

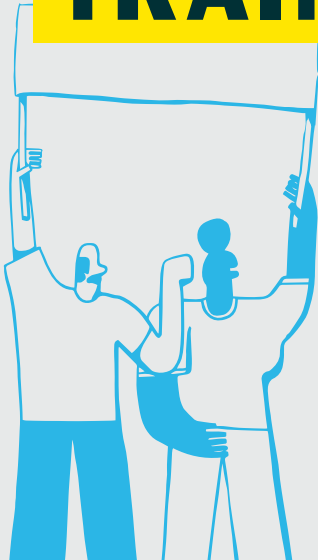
#TEAMSUSSEX



**8 WEEK**

**BM RIDE**

**TRAINING PLAN**



**US**  
UNIVERSITY  
OF SUSSEX



Congratulations on signing up for the BM Ride in April. For beginner cyclists, starting out can be a daunting challenge. This easy-to-follow guide will help you reach the goal of riding 50k. **Please consult your GP before starting on any new exercise regime or training plan.**

The plan is a simple 3-day riding plan, with cross training options. The midweek rides are no longer than 60 minutes, to help make them achievable, which will help those who have a busy work/life schedule.

We all live busy lives, so the cross training is optional, but challenge yourself to add some along the way. Also in the beginning you can substitute a midweek ride with a indoor cycle session, but nothing beats getting out on the bike to get ready for the ride. The cross training options will help to improve your fitness and also add strength to areas of the body that will support your training and the event. Good options for cross training are swimming, pilates, yoga and strength training.



If you miss a session then move on to the next session or look to add the session at another date, being mindful of recovering for the big rides at the weekend, as completing the plan is more important than one single workout. The rides are scheduled on the plan, but feel free to make them work with your schedule, just allow time to recover before the next ride

**The intensity of the rides in the first 2 weeks should be that you are able to have a conversation. The faster paced efforts during the rides, from week 3, take the intensity higher, but you should still be able to talk, but in shorter sentences. The hardest efforts on the plan are during the rides that include the hills. Here the intensity should be such that you are only able to speak in single words, as opposed to full sentences.**

The plans are generic and so please listen to your body, if a week feels difficult to achieve, repeat a previous week or ease down on the effort.

If you don't have much or any cycling kit, see the next page for a checklist of essential items. You don't have to spend a fortune on this list, but we believe they are essential to a successful BM Ride training plan and ride. You can buy other kit, but these are essential items.

# Checklist

The following is a list of kit items that we feel you will need during your training ride and in preparation for the day

- Cycling Helmet
- Cycling Lights
- Puncture Repair Kit
- Water Bottle and Cage
- Padded Cycling Shorts
- A Waterproof jacket



# Week One - 1.5hrs of riding

The focus of week one is to check your bike to make sure it is ready for riding and getting out for some short rides. If need to you might want to book your bike in for a service at a local bike store. If you do take it in for a service, ask the staff to set the bike up for you to make sure it fits correctly.

Th training plan is 8 weeks long and has a number of rides per week, so consider purchasing some good quality padded cycle shorts for the longer rides. The plan is progressive, in that it increases in duration and intensity. If you are unsure whether to progress, repeat the previous week.



## **Monday**

- Rest Day

## **Tuesday**

- Ride for 30 minutes at a pace that is consistent

## **Wednesday**

- Rest or Cross Train for up to an hour

## **Thursday**

- Ride for 30 minutes at a pace that is consistent

## **Friday**

- Rest or Cross Train for up to an hour

## **Weekend**

- Ride for 30 minutes at a pace that is consistent

# Week Two - 2.5hrs of riding



Now that we have the bike ready to go, set up correctly and we have completed a couple of rides, we can look to add more duration to the rides. It is also time to consider hydration on the bike. For this week's sessions take a 500ml-750ml bottle with you and practice drinking on the ride.

As the rides start to increase you may need a small snack before you start, but avoid large meals 1.5hrs - 2hrs before riding. The riding increases this week, but the effort/intensity stays the same. Where it says 'consistent' the pace should be a comfortable effort

## **Monday**

- Rest Day

## **Tuesday**

- Ride for 45 minutes at a pace that is consistent

## **Wednesday**

- Rest or Cross Train for up to an hour

## **Thursday**

- Ride for 45 minutes at a pace that is consistent

## **Friday**

- Rest or Cross Train for up to an hour

## **Weekend**

- Ride for 60 minutes at a pace that is consistent

# Week Three - 3.5hrs of riding

It's time to start thinking about pace and increasing our effort during the rides, as well as adding more time. Also during this week's rides, start to add 10-15 minutes at the end of the ride to focus on stretches. As the ride duration increases and the weeks add up, these stretches will help you recover quicker for the next session. The 20 minutes faster pace is perfect for mid-ride, as you have adapted to the ride and it also challenges you to keep the consistent pace at the end of the faster pace session.



