

12 Week Hospitality Action – Tour de Cuisine - Training Plan – Intermediate – from www.andycookcycling.com

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		Cycling	REST DAY	Cycling	REST DAY	REST DAY	Cycling	Cycling
	Duration	1hr		1hr			2hrs	2hrs
	Instructions	Ride at Steady Pace 80-85rpm		Ride at Steady pace 85-90 rpm			Ride at Steady Pace 90-95rpm	Steady Pace 90-95rpm
	Notes	This week concentrate on supple pedalling, keeping your pedalling rate or cadence high.	Consider starting stretching regime at home or join a yoga or Pilates class.	Concentrate on Keeping your cadence high, with an even effort throughout.	Stretching routine at home.		Maintain high cadence and with effort up and down any hills.	Keep the cadence high; consider riding with a group or a club.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration	1hr		1hr 30mins		1hr 30mins	2hrs
Week 2	Instructions		Steady Pace 90-95 rpm		Steady Pace 90-95rpm. During the last half hour of ride Include 10mins at a brisk pace of 100-110rpm		Steady Pace 90-95rpm. Include 2 sets of 5 mins alternating 15 seconds hard and 45 seconds easy.
	Notes	This week focus on cadence and keeping your efforts even throughout the rides.			From now we will start to introduce short sharp efforts within the ride to increase speed.		Stay seated and aim for a cadence of 120 rpm during short, hard effort.
							Keep the cadence high and effort even up and down any hills. Pedal over top of hills.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		Duration	1hr 30mins		1hr 30mins		1hr 30mins	2hrs
Week 3	Instructions		Steady Pace 90-95 rpm		Steady Pace 90-95rpm. Include 15 mins of a brisk pace of 100-110rpm in the last half hour of your ride. Important to warm down for the last fifteen minutes		Steady Pace 90-95 rpm. Include 3 blocks of 5 mins alternating 15 seconds hard, 45 seconds easy.	Steady Pace 90-95rpm, preferably in company
	Notes	This week initiate your rest and recovery routine. Start to rest and refuel straight away after each training session. Try to keep to your stretching routine.	If pedalling seems difficult, think of using your pedals like a treadle machine and not a Treadmill		Concentrate on keeping your cadence smooth.	Check over your bike for the weekend riding. (Tyres, brake and gear cables, chain.)	Stay seated and aim for a cadence of 120 rpm in hard sections. Remember your recovery routine.	Keep the cadence up and effort even throughout the ride. Try to ride with a group or a club for a bit of fun.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling	
Duration		1 hr		1 hr		1 hr	2hrs	
Week 4	Instructions		Enjoy a relaxing easy ride, but keep pedalling		Your FTP Test - 10 mins easy. Then 3 X 1 min @120rpm with 1 min easy after each effort. Ride 4 min easy then 5 min hard. Ride 10 min easy then 20 min as hard as possible. Warm down for further 10-15mins		Easy ride. Relax and enjoy as on Tuesday	Easy ride in company, relax and enjoy.
	Notes	Where possible complete the FTP test in order that you can record a "benchmark" and measure "numbers"!	Avoid the temptation to ride at any intensity remember to pedal smoothly		This is best done on a turbo. Make sure you record the data either power or heart rate during the test. Involve a helper, to assist with test.		Take some time to check your clothing / shoe cleats/ shorts/ Base Layers. If any kit needs replacing, start looking for suitable items.	Ride with a club or group, enjoy a short tea stop.

