



PALACE
TO PALACE

Headline Partner

sky

TRAINING PLAN

100 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.

Cycling 100 miles is no small feat. Experienced riders can cover the distance, but riding it well, finishing strong, and truly enjoying the journey demands thoughtful preparation, not just accumulated miles.

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 to the lives of young people 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

Train smart, pace wisely, and prepare to go the distance.

One hundred miles is a serious undertaking, not because experienced riders cannot do it, but because doing it well, finishing within yourself and enjoying the day, takes specific preparation rather than banking miles.

Palace to Palace is not a race, but it is long enough to punish anyone who treats it like one. The usual error is not a lack of fitness but a lack of respect for the distance: fuelling, pacing and upper-body comfort all change when 50 miles becomes 100.

We build to a peak training ride of 68 to 70 miles, train the gut to take 70 to 80g of carbohydrate an hour, and arrive with enough taper freshness to cover the rest on the day.

What we are trying to achieve.

Over 12 weeks the challenge is not riding for longer, it is riding 100 miles efficiently. For most experienced riders that means three things: keeping heart rate honest on the long rides, which will feel almost too easy and should; training the gut to absorb fuel faster than it is used to; and building the fatigue resistance that holds position and power together in the final 25 miles.

The midweek sessions add structured intensity to lift the sustainable pace, the long rides build the aerobic engine, the recovery weeks consolidate, and the taper turns a solid 68 to 70-mile day into a well-executed 100.

By the end of month one the goal is 50 miles ridden comfortably at zone 2 (Z2), a working gut-training protocol, and the midweek tempo starting to feel routine.

Equipment check: before the first long ride, confirm the bike is properly fitted and the saddle has not shifted. A position that is fine at 30 miles can become a real problem at 70, so if in doubt, a pre-plan bike fit is worth it.



Phase 1, Building the aerobic base

What this block is trying to achieve.

The first four weeks are not about hard miles. They are about building an aerobic engine that will sustain a six-hour effort and setting the habits around fuelling, position and pacing that shape the harder months. The load will feel modest for an experienced rider, which is intentional.

The common error in a 12-week build is treating week one like week nine: arriving at month two slightly undertrained and fully recovered beats arriving tired from overdoing the base.

The body responds to progressive loading, not to being hammered from the start. By week four the goal is 50 miles comfortably at Z2, a working gut protocol, and the midweek tempo feeling routine.

Before each session: warm-up and cool-down.

Warm-up: at least 10 min of Z1 to Z2 spinning before any structured effort. Not optional for the interval sessions, as cold muscles and a cold cardiovascular system do not respond well to immediate Z3 or Z4 work.

Cool-down: 5 to 10 min of easy Z1 spinning, then stretch hip flexors, quads and calves. Rehydrate with at least 500ml straight away.

Recovery nutrition: on any ride over 90 min, take 30 to 40g of carbohydrate within 30 min of finishing. A banana and a glass of milk is enough; it speeds glycogen replenishment and reduces fatigue carried into the next session.

Gut training, starting from week 1.

At 100 miles, fuelling is not supplementary to performance, it is a primary determinant of it. Most riders who struggle in the second half trace it to a fuelling deficit built up in the first two hours, not to fitness. The gut needs training to absorb 60 to 80g of carbohydrate an hour while riding, just as the muscles are trained to produce power.

From the first long ride, eat on the bike from 30 min in. Start at 40 to 50g an hour and build to 70 to 80g by weeks five to eight. Mix sources: a sports drink at 30g per 500ml plus real food (banana, flapjack, oat bar) or gels. Test products in training to find what the gut tolerates. Nothing new on the day.

Training zones: why heart rate, not power.

A power meter is the most objective way to measure load, since wattage does not drift with temperature, fatigue or motivation, and for anyone who has one, power zones are what we would use. This plan does not assume a power meter, as not everyone in this cohort will

own one. A quality chest-strap heart rate monitor, around £70-80 gives an accurate and repeatable basis for zone training. Wrist monitors can underread during hard intervals, so a chest strap is worth the modest cost if one is not already owned.

One limitation is worth understanding: on very long rides, heart rate drifts upward at constant effort as core temperature rises and plasma volume shifts. This is cardiac drift, and it makes heart rate a slightly less reliable pacer in the final two hours than the first. The practical answer is to combine heart rate with feel on long rides, and to treat gradual drift in the final third as normal rather than a reason to ease further.

For those training with power, Zone 2 is roughly 56 to 75% of FTP, Zone 3 is 76 to 87%, and Zone 4 is 88 to 100%. The sessions work identically either way.



Establishing your Lactate Threshold Heart Rate (LTHR).

The zones here are anchored to Lactate Threshold Heart Rate, not maximum heart rate. LTHR is the heart rate at which lactate starts to accumulate faster than it can be cleared, broadly the hardest effort sustainable for 45 to 60 minutes, and it gives far more accurate zone boundaries than any age-based formula.

We do not use 220 minus age: it is a population average that varies by 10 to 15 beats either way and routinely sets zones too high or too low, an error that compounds over 12 weeks.

