

# London to Amsterdam 16 week Training Plan

## Overview

Congratulations! You've signed up and now you're going to get yourself into the best shape possible for your challenge. This training plan is designed to give you some 'milestones' to aim towards in your personal fitness, in order to make sure that when you arrive on the starting line, you feel confident in the knowledge that you are ready for the challenge ahead!

We have given you specific training sessions to incorporate into your week—that we hope will be manageable. For further details on what each of these sessions entail—[info@adventure-café.com](mailto:info@adventure-café.com).

Note—you should make sure that you do at least 2 of the sessions each week—one midweek and one of the longer sessions at the weekend.



## Cycle Safe

Cycling can be a dangerous activity if safety guidelines are not followed. Please read the following and apply these hints to your personal cycling...

1. **Always wear a helmet** - buy a cycle specific helmet and wear at all times whilst on the bike. Your local bike shop should be able to help you buy the correct size. You must have a helmet with you for the event!
2. **Never ride with headphones in** - It is important to be aware of your surroundings whilst on the bike, no one wants an unexpected lorry coming past. You will not be permitted to ride with headphones whilst on the event
3. **Never take both hands off at the same time** - when cycling it is important to be in control at all times, things can go wrong very quickly—especially so if your hands are not on the bars
4. **Always follow the highway code** - The best way to stay safe on the road is to follow the rules of the road [www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82](http://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82)
5. **Always tell someone where you are going** - Let friend or family know where you are going and when you should be back.
6. **Ride with a buddy** - Not only does riding for someone help to encourage you on your training and share experiences you may end up saving each others lives should something happen.
7. **Always take a charged mobile phone** - You never know what may happen whilst out on the road, you may get a mechanical or have an accident—you will need to phone for help if this happens - **Wrap your phone in a waterproof plastic bag for protection**
8. **Slow down when entering urban areas** - There are many more hazards in urban areas; car doors opening, traffic lights, pedestrians crossing etc—to stay safe control your speed, **a bell or horn is also very useful!**
9. **Wear Glasses**—Sunglasses can protect your eyes from stones and flies, never nice to have in the eye, especially if going down hill at speed - remember to swap for clear lenses if dark, dull or changeable visibility.
10. **Carry Food + Water** - you should fit your bike with two bottle cages for water. Carry extra snacks and sweets in your jersey pocket, a sugar boost may just get you home.
11. **Carry Medication** - If you need medication you should carry this with you. (Inhaler / Epi-pen etc). If you have any severe allergies you should wear a medical alert bracelet or similar.
12. **Never stop on the Road**—If you do need to stop for whatever reason (puncture, waiting for someone) you should always get yourself + your bike into a safe place off of the road.
13. **Learn to fix a puncture** - carry the tools to repair a puncture these are the most common mechanical issues on bikes, not being able to fix one can leave you in a bit of a pickle —you should also fit your bike with highly puncture resistant tyres we recommend continental gator-skins.
14. **Descend Safely**—Descending can be the most dangerous part of a ride, keep your speed in control and brake well before the corner and not in the corner. Be extra careful if the roads are wet/damp or leaves are on the road the surface will be come slippery.
15. **Space Out**—If you ride with a group, you should ensure you are well spaced out with plenty of braking distance between the person in front. Riders knocking each other off is the most common cause of accidents. Give anyone you are overtaking a shout and avoid overtaking in corners or urban areas.
16. **Ride Single File**—We recommend always cycling single file—2 abreast at maximum, this should only be done on clear and wide roads so cars can easily overtake still—Never cycle 2 abreast around a corner
17. **Plan your route**—know where you are going and how well this should take, make note of towns / villages you will pass through. If you can avoid busy roads and junctions.

