at a harder pace within the timeframe. Include some hill climbs.	Cycling	Low/ Medium	2 hours (20+ miles)



## Week 10:

Use this week to gather everything you need for the event together and check all the event day logistics. Check your start time, how you will be getting there, travel arrangements, 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!

### This week's goal:

Palace to Palace completed! Well done!!

### Week 10

		TYPE	INTENSITY	DURATION
<b>MON</b>	REST DAY	---	---	---
<b>TUES</b>	Switch between an easy paced ride for 10 minutes and high intensity for 5 minute intervals for the duration of 30 minutes.	Cycling	High	30 mins
<b>WED</b>	REST DAY	---	---	---
<b>THU</b>	REST DAY	---	---	---
<b>FRI</b>	This is your penultimate 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
<b>SAT</b>	REST DAY	---	---	---
<b>SUN</b>	<b>PALACE TO PALACE 2024! GOOD LUCK!</b>			