



Dear Participant,

Firstly, thank you for signing up to the **Trio'r Tour – Try the Tour** event as part of the Tour de Mon on 1st September 2013. It's set to be an absolutely great day and we are sure that this event will be a perfect introduction for you into cycling sportives.

Below you will find a 3 month training plan to help you get prepared for the Tour:

Before taking on this training programme it is advisable to set yourself THREE training paces (i.e. go out on a short 'test ride'); if you have a speedometer, find a **GREEN** (easy) pace; a **YELLOW** (moderate) pace; and a **RED** (hard) pace.

GREEN = These rides should be done at a comfortable, commuting pace (you could even incorporate this ride as a journey to work).

YELLOW = These rides should be done at a moderate pace; ideally find a few small hills to find something to 'go against'. You should be working quite hard, but at a sustainable pace. Alternatively, in weeks where there is more than one yellow ride a week you could do 60% of the ride at **GREEN** pace, with a few **RED** efforts (2-3 minutes each) during the ride; this is known as an interval session, and can make things a little more interesting if you find one pace for a whole ride a little boring!

RED = These rides should be done at a pace that requires high effort. Ideally incorporate plenty of hills. Your breathing rate should be high, and your legs should be burning following completion of the ride. It is especially important to remain well hydrated on these rides, and to consume a meal containing fast-releasing carbohydrates and plenty of protein within two hours of completing your ride.


Good luck and enjoy your training!

The Always High Team



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 (total = 63 miles)	10 miles	REST	15 miles	REST	18 miles (include 10 minutes warm-up at green pace)	REST	20 miles
2 (+10%)(total = 69.5)	11 miles	REST	16.5 miles (include 5 minutes warm-up at green pace)	REST	20 miles (include 5 minutes warm-up at green pace, and one 5-minute effort at red pace at approx. 10 miles)	REST	22 miles
3(+10%)(total = 76 miles)	12 miles	REST	18 miles (include 10 minutes warm-up at green pace)	REST	22 miles (include 5 minutes warm-up at green pace, followed by 10 minutes warm-up at yellow pace)	REST	24 miles (include 10 minutes warm-up at green pace)
4 – recovery week (total = 50 miles)	8 miles	REST	12 miles (include a 5-minute effort at yellow pace at 6 miles)	REST	14 miles (include 5 minutes warm-up at green pace)	REST	16 miles (include 5 minutes warm-up at green pace, plus 5 minutes at red pace at mile 8)
5 (total = 70 miles)	11 miles	REST	17 miles (include 5 minutes warm-up at green pace)	REST	20 miles (include 10 minutes warm-up at green pace)	REST	22 miles (include 5 minutes warm-up at green pace, and two 4-minute red efforts at miles 10 and 20)
6(+10%) (total = 77 miles)	12 miles	REST	19 miles (include 5 minutes warm-up at green pace)	REST	22 miles (include 5 minutes warm-up at green pace, followed by 10 minutes warm-up at yellow pace)	REST	24 miles (include 10 minutes warm-up at green pace, and a 10 minute red effort at 12 miles)

7(+10%) (total = 84 miles)	13 miles	REST	21 miles (include 10 minutes warm-up at green pace)	REST	24 miles (include 5 minutes warm-up at green pace, followed by 10 minutes warm-up at yellow pace)	REST	26 miles (include 10 minutes warm-up at green pace)
8 – recovery week (total = 56 miles)	8.5 miles	REST	14 miles (include 5 minutes warm-up and 5 minutes yellow pace at mile 7)	REST	16 miles (include 5 minutes warm-up at green pace)	REST	17.5 miles
9 (total = 77 miles)	12 miles	REST	19 miles (include 5 minutes warm up at green pace)	REST	22 miles (include 10 minutes warm-up at green pace)	REST	24 miles (include 2 x 10 minutes at yellow pace at mile 10 and mile 20)
10(+10%) (total = 85 miles)	13 miles	REST	21 miles (include 5 minutes warm-up at green pace and 2 x 2 minutes red pace at mile 10 and 15)	REST	24 miles (include 15 minutes warm-up at yellow pace)	REST	27 miles (include 10 minutes warm-up at green pace)
11(+10%) (total = 93.5 miles)	14 miles	REST	23 miles (include 10 minutes warm-up at green pace, 2 x 3 minutes red pace at mile 10 and 15)	REST	26.5 miles (include 15 minutes warm-up at yellow pace)	REST	30 miles (include 10 minutes warm-up at green pace)
12 – recovery week (total = 61.5 miles)	9 miles	REST	15.5 miles	REST	17 miles (include 5 minutes warm-up at green pace, and 5 minutes at red pace at mile 8)	REST	20 miles

13 (total = 85 miles)	13 miles	REST	21 miles (include 10 minutes warm-up at green pace)	REST	24 miles (10 minutes warm-up at green pace; 2 x 3 minutes at red pace at mile 10 and 15)	REST	27 miles (10 minutes warm-up at green pace)
14 (+10%) (total = 94 miles)	15 miles (5 minutes warm-up at green pace)	REST	22 miles 10 minutes warm-up at green pace; 5 minutes at red pace at mile 11)	REST	27 miles (include 15 minutes warm-up at yellow pace)	REST	30 miles (10 minutes warm-up at green pace)
15 (+10%) (total = 104 miles)	16.5 miles (first and last 5 minutes at green pace)	REST	25 miles (include 2 x 5 minutes at yellow pace at mile 10 and 20)	REST	30 miles (include 15 minutes warm-up at yellow pace)	REST	33-35 miles (include 15 minutes warm-up at green pace)
16 – TAPER week (total = 36 miles + race)	8 miles	REST	13 miles (include 5 minutes at yellow pace at mile 6)	REST	15 miles	REST	Sportive Day!!!  Sportif Ynys Môn The Anglesey Sportive

Created by Sam Green, BSc.