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# London to Amsterdam 16 week Training Plan

## Weeks 1—4 - Training Activity

### In these 4 weeks you will be mainly working on:

Strengthening leg muscles  
Building Cycling Endurance

**Note**—This training program is a guide to how you should be preparing for your challenge. An experienced rider will have a better idea of their training progress than a novice will, however, we advise all participants to use this 16 week plan to gauge their fitness

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Gym Session—please speak to a member of the gym staff to ask for details of suitable leg strength exercises. At the end of the leg strength session, it is recommended to warm down (walk or cycle).		Outdoors Ride—approx 1 hour. On undulating or flat terrain—just enough to get your training programme underway!				Outdoors Longer Ride—Approx 3 hrs.
2	Gym Session—approx 1 hr—leg strength—quads, ham strings, calves, hip adductors. These exercises will help you to climb those steep hills—and push yourself up and over rocky obstacles!		Outdoors Ride — approx 1.5 hrs. On undulating or flat terrain—just enough to get your training programme underway!				Outdoors Longer Ride—Approx 3 hrs.
3	Gym Session—approx 1 hr—leg strength—quads, ham strings, calves, hip adductors.		Outdoors Ride—approx 1.5 hrs. On undulating or flat terrain—just enough to get your training programme underway! Try to keep the speed as high as you can for this session!				
4	Gym Session—approx 1 hr—leg strength—quads, ham strings, calves, hip adductors.		Outdoors Ride —approx 1.5 hrs. On undulating or flat terrain				Outdoors Longer Ride—Approx 3.5—4hrs.

Try a test ride of 4 hours—and see how far you ride — try an easy countryside route — you should be able to manage around 30 — 35 miles.

### By the end of Week 4 you Should Be Able To:

- Ride a distance of 35 miles on the flat in 1 day.
- Climb a moderate hill of a 5 minute ride —returning to the bottom—and repeat 4 times, no stopping on the climb each time
- Climb a longer hill for at least 10 minutes at a steady pace without stopping riding to take a break.

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# London to Amsterdam 16 week Training Plan

## Week 5—8 Training Activity

Note—you should make sure that you do at least 2 of the sessions each week—one midweek and one of the longer sessions at the weekend.

In these 4 weeks you will be mainly working on:

Faster Pace Cycling—in short bursts  
Continuing to Build Endurance

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Find a suitable circuit close by to your home—on a good quality road, ideally fairly quiet. The circuit should be about 3 - 4 miles in duration. You should then aim to do a circuit—about 3—4 times. You should time each circuit—and you should be able to do the 3 mile circuit in under 15 minutes.		Speed session (on your 3 mile circuit) - do it 3-4 times with a short recovery in between. OR Gym Session Working on Specific Leg Strength.				Long Ride*—either along flat route or including hills—but ensure that you are reaching at least 3.5 hours, this is essential endurance!
6	Speed session (on your 3 mile circuit) - do it 3-4 times with a short recovery in between. Try to increase the speed that you tackle the circuit at or maybe increase the number of circuits.		Speed session (on your 3 mile circuit) - do it 3-4 times with a short recovery in between. OR Gym Session Working on Specific Leg Strength.	Recommend training ride in countryside away from your home area—you should be able to ride 30 miles in 3.5 hours or less.			Long Ride*—either along flat route or including hills—but ensure that you are reaching at least 3.5 hours, this is essential endurance!
7	Speed session (on your 3 mile circuit) - do it 4-5 times with a short recovery in between. Try to increase the speed that you tackle the circuit at or maybe increase the number of circuits.		Speed session (on your 3 mile circuit) - do it 4-5 times with a short recovery in between. OR Gym Session Working on Specific Leg Strength.				Long Ride*—either along flat route or including hills—but ensure that you are reaching at least 4 hours, this is essential endurance!
8	Speed session (on your 3 mile circuit) - do it 4-5 times with a short recovery in between. Try to increase the speed that you tackle the circuit at or maybe increase the number of circuits.		Speed session (on your 3 mile circuit) - do it 4-5 times with a short recovery in between. OR Gym Session Working on Specific Leg Strength.				Long Ride*—either along flat route or including hills—but ensure that you are reaching at least 4 hours, this is essential endurance!