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		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
	Duration		1hr 30mins		1hr 30mins		2hrs	3hrs
Week 5	Instructions		Warm up ride of 30mins. Then ride at a brisk pace (at 95% of FT) for 7mins, 1 min easy. 5 min brisk, 1 min easy, then a further 3 min brisk before easing for warm down. Aim for 100 - 110rpm during the brisk efforts		Warm up of 30mins at 90-100rpm prior to: Interval set: 6 X 1min effort in large gear (53X14/15) @ 50 - 60 rpm. 1 min rest after each effort spinning a small gear @100rpm. After 1st set of 6 interval 5 min rest then repeat set. Finish with warm down in light gear @90-100rpm		Mainly steady riding at 90 - 100 rpm. During the middle part of the ride include two sets of 5 repetitions riding 15 sec hard followed by 45 sec easy. Stay in the saddle during the hard 15 sec effort and aim for 120rpm in these bursts. Ride steadily for 5mins between sets	A group ride Try to avoid "racing" with companions but by all means make a few hard efforts on the climbs.
	Notes	If you don't have the equipment to measure pulse or power , then judge the "brisk" pace as comfortably hard not, hardly comfortable".	Concentrate on your cadence. Make a constant effort during the brisk riding so as to improve your endurance	Consider introducing a few mobility exercises, in addition to your stretching	These interval sessions are designed to develop speed and power. Don't forget your recovery routine following these interval sessions		These interval sessions are designed to develop speed and power. Don't neglect your recovery routine after these interval sessions	Practise eating and drinking on the bike and make sure you follow your recovery regime after the ride.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		Duration	1hr 30mins		1hr 30mins		2hrs 30mins	3hrs
Week 6	Instructions		<p>Warm up for 30 mins then ride at brisk pace (95% of FT) for 8mins, then 1 min easy. 6 min brisk with 1 min easy and final 4 min brisk before a steady warm down.</p> <p>Brisk riding at 100 - 110rpm</p>		<p>20 mins warm up ride at 90-100rpm. Interval set: 8 X 1min effort in large gear (53X14/15) at 50 - 60 rpm. 1 min rest after each effort spinning a small gear (53 x 20-21) at @100rpm. After 1st set of 8 repetitions, ride easily for 5 min then repeat set. Finish with warm down in low gear at 90-100rpm</p>		<p>Steady riding at 90 - 100 rpm but in the middle of the ride include three sets of 5 mins changing from 15 sec hard to 45 sec easy. Stay in the saddle during the hard efforts and try to achieve 120rpm in these bursts.</p>	<p>As last week a "sociable" ride with a group. Try to avoid "racing" within this group but do make a few efforts on the climbs.</p>
	Notes		<p>Concentrate on your cadence technique. Ride with constant effort during the brisk periods so as to enhance your endurance</p>		<p>The interval riding will develop speed and power. Drink <u>during this session</u> and remember the recovery requirements</p>		<p>Stretch before and after the ride. Use recovery drinks immediately after your session</p>	<p>Follow your usual recovery routine but don't neglect the bike. Good opportunity to wash, clean & lubricate the bike</p>

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		Duration	1hr 30mins		1hr 30mins		2hrs	3hrs 30mins
Week 7	Instructions		Ride for 30mins to warm up, then ride at brisk pace (95% of FT) for 9mins, 1 min easy. 7 min brisk, 1 min easy, 5 min brisk Follow this with warm down, pedalling comfortably. Brisk pace should be at 100 - 110rpm		20 mins warm up ride at 90-100rpm. First Interval set: 10 X 1min effort in large gear (53X14/15) at 50 - 60 rpm. 1 min rest after each effort spinning a small gear (53 x 20/21) at100rpm. 5 min resting ride then start 2nd set of 10 repetitions. Finish with warm down in low gear @90-100rpm		A steady ride at 90-100 rpm. During the middle of ride complete four sets of 5 repetitions, riding 15secs hard and 45secs easy. Ride steadily for 5mins between sets. Aim for and hold 120 rpm in hard effort periods., but stay in the saddle,	As last week a "sociable" group ride with club or friends. Try to avoid racing each other but do make efforts when going up hill.
	Notes	Having cleaned the bike it is a good time to check for worn components. (brake blocks, chain tyres) Arrange to buy or have replaced.	Concentrate on cadence. Make the brisk riding a constant effort so as to develop endurance.		As well as recovery needs drink during this session particularly if using a turbo.		The interval riding will develop your speed and power. Follow recovery routine.	Try and think about gear choice and don't be tempted to try and push too big a gear. Maintain a cadence of 90-100rpm. If in doubt use the lower gear.

