

BRISTOL-BORDEAUX CYCLE CHALLENGE • TRAINING GUIDE

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Bristol
to
Bordeaux.
2023

	TRAINING WEEK	SESSION 1	SESSION 2	SESSION 3	SESSION 4	WEEKEND LONG RIDE
Adaptation to Training	Week 1 9 - 15 Jan	-	-	-	-	25 mile easy • Suggested Route Start: Swan Hotel, BS32 4AA Route: 1A - 25 Loop https://ridewithgps.com/routes/31345663
	Week 2 16 - 22 Jan	30 minutes steady	-	25 minutes brisk pace Maintain high pace for whole session.	-	30 mile flat route • Suggested Route Start: Ashton Court Mansion Cafe, BS41 9JN Route: 2B - Chew Lake Loop https://ridewithgps.com/routes/17079524
	Week 3 23 - 29 Jan	30 minutes steady	-	30 minutes speed bursts 10 min easy warm-up. 4 x 2 min SPRINTS with 2 min easy recovery between. 4 min easy cool-down.	-	30 mile flat route • Suggested Route Start: Swan Hotel, BS32 4AA Route: 3A - Berkeley Loop https://ridewithgps.com/routes/17079664
	Week 4 Recovery 30 Jan - 5 Feb	25 minutes steady	-	30 minutes easy	-	30 mile easy • Suggested Route Start: Ashton Court Mansion Cafe, BS41 9JN Route: 4B - Portishead Loop https://ridewithgps.com/routes/17079827
Speed Phase	Week 5 Speed 6 - 12 Feb	45 minutes steady	-	40 minutes speed bursts 8 min easy warm-up. 8 x 2 min SPRINTS with 2 min easy recovery between. 8 min easy cool-down.	-	30 mile • Suggested Route Start: Swan Hotel, BS32 4AA Route: 5A - Thornbury Loop https://ridewithgps.com/routes/17095599
	Week 6 Speed 13 - 19 Feb	40 minutes steady - rolling route Focus on smooth gear changes. Look ahead to see gradient changes and anticipate gear before you approach.	-	45 minutes brisk pace Maintain high pace for whole ride.	-	30 or 40 mile + efforts on all hills Meet: Ashton Court Mansion Cafe, BS41 9JN @ 9.00am Route: 6B - Nailsea 30 https://ridewithgps.com/routes/31345826 OR Route: 6B - Nailsea 40 https://ridewithgps.com/routes/17095956
	Week 7 Speed 20 - 26 Feb	30 minutes FAST ride Only short so effort should be HIGH.	-	30 minutes FAST ride Only short so effort should be HIGH.	-	40 mile rolling route + speed bursts • Suggested Route Start: Swan Hotel, BS32 4AA Route: 7A - Westerleigh Loop https://ridewithgps.com/routes/17096060

