

BRISTOL-BORDEAUX CYCLE CHALLENGE • TRAINING GUIDE

For training tips and advice look on our website: www.bristol2bordeaux.org

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Bristol
to
Bordeaux.
2022

| | TRAINING WEEK | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 | WEEKEND LONG RIDE |
|------------------------|--|--|-----------|--|-----------|--|
| Adaptation to Training | Week 1 10 - 16 Jan | - | - | - | - | 25 mile easy • Suggested Route Group ride: SUN 16 Jan Start: Swan Hotel, BS32 4AA Route: 1A - 25 Loop https://ridewithgps.com/routes/31345663 |
| | Week 2 17 - 23 Jan | 30 minutes steady | - | 25 minutes brisk pace <i>Maintain high pace for whole session.</i> | - | 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 24 - 30 Jan | 30 minutes steady | - | 30 minutes speed bursts <i>10 min easy warm-up. 4 x 2 min SPRINTS with 2 min easy recovery between. 4 min easy cool-down.</i> | - | 30 mile flat route • Suggested Route Start: Swan Hotel, BS32 4AA Route: 3A - Berkeley Loop https://ridewithgps.com/routes/17079664 |
| | Week 4 Recovery 31 Jan - 6 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 7 - 13 Feb | 45 minutes steady | - | 40 minutes speed bursts <i>8 min easy warm-up. 8 x 2 min SPRINTS with 2 min easy recovery between. 8 min easy cool-down.</i> | - | 30 mile • Suggested Route Start: Swan Hotel, BS32 4AA Route: 5A - Thornbury Loop https://ridewithgps.com/routes/17095599 |
| | Week 6 Speed 14 - 20 Feb | 40 minutes steady - rolling route <i>Focus on smooth gear changes. Look ahead to see gradient changes and anticipate gear before you approach.</i> | - | 45 minutes brisk pace <i>Maintain high pace for whole ride.</i> | - | 30 or 40 mile + efforts on all hills Group ride: SUN 20 Feb 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 21 - 27 Feb | 30 minutes FAST ride <i>Only short so effort should be HIGH.</i> | - | 30 minutes FAST ride <i>Only short so effort should be HIGH.</i> | - | 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 28 Feb - 6 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 7 - 13 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 14 - 20 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 20 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 21 - 27 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 28 Mar - 3 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 4 Apr - 10 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 Route: 13A - Sherston Loop https://ridewithgps.com/routes/17098211</i> |
| | Week 14 Endurance 11 - 17 Apr Easter - 15-18 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 Route: 14B - Cheddar Loop https://ridewithgps.com/routes/17098351</i> |
| | Week 15 Endurance 18 - 24 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 24 Apr <i>Meet: Swan Hotel, BS32 4AA @ 9.00am Route: 15A - Short Loop https://ridewithgps.com/routes/31346022 OR Route: 15A - Long Monmouth Loop. https://ridewithgps.com/routes/17098456</i> |
| | Week 16 Recovery 25 April - 1 May | 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 Route: 16B - Mendip Tops. https://ridewithgps.com/routes/13373066</i> |
| Endurance Phase 2 | Week 17 2 May - 8 May Bank Holiday - 2 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 Route: 17A - Llandegfedd Loop. https://ridewithgps.com/routes/29972731</i> |

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| Endurance Phase 2 | Week 18 9 - 15 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 16 - 22 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 22 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 23 - 29 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 30 May - 5 June Bank Holiday - 2/3 June | 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 6 - 12 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 12 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 13 - 19 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 20 - 26 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 27 June - 3 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 6TH 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. | | | | |