Option 1: use existing training data. If you have heart rate

data from past hard efforts, your LTHR is probably already known. Take the average heart rate across a sustained 20 to 30 minute hard effort that held pace rather than fading.

A 40-minute time trial average gives the same figure. If several sessions agree on a number, use it; if the data is patchy, the test below settles it in one session.

Option 2: the 20-minute LTHR field test. The standard field protocol. You need a heart rate monitor and a route or turbo where effort can be held steadily for 20 minutes.

Warm up: 15 to 20 min, including two or three short efforts building to a hard pace, then spin easy for the final five minutes.

The effort: ride 20 min at the highest effort you can hold for the full duration. Not a sprint, but hard from the start without collapsing in the last five minutes. If it collapses, you started too high.

Record: your average heart rate across the 20 minutes. That figure is your LTHR.

Recover: fully before starting the week 1 sessions, as the test itself counts as a hard session.

A note on the test: experienced riders often hold back early because the effort feels sustainable. Commit to a genuine maximal sustained effort from minute one. An accurate LTHR is worth one uncomfortable 20 minutes.

Heart rate zones: personalise before starting.

Once LTHR is established, fill in the third column below. The worked example uses an LTHR of 155 bpm; replace all figures with your own. These boundaries hold across all three months of the plan.

Zone	Name	% of LTHR	Example (LTHR 155 bpm)	My zones (bpm) [fill in]	What it feels like
Z1	Recovery	Below 81%	Below 126 bpm	Below ____ bpm	Very easy. Warm-up, cool-down and recovery only.
Z2	Aerobic base	81 to 89%	126 to 138 bpm	____ to ____ bpm	Comfortable and sustainable, full conversation possible. Most of the plan's volume sits here. Should feel almost too easy, which is correct.
Z3	Tempo	90 to 93%	140 to 144 bpm	____ to ____ bpm	Comfortably hard, short sentences only. Builds aerobic power and raises the pace sustainable at lower zones.
Z4	Sub-threshold	94 to 99%	146 to 154 bpm	____ to ____ bpm	Hard, no sustained conversation. The highest intensity here, used in intervals with defined recovery. HR should settle within two to three minutes; if not, drop to the top of Z3.
Z5	At or above threshold	100% and above	155 bpm and above	____ bpm and above	Not a target. If HR reaches LTHR during a session, ease back to Z4.

Coach's notes for phase 1.

The Z2 long rides look easy on paper and are often underestimated. Fifty miles in Z2 with consistent fuelling is a real training stimulus, especially when cadence, position and nutrition are taken as seriously as the effort.

A rider who finishes these four weeks with solid fuelling habits and comfortable 50-mile legs is ready for the build phase.

One reminder: Z2 feels easy, and it should. Pushing into Z3 because Z2 feels too gentle just accumulates fatigue that blunts the hard midweek sessions and

slows adaptation overall.

The base should be genuinely easy and the hard work genuinely hard, with little in between. After week 4, take a full rest day before month 2; the body adapts during recovery, not during the training itself.

Phase 2, Building distance and threshold fitness**What this block is trying to achieve.**

The base phase built the aerobic foundation and a working gut protocol. Month two builds on both.

The long rides extend to 68 to 70 miles, the training ceiling for this event (note that 62.1 miles is your metric century, worth marking if it is a first), and the midweek sessions add Z4 threshold work. Together they build the capacity to sustain effort over distance and the top-end fitness that makes the sustainable pace faster.

Week eight is a deliberate recovery week: after three weeks of loading, a structured drop in volume lets the body consolidate. The long ride falls to 40 miles and the midweek work eases. This is a trained response to the load, as important as the hard weeks.

Fuelling in phase 2.

At 60 to 68 miles with harder midweek sessions, nutrition matters more. The long-ride target is 70 to 80g of carbohydrate an hour from 30 min in, which needs a multi-

transporter approach: glucose and fructose together raise the gut's absorption ceiling from about 60g to around 90g an hour. Most current drinks and gels are formulated this way, so check the label for a glucose-to-fructose ratio near 2:1.

For the Z4 midweek sessions, a little carbohydrate before and during helps quality: 20 to 30g in the 30 min before, and a gel or half a banana at the midpoint if the session runs over 60 min. Recovery nutrition matters more now too, with 30 to 40g of carbohydrate and 15 to 20g of protein within 30 min of finishing.

Pacing the Z4 work.

Z4 threshold intervals are the most demanding sessions in the plan. The common error is starting the first set at full effort rather than settling into the zone over the first two or three minutes.

Heart rate lags effort by 60 to 90 seconds, so begin each interval at what feels like the top of Z3 and let HR rise into Z4 naturally; forcing it produces an overshoot and an unnecessarily hard first three minutes. If HR will not stabilise in Z4 within three to four

minutes, drop to the top of Z3 and hold. A sustained Z3 is more productive than a degrading Z4, and far less costly to recover from.

Coach's notes for phase 2.

The 68-mile long ride in week 7 is the most significant session of the 12 weeks. Completing it at Z2 with consistent fuelling confirms the body is ready for 100 on the day; the gap from 68 to 100 is covered by taper freshness, the feed stations on the route, and the lift of riding with others towards a goal.