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	Week 8 Recovery 27 Feb - 5 Mar	40 minutes steady	30 minutes steady <i>Not TOO easy!</i>	30 minutes EASY <i>Recovery ride.</i>	-	30 mile flat route • Suggested Route Start: Ashton Court Mansion Cafe, BS41 9JN Route: 8B - Flat 30 https://ridewithgps.com/routes/17096163
Hill Phase	Week 9 Hills 6 - 12 Mar	45 minutes steady - rolling route <i>Focus on smooth gear changes. Look ahead to see gradient changes and anticipate gear before you approach.</i>	50 minutes steady - hilly route <i>On approaching hills, change gear smoothly, so you are in the right gear for the hill. Stay in the saddle with weight well back. Maintain this position throughout climbs.</i>	30 minutes hill session <i>10 min easy warm-up on flat. 4 x 2 min HARD efforts up steady hill with 2min easy descent between. 4 min easy cool down.</i>	-	45 mile hilly ride • Suggested Route Start: Swan Hotel, BS32 4AA Route: 9A - Shirenewton/Trelleck Loop https://ridewithgps.com/routes/17096351
	Week 10 Hills 13 - 19 Mar	60 minutes steady - rolling route <i>Focus on smooth, relaxed gear changes when climbing. On descents concentrate on controlling speed. Squeeze brakes gently and progressively - feel difference between front & rear, and how this affects how the bike moves.</i>	55 minutes steady - hilly route <i>Easy on descents, focusing on streamlining the body. Lower your body to go faster, then sit up in the wind and feel how you slow down.</i>	40 minutes single leg session <i>12 min easy warm-up. Then 6 times though: 1 min focus on power from just right leg, 30 secs both legs, 1 min focus on power from just left leg. 10 min easy cool-down.</i>	-	35 or 45 mile + steady climbs Group ride: SUN 19 Mar Meet: Ashton Court Mansion Cafe, BS41 9JN @ 9.00am Route: 10B - Short (37 miles) https://ridewithgps.com/routes/31345977 OR Route: 10B - Long (47 miles) https://ridewithgps.com/routes/19529107
	Week 11 Hills 20 - 26 Mar	55 minutes steady - varied route <i>Focus on cornering techniques. Approaching corners, scan road for anything you may need to avoid (loose gravel, pot holes, white lines etc) Brake before the corner and carry speed through the bend, looking ahead for your exit.</i>	60 minutes steady - rolling route <i>Focus on smooth gear changes and controlled braking.</i>	45 minutes hill session <i>10 min easy warm-up on flat. 5 x 3 min HARD efforts up steady hill with 2min easy descent between. 10 min easy cool down.</i>	-	45 mile hilly route • Suggested Route Start: Swan Hotel, BS32 4AA Route: 11A - Humble Loop https://ridewithgps.com/routes/17097744
	Week 12 Recovery 27 Mar - 2 Apr	40 minutes steady - flat route	45 minutes EASY - flat route	45 minutes EASY - flat route	-	45 mile flat route • Suggested Route Start: Ashton Court Mansion Cafe, BS41 9JN Route: 12B - Flattish 45 https://ridewithgps.com/routes/17098069

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Endurance Phase 1	Week 13 Endurance 3 Apr - 9 Apr	50 minutes steady <i>Focus on maintaining a higher speed throughout the ride, efforts on the climbs, with a burst of speed over and beyond each summit.</i>	55 minutes steady - flat route, high pace <i>Focus on smooth cornering techniques and controlled braking.</i>	45 minutes easy <i>Recovery ride.</i>	60 minutes flat Route <i>Steady on flats, push pace a little on descents, FAST up hills.</i>	50 miles rolling route • Suggested Route <i>Start: Swan Hotel, BS32 4AA</i> <i>Route: 13A - Sherston Loop</i> https://ridewithgps.com/routes/17098211
	Week 14 Endurance 10 - 16 Apr Easter - 7-10 April	55 minutes rolling route <i>Steady on flats, easy on descents with HARD efforts up hills. Stay seated on the hills & maintain a comfortable cadence.</i>	50 minutes tempo ride <i>5 min easy warm-up. 15 min FAST effort. 5 min easy recovery. 15 min FAST effort. 10 min easy cool down</i>	40 minutes single leg session <i>12 min easy warm-up. Then 6 times though: 1 min focus on power from just right leg, 30 secs both legs, 1 min focus on power from just left leg. 10 min easy cool-down.</i>	45 minutes easy <i>Recovery ride.</i>	50 miles • Suggested Route <i>Start: Ashton Court Mansion Cafe, BS41 9JN</i> <i>Route: 14B - Cheddar Loop</i> https://ridewithgps.com/routes/17098351
	Week 15 Endurance 17 - 23 Apr	60 minutes rolling route <i>Steady on flats, push pace a little on descents, FAST up hills.</i>	40 minutes tempo ride <i>10 min easy warm-up. 20 min FAST effort. 10 min easy cool-down.</i>	60 minutes rolling route <i>Steady pace throughout, push pace a little on descents.</i>	45 minutes speed bursts <i>8 min warm-up. 6 x 2 min SPRINTS, 2 min easy recovery between. 8 min easy cool-down.</i>	42 or 55 miles • Group ride: SUN 23 Apr <i>Meet: Swan Hotel, BS32 4AA @ 9.00am</i> <i>Route: 15A - Short Loop</i> https://ridewithgps.com/routes/31346022 OR <i>Route: 15A - Long Monmouth Loop.</i> https://ridewithgps.com/routes/17098456
	Week 16 Recovery 24 April - 30 April	45 minutes easy <i>Recovery ride.</i>	45 minutes easy <i>Rolling route.</i>	40 minutes tempo ride <i>10 min easy warm-up. 20 min FAST effort. 10 min easy cool-down.</i>	50 minutes easy <i>Recovery ride.</i>	55 miles • Suggested Route <i>Start: Ashton Court Mansion Cafe, BS41 9JN</i> <i>Route: 16B - Mendip Tops.</i> https://ridewithgps.com/routes/13373066
Endurance Phase 2	Week 17 1 May - 7 May Bank Holiday - 1 May Bank Holiday - 8 May	55 minutes steady - flat route, sprint bursts <i>10 min easy warm-up. 3 x 30 seconds ALL-OUT SPRINT. 10 min easy recovery between.</i>	50 minutes tempo ride <i>10 min easy warm-up. 30 min FAST effort (try to maintain steady BUT high pace throughout effort). 10 min easy cool-down.</i>	45 minutes hill session <i>10 min easy warm-up on flat. 5 x 3 min HARD efforts up steady hill with 2min easy descent between. 10 min easy cool down.</i>	45 minutes steady <i>Rolling route.</i>	65 miles hilly route • Suggested Route <i>Start: Swan Hotel, BS32 4AA</i> <i>Route: 17A - Llandegfedd Loop.</i> https://ridewithgps.com/routes/29972731