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		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		Duration	1hr		1hr 15 mins		2hrs 30mins	3hrs
Week 8	Instructions		Enjoy a nice easy ride, spinning the pedals.		FTP Test Start with 10mins easy riding, then 3 x 1 min at 120 rpm, each followed by 1 min easy. Then 4mins easy followed by 5 min hard. Ride for 10 min Easy, then 20mins as hard possible. 10-15mins warm down		Nice steady ride without "pushing it" maintaining between 90 - 100rpm	Steady, as yesterday but include a short café stop if convenient.
	Notes	Start to try energy drinks and food so as to know which brands suit you.	Try a different route for a change.		Involve your assistant to record the figures. The numbers should have gone up.		Choose another new route. Ride with a friend of similar ability and ambition, so that you do "your" training not theirs!!	Choose a new route. Ride with that friend again, if possible.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		Duration	1hr 30mins		1hr 30mins		3hrs	4hr
Week 9	Instructions		Warm up for 30 mins then ride at your brisk pace (95% of FT) for 9mins, 1 min easy. 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100 - 110rpm		Ride at steady tempo of 95 - 100rpm, but include a 10 min block at a brisk pace i.e. 100 - 110rpm in the last 30 mins. Try to find an undulating route for this work out		Ride steady at 90 - 100 rpm. In the middle of the ride include <u>four</u> sets of 5 mins changing from 15 sec hard to 45 sec easy. During the hard 15 secs stay seated in the saddle & aim to maintain 120rpm in the 15 sec bursts.	Steady pace at 95 - 100rpm, but include 3 X10 min efforts at a brisk pace trying to stay sat in the saddle and aiming to maintain a cadence of 120rpm during the ten minute effort
	Notes	You should be able to RAISE the effort levels of brisk and steady following last week's FTP	Concentrate on pedalling /cadence. The brisk riding should still be constant, so as to develop endurance.		Plan a more undulating route including some good climbs. If possible they should not be too steep but have gradual inclines to help maintain an even effort.		Remember to follow recovery routine.	Ideally the efforts should be completed on flatter parts of your course. This will allow the efforts to remain as near constant as possible.

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		Duration	1hr 30mins		1hr 30mins		3hr	4hr
Week 10	Instructions		30mins warm up ride then ride at brisk pace (95% of FT) for 9mins, 1 min easy. 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100 - 110rpm		Steady tempo @ 95 - 100rpm include a 15 min block @ a brisk pace @100 -110rpm in the last 30 mins. Try to find an undulating route for this work out		Steady riding at 90 - 100 rpm. In the middle of the ride include five sets of 5 mins changing from 15 sec hard to 45 sec easy. Staying seated during the hard 15 secs efforts and aiming to maintain 120rpm.	Steady pace at 95 - 100rpm add 3 X 12min efforts at a brisk pace staying sat in the saddle maintaining a cadence of 120rpm during effort.
	Notes	Check bike again and see what may be needed for the ride. Start to purchase needs now.	.		Use same route as last week so as to compare results.			Try to complete the efforts on a flattish part of the course. Ensure that the recovery process is followed religiously.

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		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		Duration	1 hr		1 hr		1hr	
Week 12	Instructions		A final FTP test. After 10mins easy 3 x 1 min at 120 rpm, 1 min easy between effort. 4Mins easy then 5 min HARD. 10 min easy, then 20mins as hard as possible. 10-15 min warm down. Phew!		Just enjoy a bike ride at an easy pace.		Another ride at an easy pace.	The Big Day
	Notes		Try to replicate conditions for the test. The turbo helps here. This test will prove the training and give you the confidence for the weekend.		Start your preparation for the weekend. Buy or acquire anything still needed		Give the bike a final pat and polish, to reassure yourself that all is working properly for tomorrow.	Sit in the saddle and enjoy. Remember to pedal , not push and pace yourself.