

12 Week – Hospitality Action - Tour de Cuisine – Beginner – from www.andycookcycling.com

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		Cycling	REST DAY	Cycling	REST DAY	REST DAY	Cycling	Cycling
	Duration	1 hr		1hr			1hr	1 hr
	Instructions	Ride at steady pace, without getting out of breath, Pedal at 80-85 rpm		Steady ride, still without getting out of breath. Pedal at 85-90 rpm			Steady paced ride - try not to get out of breath. Pedal at 90-95rpm	Another steady paced ride, as Saturday. Pedal at 90-95rpm
	Notes	Work out a flattish route, to use over next few rides. Maintain a steady pedalling rhythm.		Change to a lower gear, if necessary to maintain rpm. Treat your pedals like a treadle, not like a treadmill Use the same route.	Try a few gentle stretching exercises		Introduce a few harder exertions so as to feel levels of effort.	Ride with a friend, so that you can chat while riding. Try to involve someone of similar ability and ride together, not race.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Duration	REST DAY	Cycling 1hr	REST DAY	Cycling 1 hr	REST DAY	Cycling 1 hr	Cycling 1.5 hr
	Instructions	Stretching exercises	Ride at steady pace. You should be able to chat while riding. Don't get out of breath. Turn the pedals at 90-95 rpm		Warm up at the steady pace of 90-95 rpm for 20mins. Then ride briskly for 5mins at 110 rpm. Ease off and ride 10mins at 80 rpm, before another 5mins brisk at 110 rpm. As a warm down ride at 90rpm for a further 20mins.	Stretching	A Steady paced ride at 90-95 RPM- trying not to get out of breath.	Another steady paced ride at @90-95rpm.but in company.
	Notes	Clean and check your bike.	Consider how your riding compares with last week.		The brisk efforts will help anaerobic fitness. Maintain the supple pedalling of the previous sessions	Stretching	Try to exert yourself a few times so as to feel levels of effort.	Ride with a friend and chat as you go along. This will check your breathing. Remember to ride together and not race each other.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Duration	REST DAY	Cycling 1 hr	REST DAY	Cycling 1 hr	REST DAY	Cycling 1 - 1.5hrs	Cycling 1.5 hr - 2 hrs
	Instructions	Stretching	Steady paced ride. Pedal at 90-95rpm – trying not to get out of breath.		Steady ride for 20mins at 90-95 rpm to warm up. Then 5mins brisk ride at 110rpm. Ease off and ride for 10mins at 80 rpm before repeating the 5mins brisk at 110 rpm. Warm down with 20mins ride at 90 rpm	Stretching	A steady paced ride - try not to get out of breath while maintaining 90-95rpm	A steady ride in company - try not to get out of breath. Pedal @90-95rpm
	Notes	Stretching.	Check that you are recovering after each training session.		Ensure rest and recovery after this ride.	Give some thought to energy drinks and food; try different brands both before and on your rides in the next few weeks.	Add a few gentle climbs to the route so as to introduce some variety	As it is more enjoyable to ride in company, ride with a friend but also consider joining a cycling club or group.

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1 hr		1 hr		1 - 1.5 hrs	2 hrs
	Instructions	Stretching	Steady paced ride - try not to get out of breath. Pedalling at 90-95rpm		Steady paced ride - try not to get out of breath. Pedal at 90-95rpm	Stretching	Steady paced ride - try not to get out of breath. Pedal at 90-95rpm	A steady paced ride with company - trying to not get out of breath. Pedal at 90-95rpm
Notes	Easy week. Stretching Try joining a yoga, pilates or similar class.	Ride steadily without hard efforts. Relax and enjoy. Consider a new route.		Just relax and enjoy a steady pace			Steady paced ride at your speed. Ride with friends or group but don't try to match other peoples speed if faster than you.	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1 hr		1 hr		2 hrs	2 - 2.5 hrs
	Instructions	Stretching	Steady paced ride - try not to get out of breath. Pedal at 90-95rpm		Warm up for 20mins at steady pace of 90-95 rpm, before - 5 mins brisk at 110rpm,ease off for 10mins at 80rpm,- then another 5mins brisk at 110 rpm, End ride with warm down for 20 mins at steady pace of 90 rpm		Steady paced ride at 95-100 rpm. Try making some efforts on the hills and keep pedalling over the top.	Ride with friends or club. Keep pedalling rhythm smooth and constant.

