



PALACE
TO PALACE

Headline Partner

sky

TRAINING PLAN

50 mile cycle



WELCOME TO YOUR TRAINING PLAN

Firstly, a huge thank you for signing up for Palace to Palace and taking on this incredible challenge to raise vital funds for The King's Trust! We're absolutely thrilled to have you on this journey with us, and we hope this 12-week training plan will leave you feeling confident, prepared, and excited for the big day on **Sunday 4 October**.

We've teamed up with expert coach Grant Goodman from [CycleForFitness](https://cycleforfitness.com) to create a dynamic and achievable training plan, packed with practical tips to help you make the most of every mile.

We know that 50 miles can feel like a big leap, especially if you're cycling so far has been shorter rides, commutes, or weekend spins. But here's the good news, this challenge isn't about being an elite athlete - it's about pacing yourself, building consistency, and growing your confidence step by step.

This experience is about more than just crossing the finish line. It's about enjoying the ride, feeling strong and in control, and celebrating your progress along the way. By following this plan, you'll gradually increase your distance, boost your comfort on the bike, and hit key milestones - so by the time event day arrives, you'll already know you can do it.

All of this guidance comes from experienced coaches who have completed Palace to Palace multiple times, so you're in safe hands. Remember, this isn't just about finishing, it's about enjoying every moment and making a real difference through your fundraising.

We can't wait to see you on the start line!

Becky and the Palace to Palace team.

Our training plan expert



BASECAMP
TRAIN WHERE YOU BELONG



Supporting Partners



ELEMIS

SUPPORTING NOTES

Month 1, Weeks 1 to 4: Building your stamina from scratch

What we are trying to achieve.

Early on, the challenge is rarely fitness, it is getting used to the bike: time in the saddle, a comfortable pace, the easiest gears, and the confidence to ride continuously.

Expect a sore saddle, heavy legs on small hills, and some hard-feeling rides at first. This improves quickly with consistent riding. The aim is to build stamina steadily, from two or three rides a week up to 12 miles in one go by the end of the first month.

Before every ride: warm-up and cool-down.

Warm-up: 5 minutes gentle in your easiest gear, changing up every minute at the same pedal speed. Breathing deeper but still conversational by the end.

Cool-down: 5 minutes easy spinning, then stretch and rehydrate.

Safety check: before the first ride, check the bike is sound (a shop can help) and the helmet sits level, strap junction below the ear, two fingers at the chin.

Comfort matters.

On longer rides, comfort often matters more than fitness. A few things help: padded shorts, regular hand-position changes, standing briefly on the pedals, a relaxed grip, and drinking regularly even when cool. Small, early discomforts tend to grow if ignored.

Finding your comfortable pedal speed (cadence).

Avoid grinding a hard gear at low pedal speed, it tires the legs and strains the knees. If the pedals feel heavy, change down and spin more smoothly.

Rating of Perceived Exertion (RPE).

This scale runs through the plan; the numbers in each session refer to it. We are not always chasing maximum effort, consistent well-paced riding builds fitness far more effectively.

Rating	Description
1	Very light
2	Fairly light
3	Moderate, easy conversational riding
4	Somewhat hard, comfortable but working
5	Hard, breathing noticeably deeper
6	Hard but sustainable
7	Very hard, short sentences only
8	Very hard, breathing heavily
9	Extremely hard, difficult to maintain
10	Very, very hard, maximal effort

Coach's notes.

The aim this month is 12 miles in one go by week 4. The harder efforts make steady riding feel easier, but stamina and confidence remain the priority.

Keep a rest day between sessions where you can, using the weekend if days must run together.

As rides lengthen we drink and then eat on the bike, which is

what the optional skills rides in weeks 2 and 3 rehearse.

The classic mistake is starting too hard; those who enjoy the day most are still comfortable halfway.



Month 2, Weeks 5 to 8: Building distance and introducing speed work

Where we are now.

By week 5 we should ride comfortably for about an hour, the foundation for this block.

From here, distance grows each week with a little midweek intensity: two or three structured weekday sessions and a longer weekend ride.

The target is 25 miles in one go by week 8, with the full 50 then clearly in reach.