Riders who reach week 7 having kept honest Z2 on the long rides, trained the gut progressively, and ridden the Z4 intervals without grinding are well placed to taper and perform.

Those who rode the long miles too hard will arrive worn rather than sharp, which is exactly what the zones are there to prevent.

After week 8, allow two full rest days before month 3; cutting the recovery week short reduces the quality of what follows.

Phase 3, Peak fitness, taper, and the event

What this block is trying to achieve.

The fitness is built. Month 3 consolidates the previous eight weeks, peaks with a 70-mile long ride in week 10, then reduces load through weeks 11 and 12 so the body arrives fresh, sharp and fully recovered.

Week 12 is the taper, with total volume down around 50 percent. This is correct and intentional. Eleven weeks of adaptation are not lost in a five-day taper; they are expressed more fully once the accumulated fatigue masking them has cleared.

Training hard through the final week because you feel undertrained is the most consequential error of the whole preparation.

The final week: practical preparation.

Nutrition: raise the carbohydrate proportion of meals across the two days before. The goal is full glycogen at the start, through modest adjustment rather than eating uncomfortably large amounts. Evening before: pasta, rice or sweet potato, a moderate familiar meal. Avoid very rich food or anything that might disrupt digestion overnight.

Hydration: start the day before well hydrated and maintain it through the evening. Pale yellow urine is the target. Do not over-drink plain water, and include electrolytes in the evening fluids.

Sleep: one disrupted night before the event has minimal effect; two in a row begins to matter. Prioritise good sleep two nights before. The night before often involves early alarms and nerves, which is normal.

Morning of the event: breakfast three hours before the start, oats, toast with honey or jam, a banana, and coffee if that is normal. 15 to 20 min before the start, take a small extra carbohydrate source (a gel or half a banana) to prime blood glucose. Arrive having drunk at least 500ml since waking.

Warm-up: 10 to 15 min of easy Z1 to Z2 with two or three short efforts into Z3. Riders who skip it typically spend the first 20 min finding their legs while others are already settled.

Managing the event: the bad patch.

Almost every rider doing 100 miles will hit a difficult patch somewhere between miles 60 and 80. It is predictable and normal, not a sign something has gone wrong, and having a response ready beats being surprised by it on the day. The usual cause is a fuelling deficit from the previous hour.

The first response when you feel flat is to eat and drink straight away, then soft-pedal at Z2 for 10 to 15 min while it absorbs. Do not stop unless there is a genuine physical reason, as stopping stiffens the legs and makes restarting harder.

If the cause is pacing rather than fuel, the answer is the same: drop to honest Z2 and hold it steadily. A controlled Z2 through a bad patch is recoverable; pushing on through Z3 or Z4 when the body is signalling distress turns a hard 20 minutes into a very hard 30 miles.

Coach's notes for phase 3.

The week 10 long ride of 70 miles at a controlled Z2 is the confirmation session for the whole plan. A rider who finishes it with consistent fuelling, stable heart rate and manageable fatigue in the final third has done the preparation; the 30-mile gap to 100 is covered by taper freshness, event support, and the energy of riding with a group to a known finish.

Week 12 deserves a note on the mind: after 11 weeks of structure, a big drop in volume often leaves the legs feeling oddly flat on the Monday and Tuesday of taper week. That is a normal response to reduced load, not lost fitness. By Friday they will feel different. Trust the work that has been done.

On the day, the first hour sets the entire ride: a rider who holds honest Z2 through Richmond Park and the first 25 miles is in a completely different position at mile 65 than one who pushed Z3 because it felt comfortable at the start.

Week 1 Training Plan

Phase 1, Building the aerobic base.

We open with steady Z2 riding and a first long ride of 40 miles. The aim is an easy, conversational effort, resisting the urge to push, and eating on the bike from 30 minutes in. We are training the gut as much as the legs. You can tick off each day as you go along and watch your progress build.

Read coaches supporting notes on pages 3-7



Goal

Settle into honest Z2 and start gut training.



Target distance

40 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 60-75 min	Z2 endurance. 60 to 75 min at Z2 (60 to 70% max HR). Steady, conversational effort throughout. Should feel almost too easy, so resist the temptation to push. Focus on smooth pedalling at 85 to 95 rpm where possible.	 Ride 1	 Low	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 45-60 min	Cadence and technique focus. 45 to 60 min Z2. Every 10 min, hold a higher cadence (95 to 105 rpm) for 3 min without raising heart rate, using a lower gear. Builds pedalling efficiency rather than strength, and reduces fatigue on long days.	 Ride 2	 Low	☐
Friday	Rest day.	Rest	-	☐
Saturday 40 miles	Long ride: 40 miles, Z2 throughout. Eat from 30 min in regardless of hunger, targeting 60 to 70g of carbohydrate per hour. This is gut training as much as fitness training. Plan a route with at least one refill point.	 Ride 3	 Low	☐
Sunday 45-60 min (optional)	Optional Z2 endurance. 45 to 60 min easy. Adds aerobic volume at minimal fatigue cost. Skip if the first three sessions this week left the legs heavier than expected.	 Ride 4 (optional)	 Low	☐

Week 2 Training Plan

Phase 1, Building the aerobic base.

