

Intermediate 100 Mile Ride Challenge

Measuring Your Effort

It's important that you cycle at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that cycling "harder is better" so we end up cycling too quickly, which can result in feeling tired, getting ill or injured. Understand what each session

is trying to achieve and how it should feel is the way to train smart. Below you'll find a guide to the sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.



Type of Ride / HR Zone	Perceived effort level (1-10)*	Heart rate	How it should feel – the talk test
Recovery Ride / 1	6-6.5	65-70%	You can speak in complete sentences, totally conversational, you're cycling relaxed, enjoying it and not worrying about the watch / pace.
Long Ride / 2	6.5-7	65-70%	You're in control, cycling fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady Effort Ride / 3	7-8	70-80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do.
Threshold Effort Ride / 5	8-8.5	80-85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.
Speedwork / 5A	9-9.5	90-95%	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to.

*Perceived effort =
1 represents no effort and
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Bike 40 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up Recovery 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch NOTE: Relaxed form is more important than driving a high heart rate. It's important that the resistance is low, to allow a focus on speed of the feet and not force on the pedals. This workout is best done on an indoor trainer + stretch	Rest	Bike 40 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 6 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping, 10 mins cool down + stretch NOTE: The bottom of the stroke is similar to the motion of scraping mud off the bottom of your shoe. The top of the stroke can be improved by driving your toes forward.	Rest	Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch	Bike 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch
	Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Bike 40 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up Recovery 5 x 4 mins at 80, 85, 90, 100, 105 rpm cadence off 1 min easy effort recovery, 10 minutes cool down + stretch	Bike 15 mins easy effort indoor bike Conditioning 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	Bike 40 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 8 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping, 10 mins cool down + stretch	Rest	Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch	Bike 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch
	Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch	Bike 45 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up Recovery 1, 2 x 10 mins at 95 and 100rpm with 1 min easy effort recovery interval 10 minutes cool down + stretch	Bike 15 mins easy effort indoor bike Conditioning 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch	Bike 45 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 10 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping, 10 mins cool down + stretch	Rest	Bike 120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch	Bike 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch

<p>Week 4</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Bike 45 MINS PROGRESSIVE PEDALLING SESSION @ ZONES 1-2 10 minutes warm up Recovery 1, 2 x 10 mins at 95 and 100rpm with 1 min easy effort recovery interval 10 minutes cool down + stretch</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch</p>	<p>Bike 45 MINS SINGLE LEG TECHNIQUE SESSION 15 minutes easy spinning warm up, 10 minutes of single leg work, clip the non working leg out of the pedal and let it hang. Change legs every 1 minute, spin easy with both legs for 1 minute in between swapping. 10 mins cool down + stretch</p>	<p>Rest</p>	<p>Bike 120 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>	<p>Bike 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>
<p>Week 5</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Bike 50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones Recovery 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30 - 45 mins strength and conditioning (easy on the legs today please) + stretch</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 150 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1-3 Ride a rolling course in Zones 1 to 3. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p>Week 6</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Bike 50 MINS INCLUDING 8 X 30 SEC SPRINTS 10 - 15 mins warm up zones Recovery 1 - 2, 8 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p>Rest</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 150 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1-3 Ride a rolling course in Zones 1 to 3. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p>Week 7</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 90 MINS EASY EFFORT RIDE No focus just easy ride time and enjoy + stretch</p>	<p>Rest</p>

<p>Week 8</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Bike 50 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 15 mins warm up zones Recovery 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p>Rest</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 180 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1-3 Ride a rolling course in Zones 1 to 3. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p>Week 9</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Bike 50 MINS INCLUDING 10 X 30 SEC SPRINTS 10 - 15 mins warm up zones Recovery 1 - 2, 10 x 30 second sprints with 2 mins easy recovery spin in between sprints, 10 mins cool down + stretch. Best done on an indoor trainer</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 210 MINS EASY TO STEADY EFFORT LONG RIDE @ ZONES 1-3 Ride a rolling course in Zones 1 to 3. Ride a course and use gearing that allows work intensity into 3 zone, but not so hard you dip into Zones 4 and 5 + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p>Week 10</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 50 MINS 4 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones Recovery 1 - 2, 4 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 240 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p>Week 11</p>	<p>Bike 15 mins easy effort indoor bike Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 50 MINS 4 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones Recovery 1 - 2, 4 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 90 MINS EASY RIDE No focus just easy ride time and enjoy + stretch</p>	<p>Bike 60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>