What changes in this block.

Midweek sessions add intervals, short hard bursts with easy recovery, which build fitness more efficiently than steady riding and raise cruising speed.

The weekend ride lengthens at a low 3 to 4/10, where time on the bike matters more than speed. As rides pass 90 minutes, eat every 30 to 45 minutes, real food is fine.

Week 8 eases the optional ride so we reach the 25-mile attempt fresh, rest in the right place is preparation, not laziness.

Coach's notes.

Midweek work builds speed, the long ride builds distance, and we aim for four sessions a week including the optional one.

Week 8 backs off for the benchmark, treat it that way. At 25 miles, nutrition and hydration start to count, so practise eating on the bike from week 5.



Month 3, Weeks 9 to 12: Peak, taper, and Palace to Palace

The final block.

The first two months built endurance, added speed work, and stretched the long ride to 25 miles.

This block consolidates and builds to the event: three weeks loading up to 44 miles, then a lighter week 12 to arrive fresh. That taper is deliberate, the fitness is already there, and easing off lets the body express it on the day rather than arriving tired.

Training hard in the final week is a mistake at the worst time.

What to focus on in this block.

The long ride is the priority, building to 38 to 44 miles; doing that comfortably confirms we are ready for 50, when event support, adrenaline and group riding add capacity.

Midweek intervals keep speed sharp without fatigue, shortening in week 12. Fuelling should be routine, with weeks 9 to 11 the last chance to refine it.

The night before, eat carbohydrate, sleep well and lay out the kit; on the morning, breakfast three hours before

the start and drink steadily from waking.

Coach's notes.

The week 11 ride of 42 to 44 miles is the most important session in the plan. Completing it, even with a couple of stops, is a real confidence marker, and almost everyone who reaches week 11 in good shape finishes the event.

Week 12 backs off because freshness now matters as much as fitness, a few easy spins, nothing more. Trust the work already done.



Week 1 Training Plan

It is the first week, so we take our time and get to know the bike. We ride on flat roads away from heavy traffic, settling into a comfortable pace rather than chasing anything. If something does not feel right, this is the week to have the bike fitted or serviced so it is fully prepped for training. You can tick off each day as you go along and watch your progress build.

Read coaches supporting notes on page 3.



Goal

Gain confidence, get prepped, take it easy.



Target distance

~8–12 miles total across rides.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 20 min	5 min gentle warm-up in your easiest gear. Progress to a pace that just gets you out of breath (4/10) and hold this for 10 min on a circular route. Finish with 5 min easy spinning.	 Ride 1	 Low	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 20 min	Today we find a comfortable cadence. 5 min easy, then at 4/10 effort alternate 1 min in an easier gear and 1 min in a harder gear for 10 min. Which feels easier? Remember it. Cool down 5 min.	 Ride 2	 Low	☐
Friday	Rest day.	Rest	-	☐
Saturday 40 min	A longer ride today, aim for 40 min at a constant 3 to 4/10 effort at a comfortable cadence. Come home with something left in the tank. On small hills, shift into easier gears early rather than waiting until the legs are already struggling.	 Ride 3	 Low-Moderate	☐
Sunday	Rest day. No need to rush into things at this stage.	Rest	-	☐

Week 2 Training Plan

We introduce a little controlled effort this week, holding a steady 6/10 in the midweek sessions while keeping the long ride easy. The optional skills ride is there to practise handling a bottle while moving, which feels awkward at first and quickly becomes second nature.

Read coaches supporting notes on page 3.



Goal

Introduce controlled effort intervals.



