

C2C - 10 WEEK TRAINING PLAN TO MIPIM - Weeks 1 - 5

WEEK 1 – 04/01/10	WEEK 2 – 11/01/10	WEEK 3 – 18/01/10
MONDAY Rest	MONDAY Rest	MONDAY Rest
TUESDAY 1 Hour Hard - Could be a spin class or interval training	TUESDAY 1 Hour Hard - Could be a spin class or interval training	TUESDAY 1 Hour Hard - Could be a spin class or interval training
WEDNESDAY 1 Hour Steady	WEDNESDAY 1 Hour Steady	WEDNESDAY 1 Hour Steady
THURSDAY 1 Hour steady/hard with hills or spin class	THURSDAY 1 Hour with hills steady/hard or spin class	THURSDAY 1 Hour with hills steady/hard or spin class
FRIDAY Rest	FRIDAY Rest	FRIDAY Rest
SATURDAY 1 Hour Steady ride with some fun sprints or short hills	SATURDAY 1 Hour Steady ride with some fun sprints or short hills	SATURDAY 2 Hour Steady ride with some fun sprints or short hills
SUNDAY Long Steady ride with longer hills - 2Hrs +	SUNDAY Long Steady ride with longer hills - 2Hrs +	SUNDAY Long Steady ride with longer hills - 2.5Hrs +
WEEK 4 – 25/01/10	WEEK 5 – 01/02/10	Notes
MONDAY Rest	MONDAY Rest	This plan is designed to be flexible - if you can't ride Tuesday then ride Monday - 80% would be good
TUESDAY 1 Hour Hard - Could be a spin class or interval training	TUESDAY 1 Hour Hard - Could be a spin class or interval training	
WEDNESDAY 1.5 Hours Steady	WEDNESDAY 1.5 Hours Steady	Hard means hard - eye balls out.....
THURSDAY 1 Hour steady/hard with hills or spin class	THURSDAY 1 Hour steady/hard with hills or spin class	Long steady rides mean just that! You should be able to maintain conversation
FRIDAY Rest	FRIDAY Rest	
SATURDAY 2 Hour Steady ride with some fun sprints or short hills	SATURDAY 3 Hour Steady ride with some fun sprints or short hills	Spin classed are an excellent way to get a lunchtime session into your schedule
SUNDAY Long Steady ride with longer hills - 3Hrs +	SUNDAY Long Steady ride with longer hills - 3.5Hrs +	

C2C - 10 WEEK TRAINING PLAN TO MIPIM - Weeks 6 – 10

WEEK 6 – 08/02/10	WEEK 7 – 15/02/10	WEEK 8 – 22/02/10
MONDAY Rest	MONDAY Rest	MONDAY Rest
TUESDAY 1 Hour hard - Could be a spin class or interval training	TUESDAY 1 Hour Hard - Could be a spin class or interval training	TUESDAY 1 Hour Hard - Could be a spin class or interval training
WEDNESDAY 1.5 Hours Steady	WEDNESDAY 2 Hours steady	WEDNESDAY 2 Hours steady
THURSDAY 1 Hour steady/hard with hills or spin class	THURSDAY 1 Hour steady/hard with hills or spin class	THURSDAY Rest
FRIDAY Rest	FRIDAY Rest	FRIDAY 1 Hour Steady
SATURDAY 3 Hour Steady ride with some fun sprints or short hills	SATURDAY 4 Hour Steady ride with some fun sprints or short hills	SATURDAY 4 Hour Steady ride with some fun sprints or short hills
SUNDAY Long Steady ride with hills - 4Hrs +	SUNDAY Long Steady ride with hills - 4.5Hrs +	SUNDAY Long Steady ride with hills - 5Hrs +
WEEK 9 – 01/03/10	WEEK 10 – 08/03/10	Notes
MONDAY Rest	MONDAY Rest	This plan is designed to be flexible - if you can't ride Tuesday then ride Monday - 80% would be good
TUESDAY 1 Hour Hard - Could be a spin class or interval training	TUESDAY 1 Hour steady just to warm the legs for C2C	
WEDNESDAY 2.5 Hours steady	WEDNESDAY Rest	Hard means hard - eye balls out.....
THURSDAY Rest	THURSDAY Day 1 C2C	Long steady rides mean just that! You should be able to maintain conversation
FRIDAY 2 Hours Steady	FRIDAY Day 2 C2C	
SATURDAY 5 Hour Steady ride with some fun sprints or short hills	SATURDAY Day 3 C2C	Spin classed are an excellent way to get a lunchtime session into your schedule
SUNDAY Long Steady ride with hills - 5Hrs +	SUNDAY Day 4 C2C	