Tempo work arrives midweek with Z3 blocks and a set of Z3 intervals, while the long ride steps to 45 miles. We keep nudging the carbohydrate rate up towards 70g an hour and watch how the gut responds.

Read coaches supporting notes on pages 3-7



Goal

Introduce Z3 tempo, push fuelling towards 70g per hour.



Target distance

45 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday approx 70 min	Z2 endurance with tempo introduction. 10 min Z1/Z2 warm-up, then 20 min at Z3 (70 to 80% max HR), 10 min Z2 recovery, then 20 min Z3 again. Cool down 10 min Z1/Z2.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday approx 65 min	Z3 intervals. 10 min warm-up then 3 sets of 10 min at Z3 with 5 min Z1/Z2 recovery between each. Cool down 10 min. Keep HR in the lower half of Z3 for the first set.	 Ride 2	 Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday 45 miles	Long ride: 45 miles, Z2. Target 70g of carbohydrate per hour using a mix of real food and gels. Note how the gut responds. Any bloating or discomfort is a signal to adjust the mix before it becomes a problem at 100 miles.	 Ride 3	 Low	☐
Sunday 50-60 min (optional)	Optional Z2 endurance. 50 to 60 min easy. Practise eating a banana or a bar on the bike from the first 20 min. The gut should begin to adapt to receiving food during moderate effort.	 Ride 4 (optional)	 Low	☐

Week 3 Training Plan

Phase 1, Building the aerobic base.

The tempo blocks lengthen to 25 minutes and we add over/under intervals to learn to shift intensity and recover cleanly. On the 48-mile long ride we begin rotating hand position every 20 to 25 minutes to protect the upper body.

Read coaches supporting notes on pages 3-7



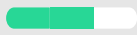
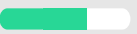
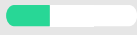
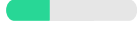
Goal

Develop Z3 tempo, start hand-position rotation.



Target distance

48 mile long ride.

Day	Activity	Type	Intensity	✓
Monday	Rest day.	Rest	-	☐
Tuesday approx 80 min	Z3 tempo development. 10 min Z1/Z2 warm-up, then 2 sets of 25 min at Z3, 8 min Z2 between sets. Cool down 10 min. Heart rate should settle into Z3 within the first 5 min of each set.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday approx 65 min	Over/under intervals. 10 min warm-up then 4 sets of 8 min: alternating 2 min at the top of Z3 (78 to 80% max HR) with 2 min at the bottom of Z3 (70 to 72% max HR). 5 min Z2 between sets. Cool down 10 min.	 Ride 2	 Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday 48 miles	Long ride: 48 miles, Z2. Begin practising hand position rotation every 20 to 25 min, moving between the tops, the hoods, and the drops if available. Extends how long the upper body can hold position without discomfort.	 Ride 3	 Low	☐
Sunday 50-60 min (optional)	Optional Z2 endurance. 50 to 60 min easy. Vary the terrain slightly if possible, as a few short rises keep the pedalling honest without raising overall training load meaningfully.	 Ride 4 (optional)	 Low	☐

Week 4 Training Plan

Phase 1, Building the aerobic base.

Week 4 eases back to let the block's work settle. The midweek rides stay genuinely easy with cadence drills, and the long ride reaches 50 miles, the peak of this block, ridden conservatively with attention to heart-rate drift in the closing 90 minutes.

Read coaches supporting notes on pages 3-7



Goal

Consolidate, keep it easy, ride 50 miles at Z2.



Target distance

50 mile long ride (block peak).

Day	Activity	Type	Intensity	✓
Monday	Rest day.	Rest	-	☐
Tuesday 60 min	Z2 recovery and consolidation ride. 60 min steady Z2, no harder. This is week 4 and the body needs to consolidate what the first three weeks have built. Keep it genuinely easy.	 Ride 1	 Low	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 60 min	Z2 technique ride. 60 min Z2 with 6 min of cadence drills every 10 min. For the drills, increase cadence in one-minute steps from your self-selected cadence, 70 to 80, 80 to 90, 90 to 100, then decrease by the same amount each minute back to your self-selected cadence.	 Ride 2	 Low	☐
Friday	Rest day.	Rest	-	☐
Saturday 50 miles	Long ride: 50 miles, Z2. The longest training ride of this block. Start conservatively, keep HR honest in the second half, and apply chamois cream before departure. Note the HR drift in the final 90 min and how it relates to effort.	 Ride 3	 Low	☐
Sunday	Rest. Volume has built steadily over four weeks and the body needs the training stimulus to consolidate. One solid rest day before the long ride at the weekend is the right call.	Rest	-	☐

Week 5 Training Plan

Phase 2, Building distance and threshold fitness.

Month two opens by introducing harder midweek intensity, the first sets bridging Z3 into lower Z4, while the long ride extends to 55 miles. The carbohydrate target settles at 70 to 80g an hour, which the gut should now be handling.

Read coaches supporting notes on pages 3-7



Goal

First Z3/Z4 work, long ride to 55 miles at 70 to 80g per hour.



