

BRITISH CYCLING TRAINING PLANS

8-week sofa to 50km training plan overview

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOURS
1 Getting started	REST DAY	RIDE 30 mins	CROSS TRAINING / REST DAY 0 - 1 hour	RIDE 30 mins	CROSS TRAINING / REST DAY 0 - 1 hour	REST DAY	RIDE 30 mins	1 hr 30 mins – 3 hrs 30 mins
2 Up to an hour		RIDE 45 mins	CROSS TRAINING / REST DAY 0 - 1 hour	RIDE 45 mins	CROSS TRAINING / REST DAY 0 - 1 hour		RIDE 1 hour	2 hrs 30 mins – 4 hrs 30 min
3 Lifting the intensity		RIDE 1 hour Push in middle 20 mins	CROSS TRAINING / REST DAY 0 - 1 hour	RIDE 1 hour Push in middle 20 mins	CROSS TRAINING / REST DAY 0 - 1 hour		RIDE 1 hour 30 mins	3 hrs 30 mins – 5 hrs 30 mins
4 2-hour long ride		RIDE 1 hour Push in middle 20 mins	CROSS TRAINING / REST DAY 0 - 1 hour	RIDE 1 hour Push in middle 20 mins	CROSS TRAINING / REST DAY 0 - 1 hour		RIDE 2 hrs	4 hrs – 6 hrs
5 R&R		RIDE 1 hour Push in middle 20 mins	CROSS TRAINING / REST DAY 0 - 1 hour	RIDE 30 mins	CROSS TRAINING / REST DAY 0 - 1 hour		RIDE 1 hour	2 hrs 30 mins – 4 hrs 30 mins
6 Hitting some hills		RIDE 1 hour 3x 5 mins hill climb	CROSS TRAINING / REST DAY 0 - 1 hour	RIDE 1 hour Push in middle 25 mins	CROSS TRAINING / REST DAY 0 - 1 hour		RIDE 2 hrs 30 mins	4 hrs 30 mins – 6 hrs 30 mins
7 Starting to ease back		RIDE 1 hour 4x 5 mins hill climb	CROSS TRAINING / REST DAY 0 - 1 hour	RIDE 1 hour Push in middle 30 mins	CROSS TRAINING / REST DAY 0 - 1 hour		RIDE 1 hour 30 mins	3 hrs 30 mins – 5 hrs
8 Your big ride		RIDE 30 mins	CROSS TRAINING / REST DAY 0 - 1 hour	RIDE 30 mins	REST	RIDE 20 mins	RIDE 50 km 3 hrs 30 mins approx.	4 hrs 50 mins – 5 hrs 50 mins