Target distance

Long ride building to 50 min.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 35 min	5 min warm-up then 10 min at 6/10 effort. 5 min easy (3/10), then repeat the 10 min at 6/10. Cool down 5 min.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 30 min	5 min warm-up then 3 sets of 5 min at 7/10 effort on a flat route. Spin easily for 2 min between efforts, rest and drink if needed. Cool down 5 min.	 Ride 2	 Moderate - High	☐
Friday	Rest day.	Rest	-	☐
Saturday 50 min	Build to 50 min at a constant 3/10 intensity. Concentrate on smooth pedalling. If you begin to fatigue, shift to an easier gear and spin a little faster.	 Ride 3	 Low	☐
Sunday 20-30 min (optional)	Skills ride: in a park or playing field, practise taking your water bottle out and replacing it while riding. Keep the effort very easy and use a quiet, traffic-free area. It feels awkward at first and quickly becomes second nature.	 Ride 4 (optional)	 Low	☐

Week 3 Training Plan

The intervals lengthen a touch and we ride our first 12-mile route, stopping halfway to rest and refuel. We also begin practising eating on the bike, reaching into a pocket while riding, so it is routine by the time the distances grow

Read coaches supporting notes on page 3.



Goal

Lengthen the intervals, practise fuelling on the bike.



Target distance

12 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 40 min	5 min warm-up, then 2 sets of 12 min at 6/10 effort with 5 min easy spinning between. Cool down. Take a drink with you and sip regularly, ideally without stopping.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 35 min	5 min warm-up then 4 sets of 5 min at 7/10 effort on a flat route. 2 min easy between efforts. Cool down 5 min.	 Ride 2	 Moderate - High	☐
Friday	Rest day.	Rest	-	☐
Saturday 12 miles	Plan a roughly 12-mile circular route (or out-and-back). Ride at 4/10. Stop halfway for a rest and a snack, and do not forget to drink.	 Ride 3	 Low	☐
Sunday 20-30 min (optional)	Skills ride: practise taking a drink and reaching into a jersey pocket for a small snack (jelly babies, dried fruit) while riding. Do this in a safe, traffic-free space.	 Ride 4 (optional)	 Low	☐

Week 4 Training Plan

This week we bring the 12-mile route together in one go, which is the marker for the whole first block. We start conservatively and, if we feel strong in the second half, we can lift the pace a little.

Read coaches supporting notes on page 3.



Goal

Complete the 12 miles in one go, smoothly and confidently.



Target distance

12 miles in one go.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 40 min	5 min warm-up, then 2 sets of 15 min at 6/10 effort with 5 min easy spinning between. Cool down.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 40 min	5 min warm-up then 30 min at a constant 5/10 effort. Drink every 15 min. Cool down 5 min.	 Ride 2	 Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday 12 miles	This week the goal is to complete the 12-mile route from last week in one go. Start conservatively, and if we feel strong in the second half, we can push the pace slightly.	 Ride 3	 Low - Moderate	☐
Sunday	Rest day, save the energy for the longer Ride 3 this week.	Rest		☐

Week 5 Training Plan

We move into four sessions a week now, adding structured intervals midweek while the weekend ride lengthens. Effort on the long ride stays low; the aim is time on the bike, not speed. Keep practising eating and drinking as the rides get longer.

Read coaches supporting notes on page 4.



Goal

Add structured intervals, lengthen the weekend ride.



Target distance

14 to 15 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 55 min	5 min warm-up then 2 sets of 20 min at 6/10 effort with 5 min easy spinning between. Cool down.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 50 min	5 min warm-up then 3 by 10 min efforts: alternating 1 min hard (8/10) with 1 min moderate (4/10). 5 min very easy between efforts. Cool down 5 min.	 Ride 2	 Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday 14-15 miles	Time to explore a new route. Plan a 14 to 15 mile loop (or a shorter circuit ridden twice) at 3 to 4/10. As the rides get longer, drinking and eating on the bike matters more, so consider a coffee stop halfway.	 Ride 3	 Low - Moderate	☐
Sunday (optional)	Sustained endurance ride. 10 min warm-up then 40 min non-stop at 4 to 5/10. Cool down 10 min. Keep practising drinking from the bottle while riding.	 Ride 4 (optional)	 Low - Moderate	☐

YOUR FUNDRAISING HELPS YOUNG PEOPLE LIKE STEPHANIE

Stephanie, aged 28, from Ballmoney, is the founder of SKYDANCE NI, a Zumba and aerial fitness business built to foster joy and connection.

After facing mental health challenges and working long hours in hospitality, Stephanie left the industry in 2022 and joined The King's Trust Enterprise programme. With The Trust's support, she launched her business and now runs multiple weekly classes including hula hoop and bungee fitness, creating a vibrant community where people feel seen and supported.