Target distance

55 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday approx 75 min	Z3 to Z4 intervals. 10 min warm-up then 3 sets of 12 min at Z3 to lower Z4 (78 to 83% max HR) with 6 min Z2 recovery. Cool down 10 min. The hardest midweek session introduced so far, so approach the first set conservatively.	 Ride 1	 Moderate - High	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 75-90 min	Z2 endurance with cadence work. 75 to 90 min Z2. Include 4 sets of 5 min at 95 to 100 rpm, one set every 15 min. Maintains the efficiency work from month 1 while building endurance volume alongside the harder midweek sessions.	 Ride 2	 Low	☐
Friday	Rest day.	Rest	-	☐
Saturday 55 miles	Long ride: 55 miles, Z2 throughout. Target 70 to 80g of carbohydrate per hour from 30 min in. By week 5 the gut should be accustomed to receiving food during longer efforts. If not, this is the week to address the intake rate rather than tolerating discomfort.	 Ride 3	 Low	☐
Sunday 60-75 min (optional)	Optional Z2 endurance. 60 to 75 min easy. Adds aerobic volume at low fatigue cost. Particularly useful if week 5 has felt manageable across the first three sessions.	 Ride 4 (optional)	 Low	☐

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

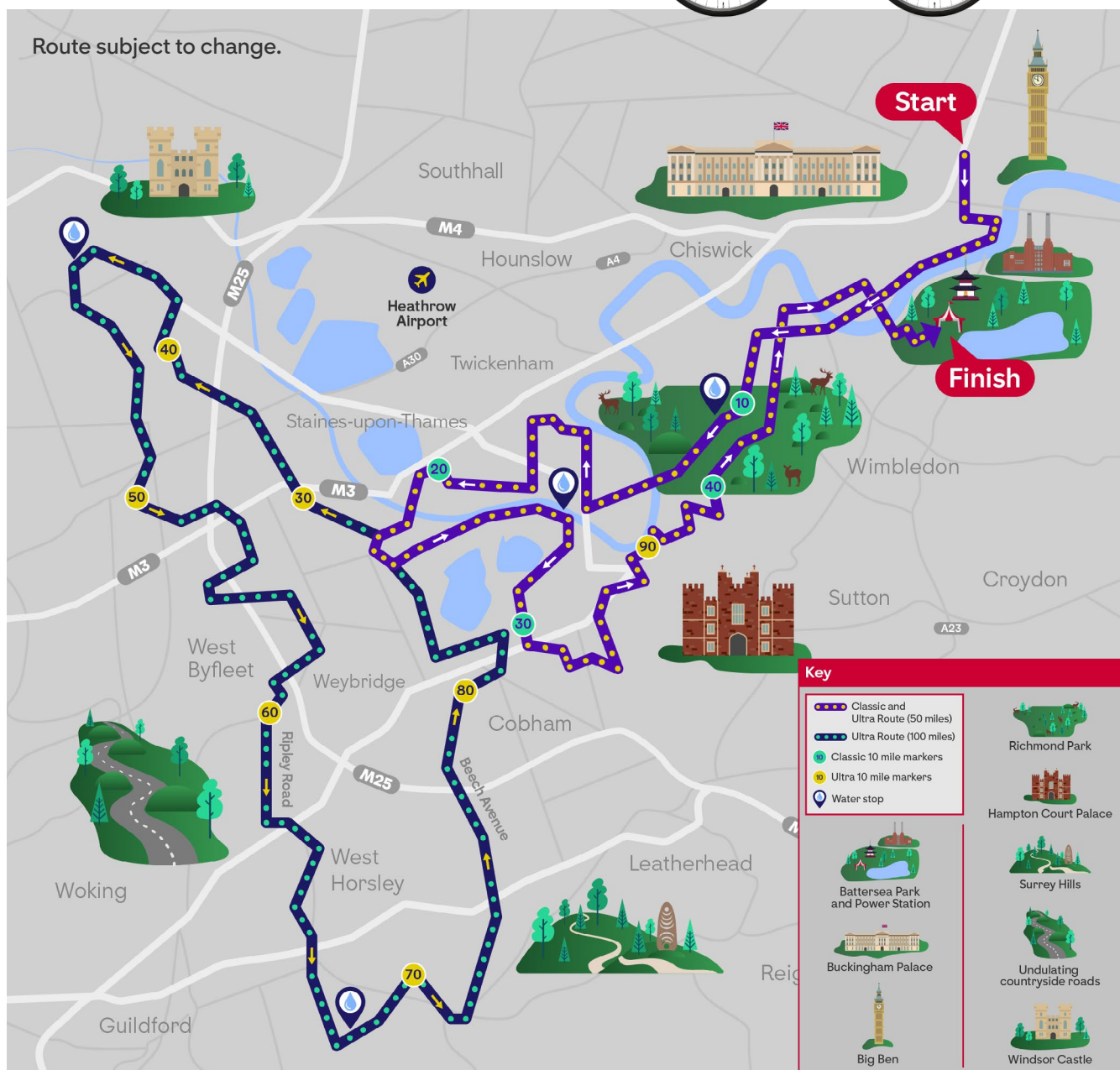
“I applied for a King's Trust Test My Business Idea grant and used it to order 2,000 leaflets, all of which I pushed through letterboxes myself. I was constantly innovating – introducing block bookings, new workshops and guest instructors to gain new clients.