### By the end of Week 8 you Should Be Able To:

- Ride a distance of 35 miles on undulating terrain in 1 day.
- Climb several hills during the course of a day.
- Maintain riding at a good steady pace (12mph) without stopping to take a break for 1 hour.
- Run 3 miles in less than 30 minutes (ideally)
- Have a good set of waterproofs, both tops and bottoms—which will protect you from the elements—
- Have thought about whether you want to use walking poles—if you do—start using them to get

\* You may replace the long ride with a long run if you prefer! NB Long Run will be of a much shorter duration—up to 6 miles or 1 hour at a slower pace



# London to Amsterdam 16 week Training Plan

## Week 9—12 Training Activity

Note—you should make sure that you do at least 2 of the sessions each week—one midweek and one of the longer sessions at the weekend.

**In these 4 weeks you will be mainly working on:**

Working on Overall Endurance and distance  
Working on increasing your speed

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Speed Ride—1 hr. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 25 min. run. This may contain hills— but use the same circuit each time!		Speed Ride—90 min. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 40 min. run. This may contain hills— but use the same circuit each time!				Long Ride—5 hrs
10	Speed Ride—1 hr. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 25 min. run. This may contain hills— but use the same circuit each time!		Speed Ride—90 min. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 40 min. run. This may contain hills— but use the same circuit each time!			Long Ride—6 hrs— with hills—try and go somewhere which will give you riding inspiration— try some hills, or a long distance cycle path.	Medium Ride—3 hrs—at higher intensity.
11	Speed Ride—1 hr. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 25 min. run. This may contain hills— but use the same circuit each time!		Speed Ride—90 min. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 40 min. run. This may contain hills— but use the same circuit each time!			<div style="border: 1px solid black; padding: 5px;">                     Recommend long distance ride of around 7 hours—to check your ability to cope with the endurance aspect of the challenge. You should be out from 9am until 4pm.                 </div>	
12	Speed Ride—1 hr. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 25 min. run. This may contain hills— but use the same circuit each time!		Speed Ride—90 min. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 40 min. run. This may contain hills— but use the same circuit each time!			Long Ride—6 hrs— with hills—try and go somewhere which will give you riding inspiration— try some hills, or a long distance cycle path.	Medium Ride—3 hrs—at higher intensity.

### By the end of Week 12 you Should Be Able To:

- Ride a distance of 45 miles on undulating terrain in 1 day.
- Climb serious hills—of over 10 minutes of climbing
- Climb a hill for 10 minutes at a good pace without stopping walking to take a break.
- Be confident in your bike and clothing—that they fit well, and won't give you pain or chafing!
- Be accustomed to riding in poor weather
- Have tested out your multi-tool!

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# London to Amsterdam 16 week Training Plan

## Week 13—16 Training Activity

Note—you should make sure that you do at least 2 of the sessions each week—one midweek and one of the longer sessions at the weekend.

**In these 4 weeks you will be mainly working on:**

Improving your cardio vascular capacity  
This will improve your speed when climbing hills

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	1.5 hour session - intervals of 5 minutes - gym cycling or spin class—use high intensity if you are cycling on a machine—warm up, 6 intervals followed by warm down.		1.5 hour session - intervals of 5 minutes - running / hill walking—use max gradient on treadmill if you are walking.			1.5 hour fast Ride	5 hour ride with hills
						Recommend longer speed check ride. You should be able to cover 30 miles now in around 3.5 hours if you concentrate on the task in hand and don't take too many breaks!	
14	1.5 hour session—intervals of 2 minutes hi intensity, 3 minutes recovery—either using cycling machine or take part in a spinning session. Precede with long warm up, long warm down after.		1.5 hour session - intervals of 5 minutes - running / hill walking—use max gradient on treadmill if you are walking—warm up, 6 intervals followed by warm down.			2 hour moderate speed ride	3 hour moderate speed ride—at least 20 miles undulating
15	1.5 hour session—intervals of 2 minutes hi intensity, 3 minutes recovery—either using cycling machine or take part in a spinning session. Precede with long warm up, long warm down after.		1 hour session - intervals of 5 minutes - cycling / spinning session—use high intensity—warm up, 6 intervals followed by warm down.			Moderate ride of around 15 miles.	Undulating Ride of around 3 hours
16	Light ride of around 20 minutes—low intensity.		Other form of workout—such as walk or swim—no more than 30 minutes			CHALLENGE EVENT START!	