	Notes	<p>It is time to consider your rest and recovery routine. Now that you are riding further it is important to re-fuel immediately after your ride, use a recovery drink, or a meal with both protein and carbohydrate..</p>	<p>Steady pace- will need to add a few miles on to training route as will be increasing speed slightly from this week.</p>		<p>Try and keep the brisk efforts constant. Rest and recovery drink afterwards.</p>		<p>Change into lower gear where necessary. Remember your rest and recovery drink/ food after the ride.</p>	<p>Make sure that you rest, drink and eat so as to re-fuel after this ride. For most efficient riding consider your pedalling action. To maintain a good cadence it is as well to treat your pedals like a treadle operated machine. With practice this will involve the ankles so as to create a smooth, complete pedalling action. Avoid the temptation to just push down on the pedals. Think of Treadle rather than Treadmill.</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling	
		1.5 hr		1hr 15		2hr	2.5hr	
Week 6	Duration							
	Instructions	Stretching	Steady paced ride - try not to get out of breath. Pedalling at 90-95rpm		Warm up for 20mins at steady 90-95 rpm. 5mins at brisk 110 rpm followed by 10mins riding easily at 80 rpm. Then a second brisk ride at 110rpm, followed by 10mins at 80 rpm. Now a third brisk ride at 110 rpm before warming down for 20mins at the steady 90 rpm pace.	Stretching	Steady paced ride @ 95-100 rpm, incorporating several efforts on the hills – keeping pedalling over the top.	Ride with group of friends or club. Keep pedalling rate smooth and constant.
	Notes	Check through your clothing- shorts, base layers, shoes. If change needed start to replace now, so as to get used to it.	Review and rearrange your training route to increase distance.		Try to maintain the efforts and concentrate on pedalling, or <u>cadence</u> . Rest and re-fuel afterwards.		Concentrate on maintaining smooth cadence both up hill and over the top. Recovery food and drink.	Rest and recovery food and drink as soon as finished.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		1 hr		1.5 hr		2 - 2.5 hrs	3 hr
Week 7	Instructions	Stretching	Steady paced ride - try not to get out of breath. Pedalling at 90-95rpm	Warm up for 20mins at steady 90-95 rpm pace. Then 5mins brisk 110rpm effort followed by 8mins easy 80 rpm. Another 5mins at 110 rpm followed by 8mins at easy 80 rpm. Then a third 5mins at brisk 110 rpm and finally 20mins at 90 rpm to warm down.	stretching	Steady paced ride - try not to get out of breath. Pedalling at 90-95rpm	Group ride at steady at steady pace, still avoiding breathlessness. Pedal at 90-95 rpm
	Notes	Check your bike- including tyres, chain, brake and gear cables. Clean and adjust where necessary	Steady pace	Recovery time reduced to improve anaerobic capacity		concentrate on cadence and smooth riding position	Enjoy a stop on this ride, just 15-20 mins. Still rest and re-fuel as soon as you get home.