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.”

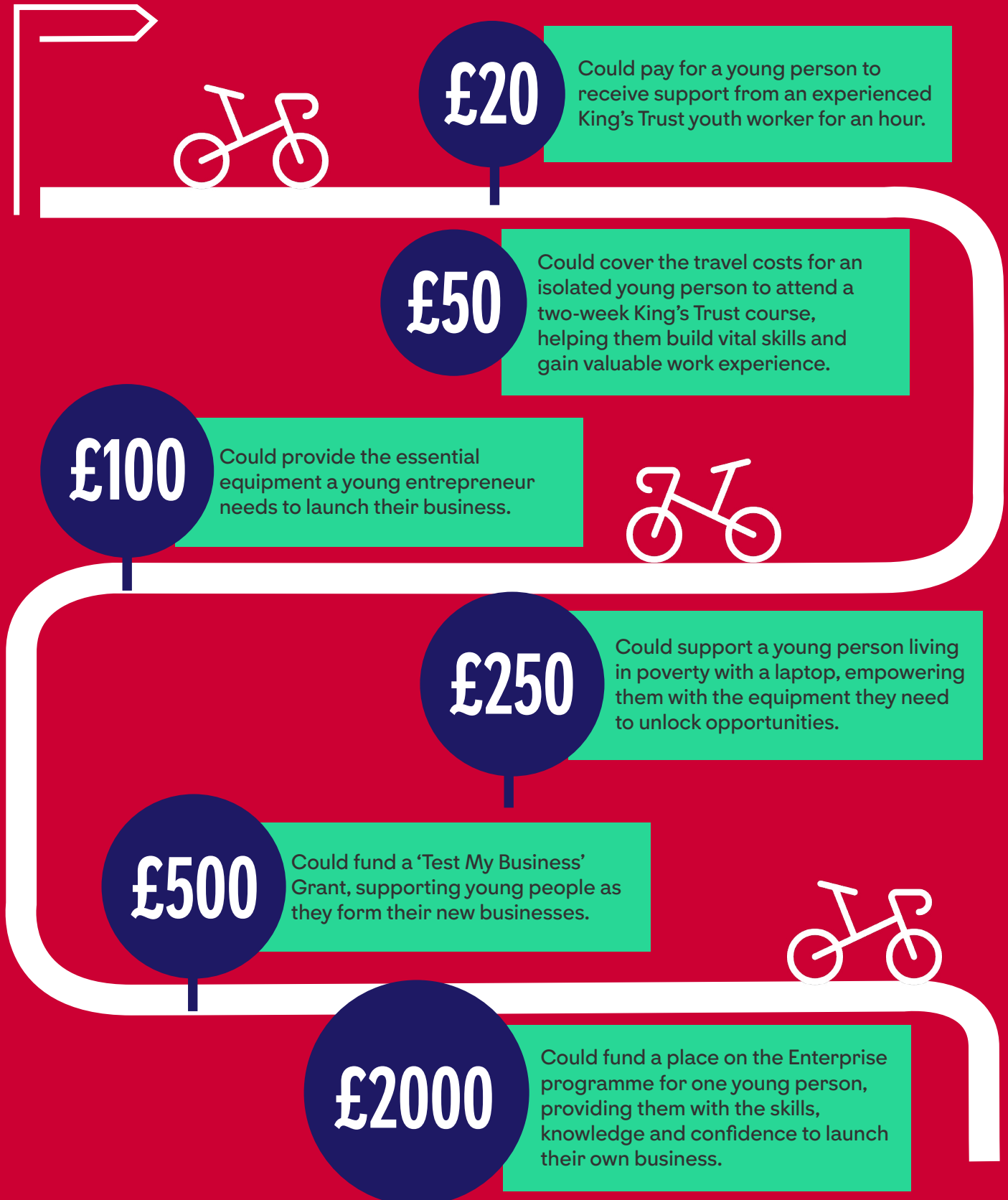
ROUTE MAP



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

Phase 2, Building distance and threshold fitness

We hold a continuous 40-minute Z3 block midweek and add over/unders that touch Z4 entry, while the long ride reaches 60 miles. Hand-position rotation becomes a deliberate protocol to manage upper-body fatigue.

Read coaches supporting notes on pages 3-7



Goal

Sustained Z3 tempo, long ride to 60 miles.



Target distance

60 mile long ride.

