

TRAINING PLAN

The following is a training programme that will help you build from minimal riding experience up to 60 miles a day, suitable for your ride.

WEEK 1 (AVERAGE SPEED OF 6 MPH)

Monday:

25 Minutes (Approximately 2.5 Miles)

Wednesday:

25 Minutes (Approximately 2.5 Miles)

Saturday:

1 Hour (Approximately 6 Miles)

WEEK 2 (AVERAGE SPEED OF 6 MPH)

Monday:

25 Minutes (Approximately 2.5 Miles)

Thursday:

25 Minutes (Approximately 2.5 Miles)

Saturday:

1 Hour 30 Minutes (Approximately 9 Miles)

WEEK 3 (AVERAGE SPEED OF 8 MPH)

Tuesday:

30 Minutes (Approximately 4 Miles)

Thursday:

30 Minutes (Approximately 4 Miles)

Saturday:

2 Hours (Approximately 16 Miles)

WEEK 4 (AVERAGE SPEED OF 8 MPH)

Monday:

40 Minutes (Approximately 4 Miles)

Wednesday:

40 Minutes (Approximately 4 Miles)

Friday:

40 Minutes (Approximately 4 Miles)

Saturday:

2 Hours (Approximately 16 Miles)

WEEK 5 (AVERAGE SPEED OF 10 MPH)

Monday:

40 Minutes (Approximately 6 Miles)

Wednesday:

40 Minutes (Approximately 6 Miles)

Friday:

40 Minutes (Approximately 6 Miles)

Saturday:

2 Hours (Approximately 19 Miles)

WEEK 6 (AVERAGE SPEED OF 10 MPH)

Tuesday:

15 Miles (Approximately 1 Hour 30 Minutes)

Thursday:

15 Miles (Approximately 1 Hour 30 Minutes)

Friday:

5 Miles (Approximately 30 Minutes)

Saturday:

30 Miles (Approximately 3 Hours 30 Minutes)

WEEK 7 (AVERAGE SPEED OF 12 MPH)

Tuesday:

10 Miles (Approximately 50 Minutes)

Thursday:

10 Miles (Approximately 50 Minutes)

Saturday:

20 Miles (Approximately 1 Hours 40 Minutes)

WEEK 8 (AVERAGE SPEED OF 12 MPH)

Tuesday:

10 Miles (Approximately 50 Minutes)

Thursday:

10 Miles (Approximately 50 Minutes)

Saturday:

25 Miles (Approximately 2 Hours 5 Minutes)

WEEK 9 (AVERAGE SPEED OF 14 MPH)

Monday:

8 Miles (Approximately 35 Minutes)

Tuesday:

10 Miles (Approximately 45 Minutes)

Thursday:

10 Miles (Approximately 45 Minutes)

Sunday:

40 Miles (Approximately 2 Hours 50 Minutes)

WEEK 10 (AVERAGE SPEED OF 14 MPH)

Monday:

10 Miles (Approximately 45 Minutes)

Tuesday:

20 Miles (Approximately 1 Hour 25 Minutes)

Thursday:

20 Miles (Approximately 1 Hour 25 Minutes)

Sunday:

55 Miles (Approximately 3 Hours 40 Minutes)

WEEK 11 (AVERAGE SPEED OF 15 MPH)

Monday:

10 Miles (Approximately 40 Minutes)

Tuesday:

15 Miles (Approximately 1 Hour)

Thursday:

15 Miles (Approximately 1 Hour)

Sunday:

45 Miles (Approximately 3 Hours)

WEEK 12 (AVERAGE SPEED OF 15 MPH)

Monday:

10 Miles (Approximately 40 Minutes)

Tuesday:

20 Miles (Approximately 1 Hour 20 Minutes)

Thursday:

20 Miles (Approximately 1 Hour 20 Minutes)

Sunday:

55 Miles (Approximately 3 Hours 40 Minutes)

WEEK 13 (AVERAGE SPEED OF 15 MPH)

Monday:

10 Miles (Approximately 40 Minutes)

Wednesday:

10 Miles (Approximately 40 Minutes)

Friday:

15 Miles (Approximately 1 Hour)

Sunday:

60 Miles (Approximately 4 Hours)

WEEK 14 (AVERAGE SPEED OF 15 MPH)

Tuesday:

10 Miles (Approximately 1 Hour 20 Minutes)

Thursday:

15 Miles (Approximately 1 Hour 20 Minutes)

Sunday:

60 Miles (Approximately 4 Hours)

WEEK 15 (AVERAGE SPEED OF 16 MPH)

Tuesday:

10 Miles (Approximately 1 Hour 15 Minutes)

Thursday:

15 Miles (Approximately 1 Hour 15 Minutes)

Sunday:

60 Miles (Approximately 3 Hours 45 Minutes)

WEEK 16 (AVERAGE SPEED OF 16 MPH)

Monday:

10 Miles (Approximately 40 Minutes)

Wednesday:

15 Miles (Approximately 1 Hour)

Saturday:

20 Miles (Approximately 1 Hour 15 Minutes)

Sunday:

55 Miles (Approximately 3 Hours 30 Minutes)

WEEK 17 (AVERAGE SPEED OF 16 MPH)

Tuesday:

15 Miles (Approximately 1 Hour)

Thursday:

25 Miles (Approximately 1 Hour 30 Minutes)

Saturday:

25 Miles (Approximately 1 Hours 30 Minutes)

Sunday:

60 Miles (Approximately 3 Hours 45 Minutes)

WEEK 18 (AVERAGE SPEED OF 16 MPH)

Tuesday:

25 Miles (Approximately 1 Hour 30 Minutes)

Wednesday:

15 Miles (Approximately 1 Hour)

Thursday:

25 Miles (Approximately 1 Hour 30 Minutes)

Saturday:

25 Miles (Approximately 1 Hours 30 Minutes)

Sunday:

60 Miles (Approximately 3 Hours 45 Minutes)

On the week of your London to Bruges ride – short 5-10 mile trips are a good idea with a rest day before the ride itself.

WEEK 19 – LONDON TO BRUGES WEEK (AVERAGE SPEED OF 16 MPH)