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Endurance Phase 2	Week 18 8- 14 May Bank Holiday - 8 May	75 minutes rolling route <i>Steady on flats, easy on descents, HARD efforts up ALL hills. Aim to stay seated through ALL hills.</i>	45 minutes tempo ride <i>10 min easy warm-up. 25 min FAST effort. 10 min easy cool-down.</i>	40 minutes hill session <i>10min easy warm-up on flat. On moderate hill 6 x 90 second climbs. 60 sec HARD but SEATED, 30 sec OUT of saddle pushing pace. 2 min easy recovery between reps. 10 min easy cool-down.</i>	50 minutes easy <i>Recovery ride.</i>	75 miles • Suggested Route <i>Start: Ashton Court Mansion Cafe, BS41 9JN Route: 18B - Sherston - Bath Tunnels Loop https://ridewithgps.com/routes/13624135</i>
	Week 19 15 - 21 May	60 minutes HILLY route <i>Steady on flats, easy on descents, MAXIMUM effort on ALL hills. Climb with a mix of in & out of saddle keeping intensity high.</i>	50 minutes tempo ride <i>10 min easy warm-up. 30 min FAST effort (try to maintain steady BUT high pace throughout effort). 10 min easy cool-down.</i>	60 minutes speed bursts <i>10 min easy warm-up. 10 x 2 min SPRINTS with 2min easy recovery between. 8 min easy cool-down.</i>	55 minutes easy <i>Recovery ride.</i>	65 or 85 miles • Group ride: SUN 21 May <i>Meet: Swan Hotel, BS32 4AA @ 9.00am Route: 19A - Short - Llandegfedd Loop https://ridewithgps.com/routes/29972731 Route: 19A - Long - Severn Loop https://ridewithgps.com/routes/27195706</i>
	Week 20 Recovery 22 - 28 May	55 minutes steady - varied terrain	-	45 minutes easy <i>Recovery ride.</i>	-	100 miles • Suggested Route <i>Start: Ashton Court Mansion Cafe, BS41 9JN Route: 20B - Somerset Loop https://ridewithgps.com/routes/17233461</i>
Endurance Phase 3	Week 21 29 May - 4 June Bank Holiday - 29 May	50 minutes tempo ride <i>5 min easy warm-up. 15 min FAST effort. 5 min easy recovery. 15 min FAST effort. 10 min easy cool down</i>	45 minutes steady <i>Rolling route.</i>	45 minutes tempo ride <i>10 min easy warm-up. 25 min FAST effort. 10 min easy cool-down.</i>	55 minutes easy <i>Steady Pace.</i>	100 miles • Suggested Route <i>Start: Swan Hotel, BS32 4AA Route: 21A - Cotswolds Long https://ridewithgps.com/routes/17233732</i>
	Week 22 5 - 11 June	55 minutes steady - flat route, sprint bursts <i>10 min easy warm-up. 3 x 30 seconds ALL-OUT SPRINT. 10 min easy recovery between.</i>	50 minutes tempo ride <i>10 min easy warm-up. 30 min FAST effort (try to maintain steady BUT high pace throughout effort). 10 min easy cool-down.</i>	45 minutes hill session <i>10 min easy warm-up on flat. 5 x 3 min HARD efforts up steady hill with 2min easy descent between. 10 min easy cool down.</i>	45 minutes steady <i>Rolling route.</i>	PROPScc SPORTIVE : SUN 11 Jun <i>Medium Route ideal for CLASSIC riders LONG Route ideal for EXTREME riders - Sign Up HERE http://www.to be advised (provisional date)</i>
	Week 23 12 - 20 June	65 minutes easy <i>Recovery ride.</i>	50 minutes tempo ride <i>10 min easy warm-up. 20 min FAST effort. 10 min easy cool-down.</i>	50 minutes speed bursts <i>10 min easy warm-up. 8 x 2 min SPRINTS with 2min easy recovery between. 8 min easy cool-down.</i>	75 minutes easy <i>Recovery ride.</i>	65 miles Steady • Suggested Route <i>Start: Swan Hotel, BS32 4AA Route: 23A - Tetbury Loop. https://ridewithgps.com/routes/14410713</i>