“The Trust gave me the foundation I needed and helped me understand the details of being a business owner.” - Stephanie

Stephanie's journey, from isolation and financial hardship to self-employment, fuels her mission to uplift others. Today, she has a sustainable business plan, employs three staff and has big plans for the future. She continues to volunteer with a local organisation supporting unemployed young people and dreams of securing a long-term studio lease where she can host circus-style cabaret nights and expand her community even further.



Stephanie's reflections

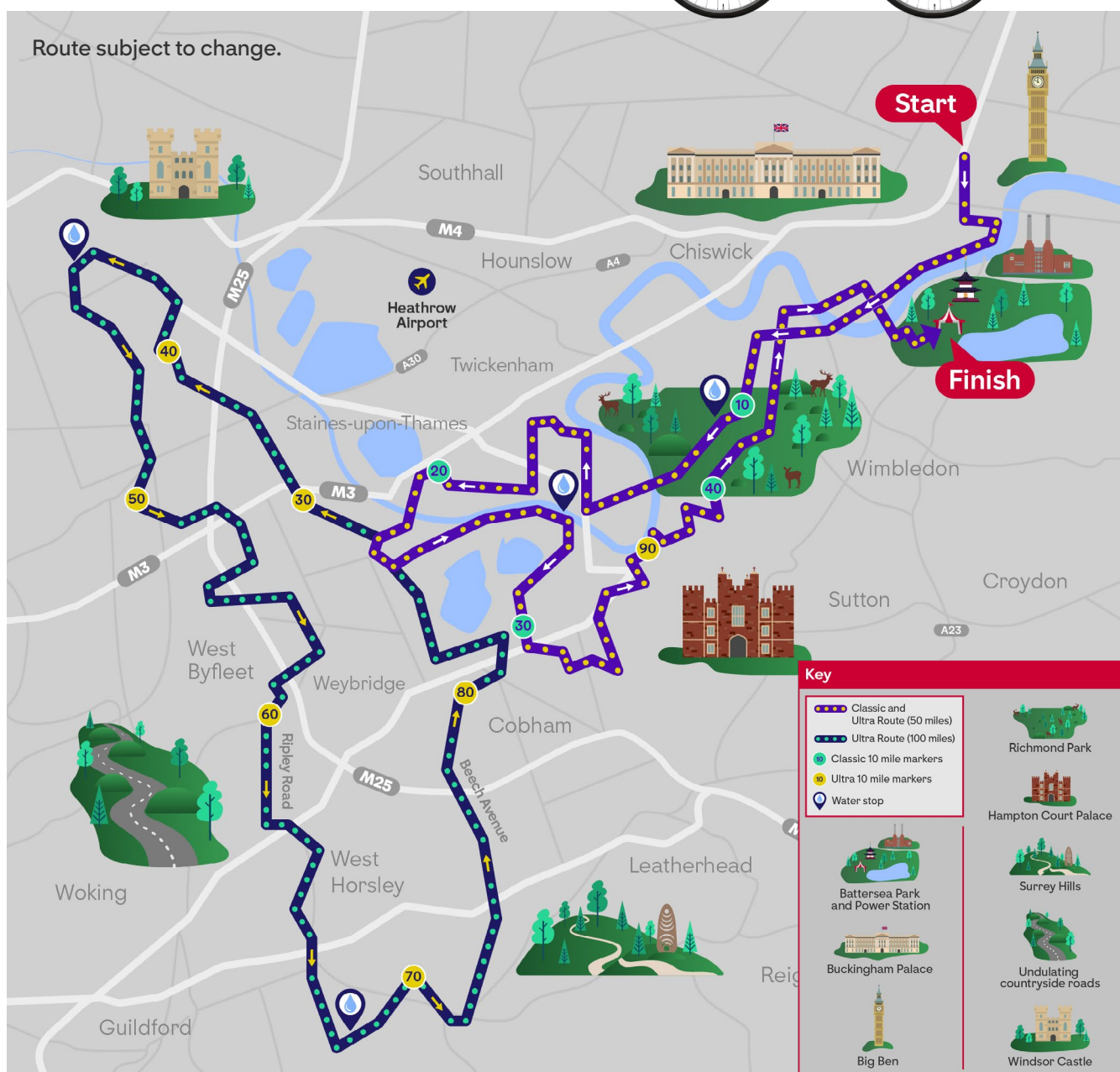
“I applied for a King's Trust Test My Business Idea grant and used it to order 2,000 leaflets, all of which I pushed through letterboxes myself. I was constantly innovating – introducing block bookings, new workshops and guest instructors to gain new clients.