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8		REST DAY	Cycling	REST DAY	Cycling	REST DAY	REST DAY	Cycling
	Duration		1 - 1.5 hr		1 - 1.5 hr			3.5hr
	Instructions	Stretching	Steady ride. Just enjoy the bike ride.		Steady ride, as Tuesday	Stretching		Steady paced group ride – try not to get out of breath. Pedal at 90-95rpm
	Notes	Easy week. Think about drinking and eating on bike. This week practice doing it, so you can do it safely when with others. Consider introducing a few mobility exercises as a daily routine.	Relaxed ride – use a different route for a change. Take a friend.		Relax and enjoy. Practice using bottle while riding and taking food bars of your back pockets.			Ride with friends or club. Include a tea stop but also eat and drink on the bike. Remember your recovery routine when you get home.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5 hr		2hr	4hr
Week 9	Instructions	Stretching	Steady pace, increasing your cadence when climbing hills, stay sitting in saddle as long as possible.		20mins warm up at a steady pace of 90 - 95rpm - 5mins brisk at 110 rpm followed by,8mins easy at 80rpm, then 5mins brisk at 110 rpm, then 8mins easy at 80 rpm, 5mins brisk at 110rpm, 8mins easy at 80 rpm, 5mins brisk @ 110rpm Finishing with warm down for 20mins steady at 90 rpm	Stretching	Steady paced ride pedalling at 90-95rpm	Steady paced ride – still trying to not get out of breath. Pedal at 90-95rpm
	Notes	Think about the event(s) you are aiming for. Check the route to see how much climbing is involved. Plan a new route to include as many hills as possible to practice on.	Make sure to maintain speed right over the top of hill.		Make sure you warm down well and use the recovery routine.		Vary the route for a change.	Steady paced ride with your group or club. Have one stop of 15 mins. Eat and drink on bike. Recovery routine as soon as home.

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		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5 hr		3hr	4hr
Week 10	Instructions	Stretching and mobility	Steady paced ride at 90-95rpm		20mins warm up at steady pace of 90 - 95rpm – then 5mins brisk at 110 rpm followed by, 8 mins easy at 80rpm, then 5 mins brisk at 110 rpm, then 8 mins easy @ 80 rpm, 5 mins brisk @ 110rpm, 8 mins easy @ 80 rpm, 5 mins brisk at 110rpm and finally warm down for 20 mins steady at 90 rpm		Steady paced ride, keeping your cadence high. Concentrate on climbing the hills smoothly..	Ride with group or club. Include one tea stop of 15 mins.
	Notes	2 weeks to go now so more time in the saddle to build up to hardest ride next week.	Using regular route-You should notice you are going up the hills faster and easier.		Increase speed in interval session. Make sure to warm down well and do recovery routine		Remember to eat and drink on ride. Good recovery routine, once home.	Eat and drink on ride. Remember your recovery routine once home.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1.5 hr		1.5hr		3hr	4.5hr
Week 11	Instructions	Stretching and mobility	Steady paced ride - increase effort and speed by pedalling faster not by using a bigger gear.		20mins warm up at a steady pace of 90 - 95rpm - 5mins brisk @110 rpm followed by,8mins easy @ 80rpm, then 5mins brisk @110 rpm, then 8 mins easy @ 80 rpm, 5mins brisk @ 110rpm, 8mins easy @ 80 rpm, 5mins brisk @ 110rpm and finally warm down for 20mins steady @ 90 rpm	Stretching and mobility	Steady paced ride, keeping your cadence high.	Ride with group. Have a short tea stop. Keep cadence high and keep going over the hills.
	Notes	Take it easy as your legs will be tired and a bit sore after the weekend. Your stretching exercises will be appreciated.	Stretch and recover		Your last interval session before the event so really try hard. Make it hurt! Make sure you recover properly when finished.		Go with a group if possible. . Very important to practice good recovery routine at this stage of your preparation.	The last big ride before event so enjoy it! Feel good about getting to this point in good shape.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 12		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1-1.5 hr		1.5 hr		1 hr	
	Instructions	Stretching and mobility	Ride at steady pace. Keep cadence high.		Steady pace, with a few bursts and/or a few sprints up the hills to break up ride.	Stretching and mobility	Have a relaxed spin of the pedals Enjoy a bike ride at an easy pace.	THE BIG DAY
Notes	This week riding will be gentler. Ensure your bike is ready NOW and you have all your kit, food and drink prepared so as to save last minute panics.			Final check of bike and kit. Buy anything still needed. Don't wait till Saturday	Go with a friend. Don't forget good recovery routine		You have now done all you can as preparation. You are right, the bike is right, all your kit and food is ready, so just relax, have a good meal and look forward to tomorrow.	Enjoy the event. Make sure you pace yourself.