<p>Week 12</p>	<p>Bike</p> <p>15 mins easy effort indoor bike</p> <p>Conditioning</p> <p>30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike</p> <p>60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones</p> <p>Recovery</p> <p>1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike</p> <p>45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike</p> <p>240 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch</p>	<p>Bike</p> <p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>
<p>Week 13</p>	<p>Bike</p> <p>15 mins easy effort indoor bike</p> <p>Conditioning</p> <p>30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike</p> <p>60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones</p> <p>Recovery</p> <p>1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike</p> <p>45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike</p> <p>270 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch</p>	<p>Bike</p> <p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>
<p>Week 14</p>	<p>Bike</p> <p>15 mins easy effort indoor bike</p> <p>Conditioning</p> <p>30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike</p> <p>60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5</p> <p>15 mins warm up zones</p> <p>Recovery</p> <p>1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike</p> <p>45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike</p> <p>270 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 PLUS HILL REPEATS. 1 hour easy / steady effort zones 1 - 3 warm up, 4 x 500 metres hill sprint zone 4 - 5, easy effort pedal back down then 4 x 1 km up hill as 500 metre easy up hill, 500 metres hard up hill zone 4 - 5 with easy effort roll back down, Ride out the rest of your ride at an easy / steady effort in zones 1 - 3 + stretch</p>	<p>Bike</p> <p>60 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>

<p>Week 15</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones</p> <p>Recovery 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 90 MINS EASY RIDE No focus just easy ride time and enjoy + stretch</p>	<p>Rest</p>
<p>Week 16</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones</p> <p>Recovery 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 300 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 COURSE RECCE Ride a course with sections similar to your challenge route. Ride hills in your route or simulate hills by utilizing bigger gears and a lower cadence. Some standing is okay, Ride in Zones 1 - 5. The goal of this session is not to maximise your time in the higher zones + stretch</p>	<p>Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p>Week 17</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS 5 x 5 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones</p> <p>Recovery 1 - 2, 5 x 5 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike 45 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 300 MINS @ ZONES EASY TO HARD EFFORT 1 - 5 COURSE RECCE Ride a course with sections similar to your challenge route. Ride hills in your route or simulate hills by utilizing bigger gears and a lower cadence. Some standing is okay, Ride in Zones 1 - 5. The goal of this session is not to maximise your time in the higher zones + stretch</p>	<p>Bike 90 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>

<p>Week 18</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones</p> <p>Recovery 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 240 MIN CUSTOM RIDE Ride to how you feel within all zones. Don't spend too much time in zones 4 - 5 please + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p>Week 19</p>	<p>Bike 15 mins easy effort indoor bike</p> <p>Conditioning 30-45 mins strength and conditioning + stretch</p>	<p>Rest</p>	<p>Bike 60 MINS 2 x 10 MIN @ THRESHOLD EFFORT ZONES 4 - 5 15 mins warm up zones</p> <p>Recovery 1 - 2, 2 x 10 min at hr zones 4 - 5 with 2 mins easy effort recovery between intervals, 10 - 15 mins easy effort zone 2 cool down + stretch</p>	<p>Bike 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1 + stretch. Can be done on an indoor trainer as well</p>	<p>Rest</p>	<p>Bike 120 MIN RIDE @ EASY EFFORT ZONE 1-2 WITH 20 MINS @ THRESHOLD EFFORT ZONE 4 80 mins zones 1 - 2, 20 mins zone 4, 20 mins zones 1 - 2 + stretch</p>	<p>Bike 60 MINS EASY EFFORT LONG RIDE @ ZONES 1 - 2 Rolling course if possible + stretch</p>
<p>Week 20</p>	<p>Rest</p>	<p>Bike 45 MINS: 4 x 5 MINS @ THRESHOLD EFFORT After a good warm-up, complete 4 x 5 minute efforts, getting heart rate into Zone 4 - 5. Take 2 minutes to recover or until you get heart rate back to Zone 2 before going to the next interval + stretch</p>	<p>Rest</p>	<p>Bike 30 MINS RECOVERY RIDE On a flat course, keeping heart rate in Zone 1. Can be done on an indoor trainer as well + stretch</p>	<p>Rest</p>	<p>Bike 30 MINS EASY RIDE AND PRE CHALLENGE CHECK @ ZONES 1 - 2 Make sure your bike is working smoothly, check tyres, brakes and gears. Mentally relax and look forward to tomorrow + stretch</p>	<p>Intermediate 100 Mile Ride Challenge</p> 