When classes flopped, I didn't give up. The Trust gave me the foundation I needed and helped me understand the details of being a business

owner. The grants made a huge difference as I was able to buy equipment outright, grow faster and add new options like bungee classes.

“The community that grew from these classes was life-changing. People who once felt isolated now meet for coffee, sea dips and nights out together. Members of the local community have gained a new way to stay active and connected.”

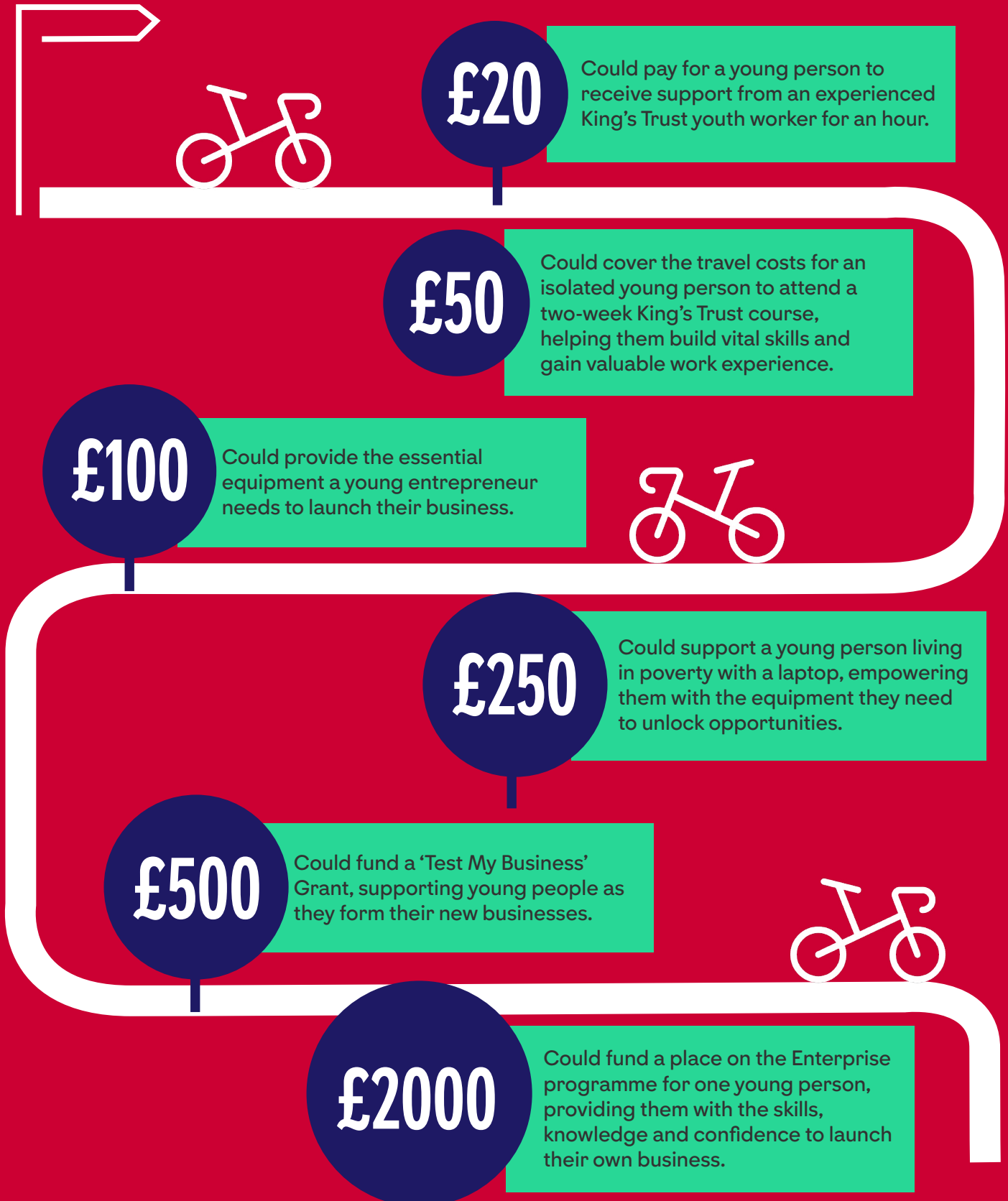
ROUTE MAP



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 details here: [Full route \(click link\)](#).

Our rides this year are brand new anniversary special routes to celebrate 50 years of The King's Trust, and for the first time start and finish in London.

See the change you're powering.



Week 6 Training Plan

The intervals sharpen with longer hard efforts, and the long ride steps up to 16 to 18 miles. Effort on the long ride stays comfortable, a stop is fine if we need it, the distance is what matters.

Read coaches supporting notes on page 4.



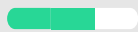
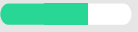
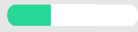
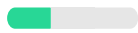
Goal

Sharpen the intervals, extend distance to 16 to 18 miles.



Target distance

16 to 18 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 40 min	5 min warm-up then 30 min non-stop at 5 to 6/10 effort. Cool down 5 min.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 45 min	5 min warm-up then 2 by 15 min efforts: alternating 1 min hard (8/10) with 2 min moderate (4/10). 5 min very easy between efforts. Cool down 5 min.	 Ride 2	 Moderate - High	☐
Friday	Rest day.	Rest	-	☐
Saturday 16-18 miles	Aim to ride 16 to 18 miles this week (roughly 75 to 90 min depending on terrain). A stop is fine if needed.	 Ride 3	 Low	☐
Sunday 65 min (optional)	10 min warm-up then 45 min non-stop at 4 to 5/10. Cool down 10 min.	 Ride 4 (optional)	 Low - Moderate	☐

Week 7 Training Plan

We hold a 20-mile ride this week at a steady effort, ideally in one go if the longer rides have started to feel comfortable. The midweek work keeps the cruising speed honest.