## **Monday**

- Rest Day

## **Tuesday**

- Ride for 60 minutes, including 20 minutes at faster pace

## **Wednesday**

- Rest or Cross Train for up to an hour

## **Thursday**

- Ride for 60 minutes, including 20 minutes at a faster pace

## **Friday**

- Rest or Cross Train for up to an hour

## **Weekend**

- Ride for 90 minutes at a pace that is consistent

# Week Four - 4 hrs of riding

This weekend sees the first 2-hour ride. There is a greater need to consider fuelling for the ride and practicing eating on the bike by taking an energy bar with you. Don't worry if you have to stop on the route, that's ok. As the duration has increased and the weeks are increasing, you may want to invest in a foam roller to help self massage those tired muscles, or book in a sports massage. There are two faster paced efforts and a longer ride this week, so consider whether to do cross training this week, as it's the hardest week.



## **Monday**

- Rest Day

## **Tuesday**

- Ride for 60 minutes, including 20 minutes at faster pace

## **Wednesday**

- Rest or Cross Train for up to an hour

## **Thursday**

- Ride for 60 minutes, including 20 minutes at a faster pace

## **Friday**

- Rest or Cross Train for up to an hour

## **Weekend**

- Ride for 120 minutes at a pace that is consistent



# Week Five - 2.5 hrs of riding



After the long ride on the weekend and after 4 weeks of training, it is time to ease back and let those miles take effect on the legs ready for the weeks to come. It is important to allow the body to adapt to the training and prepare you for more to come. There is only one faster paced effort and two consistent paced efforts, time to think about how much you are improving and reaching your goal!

## **Monday**

- Rest Day

## **Tuesday**

- Ride for 60 minutes, including 20 minutes at faster pace

## **Wednesday**

- Rest or gentle Cross Train for up to an hour

## **Thursday**

- Ride for 30 minutes at a pace that is consistent

## **Friday**

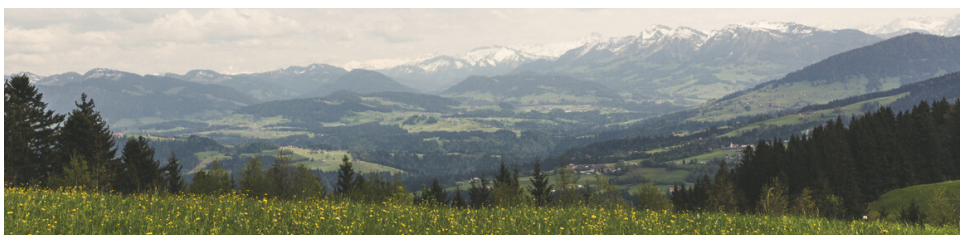
- Rest or gentle Cross Train for up to an hour

## **Weekend**

- Ride for 60 minutes at a pace that is consistent

# Week Six - 4.5 hrs of riding

Now we are rested and feeling relaxed, it's time to add some hills and bring back the faster pace sections. Riding on the hills helps improve leg strength and challenges you to use gears correctly to keep riding. Plan your route to include a couple of 5 minute hills, ensure that the hills aren't too close together to allow for recovery. On the second mid-week ride, include 25 minutes at a faster pace. The 25 minutes isn't a sprint, but a commitment to riding that little bit faster. Now we should be comfortable with drinking and eating on the bike, think about consuming 60g of carbohydrate per hour to fuel the longer rides.



## **Monday**

- Rest Day

## **Tuesday**

- Ride for 60 minutes, don't forget those hills

## **Wednesday**

- Rest or gentle Cross Train for up to an hour

## **Thursday**

- Ride for 60 minutes, including 25 minutes at a faster pace

## **Friday**

- Rest or gentle Cross Train for up to an hour

## **Weekend**

- Ride for 150 minutes at a pace that is consistent



# Week Eight - 60 minutes of riding

The final week of training has arrived, so it is easy riding this week and lots of rest before Sunday. The start of the final week isn't the time to start doing more riding: it is time to double check everything, the bike, the kit, the travel arrangements and details for the day. There is often doubt before an event like this, but think about the things that you have done, the training completed, the money raised and the feeling that will hit you when you arrive at the finish line. The key to this week is to ride easy and recover hard.

Best of luck and enjoy the ride!!



## **Monday**

- Rest Day

## **Tuesday**

- Ride for 30 minutes at a pace that is consistent

## **Wednesday**

- Rest or gentle Cross Train for up to an hour

## **Thursday**

- Ride for 30 minutes at a pace that is consistent

## **Friday**

- Rest or gentle Cross Train for up to an hour

## **Weekend**

- BM Ride!

If you have any questions around  
the plan then please email  
[B.Ospalak@sussex.ac.uk](mailto:B.Ospalak@sussex.ac.uk)

Best of luck from everyone at Sussex