Day	Activity	Type	Intensity	✓
Monday	Rest day.	Rest	-	☐
Tuesday approx 60 min	Sustained tempo. 10 min warm-up then 40 min continuous at Z3 (70 to 78% max HR), no rest within the set. Cool down 10 min. The goal is to hold a genuinely steady heart rate across the full 40 min, resisting any upward drift.	 Ride 1	 Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday approx 85 min	Over/under intervals. 10 min warm-up then 5 sets of 8 min: alternating 3 min at Z4 entry (80 to 83% max HR) with 3 min at Z3 mid (73 to 76% max HR). 4 min Z2 between sets. Cool down 10 min.	 Ride 2	 Moderate - High	☐
Friday	Rest day.	Rest	-	☐
Saturday 60 miles	Long ride: 60 miles, Z2. Practise a deliberate hand position rotation protocol, moving between hand positions every 20 min and noting where discomfort begins to build. The purpose is to identify and manage upper-body fatigue patterns before they become entrenched on a six-hour day.	 Ride 3	 Low	☐
Sunday 60-70 min (optional)	Optional Z2 endurance. 60 to 70 min easy. Use this session to practise eating a larger volume of real food on the bike: half a banana, a quarter of a flapjack, a little dried fruit at regular intervals. The gut adapts to variety as much as to quantity.	 Ride 4 (optional)	 Low	☐

Week 7 Training Plan

Phase 2, Building distance and threshold fitness

This is the block's biggest week. The first true Z4 threshold intervals arrive midweek, and the long ride reaches 68 miles, close to the training ceiling for the event. Completing it at honest Z2 with steady fuelling is the confirmation we are looking for.

Read coaches supporting notes on pages 3-7



Goal

First Z4 threshold work, peak long ride at 68 miles



Target distance

68 mile long ride (training ceiling).

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday approx 70 min	Z4 threshold intervals. 10 min warm-up then 2 sets of 20 min at Z4 (80 to 88% max HR) with 10 min Z2 between. Cool down 10 min. If heart rate cannot stabilise in Z4 within 3 min of starting a set, reduce to the top of Z3 and hold there.	 Ride 1	 High	☐
Wednesday	Rest day.	Rest	-	☐
Thursday approx 90 min	Z2 to Z3 progressive ride. 10 min warm-up then 25 min Z2, 20 min Z3, 10 min Z2, 10 min Z3. Cool down 10 min. The alternating blocks develop the ability to shift intensity and recover cleanly.	 Ride 2	 Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday 68 miles	Long ride: 68 miles, Z2. This is close to the training ceiling for the event. The aerobic fitness for 100 miles is close to established, and the additional 32 miles on the day is covered by event freshness and support. Start conservatively, keep HR honest.	 Ride 3	 Low	☐
Sunday 60 min (optional)	Optional Z2 endurance. 60 min easy, keeping heart rate in Z1 to Z2. After a substantial week with the 68-mile long ride, a genuinely easy session helps without adding meaningful load.	 Ride 4 (optional)	 Low	☐

Week 8 Training Plan

Phase 2, Building distance and threshold fitness

Week 8 deliberately backs off. The long ride drops by around 40 percent to 40 miles and the midweek work eases, with only a short Z3 set to keep the system sharp. This recovery is a trained response to the load, every bit as important as the hard weeks.

Read coaches supporting notes on pages 3-7



Goal

Recovery week, drop the volume, consolidate.



Target distance

40 mile long ride (recovery week).

Day	Activity	Type	Intensity	✓
Monday	Rest day.	Rest	-	☐
Tuesday 45-50 min	Recovery ride. 45 to 50 min Z1 to Z2. Week 8 is a recovery week, so the session exists to maintain circulation and routine, not to generate training load. Heart rate should not rise above the bottom of Z2.	 Ride 1	 Low	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 48 min	Sharpness maintenance. 10 min warm-up then 2 sets of 10 min at Z3 (70 to 78% max HR) with 8 min Z2 between. Cool down 10 min. Keeps the aerobic system active without accumulating meaningful fatigue going into week 9.	 Ride 2	 Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday 40 miles	Long ride: 40 miles, Z2. A deliberate reduction of around 40 percent in long-ride distance. The training load needs to come down to let the body consolidate the gains from weeks 5 to 7.	 Ride 3	 Low	☐
Sunday	Rest. Week 8 is a recovery week and the optional session should simply not happen. Complete rest here is the right decision.	Rest	-	☐

Week 9 Training Plan

Phase 3, Peak fitness, taper, and the event

The peak block opens with Z4 sharpening intervals, holding the top-end fitness rather than pushing it further, and a well-fuelled 60-mile long ride that confirms both the fitness and the fuelling system are in place.

Read coaches supporting notes on pages 3-7



Goal

Consolidate Z4 sharpness, long ride at 60 miles.



Target distance

60 mile long ride.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday approx 80 min	Z4 sharpening. 10 min warm-up then 3 sets of 15 min at Z4 (82 to 88% max HR) with 8 min Z2 recovery. Cool down 10 min. The fitness to sustain these is now established, so the goal is consolidation rather than progression.	 Ride 1	 High	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 80-90 min	Z2 endurance with progressive cadence. 80 to 90 min Z2. Every 20 min, increase cadence to 95 to 100 rpm for 5 min. Maintains pedalling efficiency and helps manage the cardiac drift that becomes more pronounced on longer rides.	 Ride 2	 Low	☐
Friday	Rest day.	Rest	-	☐
Saturday 60 miles	Long ride: 60 miles, Z2. Well-fuelled throughout at 70 to 80g per hour. This ride confirms the fitness and the fuelling system are both in place. Arrive home having not pushed the pace in the second half.	 Ride 3	 Low	☐
Sunday 50-60 min (optional)	Optional Z2. 50 to 60 min easy. If the 60-mile long ride felt comfortable and the Z4 midweek work was solid, this session adds a little useful volume. If there is any residual fatigue, skip it.	 Ride 4 (optional)	 Low	☐

Week 10 Training Plan

Phase 3, Peak fitness, taper, and the event

This is the peak of the whole plan. A sportive-style Z3/Z4 combination midweek, then the 70-mile long ride, the longest training ride of the programme, ridden at honest Z2 with consistent fuelling. The event is two weeks away.