Read coaches supporting notes on page 4.



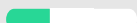
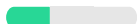
Goal

Hold a 20-mile ride at a steady effort.



Target distance

20 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 50 min	5 min warm-up then 40 min non-stop at 5 to 6/10 effort. Cool down 5 min.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 45 min	5 min warm-up then 2 by 15 min efforts: alternating 1 min hard (8/10) with 1 min moderate (4/10). 5 min very easy between efforts. Cool down 5 min.	 Ride 2	 Moderate - High	☐
Friday	Rest day.	Rest	-	☐
Saturday 20 miles	20 miles this week at 3 to 4/10. If the longer rides have felt comfortable, aim to complete this in one go. Otherwise stop after around an hour of riding.	 Ride 3	 Low	☐
Sunday 70 min	10 min warm-up then 50 min non-stop at 4 to 5/10. Cool down 10 min.	 Ride 4 (optional)	 Low - Moderate	☐

Week 8 Training Plan

Week 8 is the 25-mile benchmark, the halfway point of the event distance. We back off the optional session to arrive fresh, ride at 4/10 and try not to start too hard. The distance itself is the priority, not the pace.

Read coaches supporting notes on page 4.



Goal

Reach the 25-mile benchmark, arriving fresh for it.



Target distance

25 miles, the month-two benchmark.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 40 min	5 min warm-up then 30 min non-stop at 5 to 6/10 effort. Cool down 5 min.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 40 min	5 min warm-up then 30 min at a constant 5/10. Drink every 15 min. Cool down 5 min.	 Ride 2	 Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday 25 miles	The halfway point of the event distance. Ride at 4/10, careful not to start too hard. Aim to complete without stopping at around 12 mph. If that is not achievable yet, the distance itself is the priority.	 Ride 3	 Low - Moderate	☐
Sunday	Rest day, recover from the 25-mile attempt this week.	Rest	-	☐

Week 9 Training Plan

The final block opens with the long ride stepping up to 30 miles. We keep the intervals going midweek to hold the speed, and use the long rides to rehearse fuelling properly before the event.