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	Week 24 19 - 25 June	55 minutes steady - varied terrain	-	45 minutes easy <i>Recovery ride.</i>	-	50 miles EASY • Suggested Route Start: Ashton Court Mansion Cafe, BS41 9JN Route: 24B - Cheddar Descent Loop https://ridewithgps.com/routes/31346265
	Week 25 Recovery 26 June - 2 July	Any rides this week should be at an easy tempo, letting body fully recover before the BIG Event.				30 miles VERY Easy + Pub: SUN 3 July Meet: Swan Hotel, BS32 4AA @ 9.00am Route: 25A - Round Thornbury https://ridewithgps.com/routes/15757529
	Bristol2Bordeaux Week 26	WED 5TH JULY: AND WE'RE OFF!				
	IMPORTANT DETAILS:	<p>SUGGESTED ROUTES ARE PRE-RIDDEN ROUTES, SUITABLE FOR SELF NAVIGATION, AND PERFECT FOR ADDING ENDURANCE MILES TO YOUR TRAINING. THESE WEEKLY, LONG RIDES ARE AN ESSENTIAL PART OF YOUR B2B2022 PREPARATIONS.</p> <p>PROPS CYCLE CLUB RUN WEEKLY (SATURDAY AM) CLUB RIDES, SUITABLE FOR ALL AND PROVIDING AN ADDITIONAL TRAINING OPPORTUNITY - CHECK OUT PROPSCC WEBSITE FOR MORE DETAILS OR JOIN HERE</p>				
	KEY:					
		ALL RIDERS SHOULD BE AIMING TO COMPLETE THESE SESSIONS				
		ADDITIONAL WORKOUTS AIMED AT FULLY PREPARING OUR EXTREME CHALLENGE RIDERS				
		ORGANISED/RIDE LEADER-LED GROUP RIDES - MULTIPLE DISTANCES AVAILABLE FOR CLASSIC & EXTREME RIDERS - ROUTES SUBJECT TO CHANGE CLOSER TO THE RIDE DATE - KEEP AN EYE ON YOUR INBOXES FOR FURTHER DETAILS.				