### By the end of Week 16 you Should Be Able To:

- Ride a distance of 50 miles on undulating terrain in 1 day.
- Climb a serious hill on your bike—of over 15 minutes ascent.
- Ride at an elevated pace for one hour—covering up to 15 miles.
- Go out for a ride of around 2 hours on the Sunday after you have done a long ride on the Saturday (5 hours +).
- Ride 10 miles in less than 40 minutes (ideally)
- Be confident in your hydration system—and the type of food that you will be looking to eat on the challenge.

### NB

It is very very important that during the last 2 weeks before the event you do not risk any activity where you could injure yourself.

Also—in the final week before the event—you should taper off your training—so that you have sufficient energy on board ready for the challenge. Get good sleep, eat well, make sure you are hydrated, and take it steady in the final run up to the event!



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## Specific Training Session Details:

### Leg Strength Gym Sessions:

It is important that you speak to a gym professional for how to do these exercises—get properly inducted on this—as incorrect technique could cause an injury! Not a good way to start your programme!

Typically you will be doing lunges, calf raises, leg curls (hamstrings), squats and similar exercises.

Make sure you start on a light weight, and build up from here. Too heavy and you may end up doing more harm than good! These exercises will fit into a 1 hour gym session.

### Long Outdoor Ride Sessions:

These will really help you to get used to the length of ride that you are going to be experiencing. Up to 2 hours you need to ensure that you are pushing along at a good speed. Once you go into the realms of 4—6 hour rides you will expect to take things more steadily.

NB If you decide to venture out for long periods of time into the outdoors, or on to our upland areas or into our mountains—you should always go prepared—no matter how good and benign the conditions look. Always take waterproofs! Always take food and drink! Always let someone know where you're going! Always take some extra warm clothing!

### Introductory Outdoor Ride Sessions:

Here we are trying to start building some endurance—and whilst these are short sessions, if you follow the programme—you should find yourself following the goals, you will get to where you need to be!

Try and keep your speed up, and don't stop for rests in these short sessions. You want to build up a bit of a sweat / and to cover a reasonable distance! You should be looking to cover over 9 miles in your 1 hour ride.

### Interval Speed Sessions:

Either using the cycling machine at a gym, or by participating in a spinning session – you should do the same sort of high / low intensity workout as with other intervals and using your speed as the varying factor. Aim to ride fast for 3 minutes, and then take it back down to a slow tick over pace or gentle ride for 3 minutes. Then start again, picking up the pace and keeping it high for another 3 minutes, to be followed by another 3 minutes of gentle pace. Try to do this for anywhere between 6 and 10 intervals – and you will have a tough workout! Of course, on the early intervals – try to remember that you have still got quite a few more to go – so don't frazzle yourself too early! Keep an eye out for traffic if you are outdoors and other people whilst you do this – don't run into that little old lady – she's probably not so worried about her intervals!

### Interval Hill Sessions:

These sessions will give you short sharp bursts of hill work – working both your lungs and the muscles necessary for hill climbing. First you must find a suitable hill that will take around 5 minutes (or possibly more if you have one!). Your sessions are going to involve guess what? Yes, you guessed it – climbing the hill at a good steady rate, followed by recovery , descending , and starting all over again. Try to push yourself hard – but make sure you can complete the workout! Make sure also you don't feel light headed and fall on your way down the hill! By using an Ordnance Survey Map you might even be able to find out how high your hill is from bottom to top – aim for over 50 metres of ascent in 5 minutes – that's a good pace...

This Training Programme was prepared by:

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*Please email us with any questions you may have!*

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