Read coaches supporting notes on page 5.



Goal

Step the long ride up to 30 miles.



Target distance

30 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 65 min	5 min warm-up then 2 sets of 25 min at 6/10 effort with 5 min easy spinning between. Cool down.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 55 min	5 min warm-up then 2 by 20 min: alternating 1 min at 8/10 with 1 min at 4/10. 5 min very easy between efforts. Cool down.	 Ride 2	 Moderate - High	☐
Friday	Rest day.	Rest	-	☐
Saturday 30 miles	30-mile flat route at 3 to 4/10. Plan a coffee stop at around 20 miles to refuel and rest the legs briefly.	 Ride 3	 Low	☐
Sunday 75 min (optional)	After the long ride, a good 10 min warm-up at 3/10 to loosen the legs, then 1 hour at 4 to 5/10. Cool down 5 min.	 Ride 4 (optional)	 Low - Moderate	☐

Week 10 Training Plan

We build to 37 miles this week, with an optional coffee stop around 20 miles. The intervals stay short and sharp so we add distance without piling on fatigue.

Read coaches supporting notes on page 5.



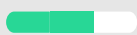
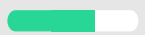
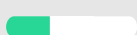
Goal

Build to 37 miles, keep the speed work sharp.



Target distance

37 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 75 min	5 min warm-up then 2 sets of 30 min at 6/10 effort with 5 min easy spinning between. Cool down.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 50 min	10 min warm-up then 3 by 8 min at 7/10 with 5 min easy between. Cool down 5 min.	 Ride 2	 Moderate - High	☐
Friday	Rest day.	Rest	-	☐
Saturday 37 miles	37-mile endurance ride at 3 to 4/10. Optional coffee stop at around 20 miles. Keep the effort comfortable throughout.	 Ride 3	 Low	☐
Sunday 20 miles (optional)	Repeat the 20-mile route from week 7 and try to beat the previous time.	 Ride 4 (optional)	 Moderate	☐

Week 11 Training Plan

This is the most important session of the plan, the last long ride before the event, 42 building to 44 miles if we feel strong. Completing it, even with a couple of stops, tells us the body is ready for 50 on the day.

Read coaches supporting notes on page 5.



Goal

The key long ride, 42 to 44 miles.



Target distance

42 to 44 miles, the key session.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 60 min	5 min warm-up then 50 min non-stop at 5 to 6/10. Cool down 5 min.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 55 min	10 min warm-up then 3 by 10 min at 7/10 with 5 min easy between. Cool down 5 min.	 Ride 2	 Moderate - High	☐
Friday	Rest day.	Rest	-	☐
Saturday 37-44 miles	Last long training ride before the event. Ride the 42-mile route at a similar pace to last week but without stopping, taking food and drink on the bike instead. If feeling strong, add a loop to reach 44 miles.	 Ride 3	 Low	☐
Sunday 20 miles (optional)	A different 20-mile route for variety, but with a long Ride 3 this week keep the effort easy at 3/10. Practise drinking regularly from the bottle.	 Ride 4 (optional)	 Low	☐

Week 12 Training Plan

This is taper week, and the volume drops on purpose. The fitness is already built; easing back now lets us express it fully on the day rather than arriving tired. A few easy spins to keep the legs moving, then the event itself, ridden at 4/10 and enjoyed.

Read coaches supporting notes on page 5.



Goal

Taper, stay fresh, ride the event.



Target distance

Event day, 50 miles.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 50 min	5 min warm-up then 40 min non-stop at 5 to 6/10. Cool down 5 min.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 70 min	5 min warm-up then 1 hour at a constant 4 to 5/10. Drink every 15 min. Cool down 5 min.	 Final Ride	 Low - Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday	Rest day, save everything for Palace to Palace.	Rest	-	☐
Sunday 50 miles	Palace to Palace event day. Ride at 4/10, starting conservatively. The preparation has been done. Enjoy it.			