Read coaches supporting notes on pages 3-7



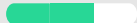
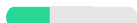
Goal

Peak long ride of the plan at 70 miles.



Target distance

70 mile long ride (plan peak).

Day	Activity	Type	Intensity	✓
Monday	Rest day.	Rest	-	☐
Tuesday approx 90 min	Z3/Z4 combination. 10 min warm-up then 20 min Z3, 5 min Z2, 2 sets of 10 min at Z4 with 6 min Z2 between, 5 min Z2, 10 min Z3. Cool down 10 min. Simulates the variable demands of a long sportive.	 Ride 1	 Moderate - High	☐
Wednesday	Rest day.	Rest	-	☐
Thursday approx 80 min	Tempo consolidation. 10 min warm-up then 35 min Z3, 5 min Z2, 20 min Z3. Cool down 10 min. After the heavier Z4 work of the earlier weeks, returning to sustained Z3 should feel more manageable than it did in month 1.	 Ride 2	 Moderate	☐
Friday	Rest day.	Rest	-	☐
Saturday 70 miles	Long ride: 70 miles, Z2. This is the peak training ride of the entire plan. Complete it at an honest Z2, fuel consistently, and rotate hand positions through the second half. The event is two weeks away.	 Ride 3	 Low	☐
Sunday 25-30 miles (optional)	Optional: a familiar 25 to 30 mile route at a controlled pace. A known route at this stage is useful for assessing form without adding unfamiliar variables. No time-trial effort, keep it Z2.	 Ride 4 (optional)	 Low	☐

Week 11 Training Plan

Phase 3, Peak fitness, taper, and the event

Volume comes down this week while intensity is held with a short Z4 set, preserving sharpness without fatigue. The long ride reduces to 45 to 50 miles, ridden conservatively. There is nothing to gain from going harder now.

Read coaches supporting notes on pages 3-7



Goal

Maintain sharpness, reduce volume ahead of the taper.



Target distance

45 to 50 mile long ride (volume drops).

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday approx 52 min	Short Z4 maintenance. 10 min warm-up then 2 sets of 12 min at Z4 with 8 min Z2 between. Cool down 10 min. Volume reduces this week ahead of the taper, but intensity is maintained to preserve sharpness.	 Ride 1	 High	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 60-70 min	Z2 recovery endurance. 60 to 70 min Z2. With a long Ride 3 and a significant Ride 1 this week, keep this session genuinely easy. HR should not move above the lower half of Z2.	 Ride 2	 Low	☐
Friday	Rest day.	Rest	-	☐
Saturday 45-50 miles	Long ride: 45 to 50 miles, Z2. A deliberate reduction in volume ahead of the taper. The fitness is built and there is nothing to gain from a hard or long ride this week. Keep pace conservative and HR honest throughout.	 Ride 3	 Low	☐
Sunday	Rest. With a long Ride 3 and significant midweek work this week, the optional session does not happen. Complete rest and good sleep are the most productive things available here.	Rest	-	☐

Week 12 Training Plan

Phase 3, Peak fitness, taper, and the event

Taper week. Volume drops by about half while the legs are kept responsive with a short ride and an easy spin. Then the event itself, 100 miles, started at Z2 and held there through the first two hours however easy it feels. The preparation is done.

Read coaches supporting notes on pages 3-7



Goal

Taper, stay fresh, ride the event.



Target distance

Event day, 100 miles.

Day	Activity	Type	Intensity	☒
Monday	Rest day.	Rest	-	☐
Tuesday 45 min	Taper ride. 30 to 35 min at Z2 with 2 short efforts of 3 min each at the top of Z3, separated by 5 min Z2. Cool down. The purpose is to keep the legs responsive without generating fatigue. Nothing harder than the top of Z3.	 Ride 1	 Low - Moderate	☐
Wednesday	Rest day.	Rest	-	☐
Thursday 20-25 min	Easy spin. 20 to 25 min Z1 to Z2 only. No structure, no targets. Loosens the legs and maintains circulation. Two days before the event this is all that is needed.	 Final Ride	 Low	☐
Friday	Rest day.	Rest	-	☐
Saturday	Rest. You've earned it.	Rest	-	☐

Sunday
100 miles

The event: Palace to Palace, 100 miles. Start at Z2 and hold there for the first two hours regardless of how easy it feels. The fitness and preparation are in place. The plan now is to execute the day well.

Event
Day!

