

# #TeamWeald

## Brighton Ride



### Training Ideas for Brighton Rides 50km route

#### Endurance workouts

When you're riding 50km on a bike, endurance is key. This means you need to train your cardiovascular and aerobic energy systems to improve your stamina.

If you are advanced, focus on decreasing your time across the same distance.

#### Beginner to intermediate

Aim to ride at least 1x a week at light to moderate intensity.

**Week 1** → Bench mark distance

\*Your bench mark is the riding distance that you currently find challenging but still achievable.

**Weeks 2-6** → +5km to bench mark each week

\*Do not exceed 45km during these weeks.

**Week 7** → 50-55km

**Week 8** → 45-50km

2-3 days before race → REST

#### Advanced

Aim to ride at least 1x a week at moderate to high intensity.

**Week 1** → 30 - 35km

**Week 2** → 35 - 40km

**Week 3** → 40 - 45km

**Week 4** → 50 - 55km

**Week 5** → 55 - 60km

**Week 6** → 55 - 60km

**Week 7** → 50 - 55km

**Week 8** → 45 - 50km

2-3 days before race → REST

#### Cadence (Revolutions Per Minute)

Increasing your average cadence improves your cycling efficiency as well as your speed, allowing you to pedal faster for longer and with less fatigue. However, the aim of these workouts is not to teach you how to ride with the highest cadence possible, but to find your sweet spot ideally within the 75 – 100 RPM range.

As you increase RPM, you should decrease gear for a lower resistance.

#### Beginner

5 min → 60 RPM

2 min → 65 RPM

2 min → 70 RPM

2 min → 75 RPM

2 min → 80 RPM

Repeat 2 to 4 times

#### Intermediate

5 min → 75 RPM

4 min → 80 RPM

3 min → 95 RPM

2 min → 90 RPM

1 min → 95 RPM

Repeat up to 3 times

#### Advanced

5 min → 80 RPM

2 min → 95 RPM

1 min → 100 RPM

2 min → 95 RPM

1 min → 110 RPM

Repeat 3 to 6 times

# Muscular strength workouts

**Green =**  
Beginner  
**Red =**  
Intermediate to  
advanced

Having a good level of strength in your muscles is important as it will help you put more power into your pedalling, resulting in a faster time and a much easier time making it up steep hills!

For this reason, strengthening your legs, lower back and core muscles should be a big focus. I have included some workout ideas below to help you do just that.

## Legs (Quad focus)

Reps x Sets

**Goblet squat** 15 x3  
**Reverse lunge** 8 PS x3  
**Glute bridge** 8 PS x3  
**Leg extension** 15 x3  
**Tibialis raise** 15 x3

\*Start with bodyweight or dumbbell and work at moderate intensity.

**Squat (B)** 8 x4  
**Single leg press** 10 PS x3  
**Leg extension** 12 x3  
**Tibialis raise** AMRAP x3

\*Work at moderate to high intensity by picking challenging weights

## Core/ Abdominal

Time

**Crunches** 20s  
**Single leg raise** 15s PS  
**Lying oblique reach** 15s PS  
**Bird dog** 10s PS  
\*Repeat circuit up to 3x.  
**Plank (finisher)** 1 min

No weight required.

**Crunches** 30s  
**Scissor kicks** 20s  
**Russian twist** 20s  
**Mountain climbers** 20s  
\*Repeat circuit up to 4x.  
**Plank (finisher)** Max

No weight required.

## Legs + lower back (Hamstring focus)

Reps x Sets

**Dumbbell RDL** 15 x3  
**Single leg press** 8 PS x3  
**Glute bridge** 15 x3  
**Hamstring curl** 12 x3  
**Calf raise** 15 x3

\*Start with bodyweight or dumbbell and work at moderate intensity.

**Deadlift (B)** 8 x4  
**Hip thrust (B)** 10 x3  
**Leg curl** 12 x3  
**Calf raise** AMRAP x3

\*Work at moderate to high intensity by picking challenging weights.

## Key:

PL = Per Side

S = Seconds

B = Barbell

AMRAP = As many reps as possible/ till temporary failure

Power work should be done on flat terrain with good visibility ahead or on a stationary bike due to high speeds.

## Power = Work/Time

A good level of power is especially important towards the end, when you have to give it your all and sprint towards the finish line and improve your time!

### Beginner

**5 min** → Easy spin  
**15 sec** → Hard sprint  
**5 min** → Easy spin  
**10 sec** → Hard sprint

Repeat up to 5 times

\*Select high gear before all out effort to **avoid** spinning out. Aim for speed above 20mph/32kph.

### Intermediate

**5 min** → Easy spin  
**15 sec** → All out effort  
**5 min** → Easy spin  
**15 sec** → All out effort

Repeat up to 5 times

\*Select high gear before all out effort to **avoid** spinning out. Aim for speed above 25mph/40kph.

### Advanced

**Start** → Standstill  
**30 sec** → All out effort  
**5 min** → Easy spin

Repeat 5 to 10 times

\*Select high gear at standstill to **avoid** spinning out during all out effort. Aim for sprint speed above 30mph/48kph.