

15 WEEKS TO FITNESS  
BRANDS HATCH TO MONACO

Timing		Training Day	Average speed (mph)	Average speed (kph)	Terrain (see key)	Distance (miles)	Distance (kilometres)	Key to terrain:
D-Day minus	W/C							
15 weeks	3rd June	Other day	13	20.8	1	25	40	1. Flat
		Sunday	14	22.4	2	30	48	
14 weeks	10th June	Other day	14	22.4	1	20-30	32-48	2. Slightly undulating in places combined with flat.
		Sunday	14	22.4	2	35	56	
13 weeks	17th June	Other day	15	24	1	20-30	32-48	3. A good mixture of terrain.
		Sunday	14	22.4	2	35	56	
12 weeks	24th June	Other day	15	24	1	20-30	32-48	3. A good mixture of terrain.
		Sunday	14	22.4	3	40	64	
11 weeks	1st July	Other day	15	24	1	30+	48+	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	14.5	23.2	3	45	72	
10 weeks	8th July	Other day	15	24	1	30+	48+	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	14.5	23.2	3	50	80	
9 weeks	15th July	Other day	15	24	1	30+ - 35	48+ - 56	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	15.5	24.8	2 to 3	50	80	
8 weeks	22nd July	Other day	15.5	24.8	2	35	56	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	15	24	3	60	96	
7 weeks	29th July	Other day	14.5	23.2	4	35	56	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	15	24	3	65	104	
6 weeks	5th August	Other day	15.5	24.8	3	35	56	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	14.5	23.2	4	70	112	
5 weeks	12th August	Other day	15.5	24.8	3	35	56	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	15	24	3	75	120	
4 weeks	19th August	Other day	15.5	24.8	3	35	56	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	15	24	3	80	128	
3 weeks	26th August	Other day	15	24	4	30	48	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	15.5	24.8	3	80	128	
2 weeks	2nd Sept	Other day	15	24	4	60	96	4. Includes steep hills as well as a good mixture of terrain.
		Sunday	15	24	4	60	96	
Final week	9th Sept	Other day	15.5	24.8	4	30	48	4. Includes steep hills as well as a good mixture of terrain.

## 15 WEEKS TO FITNESS BRANDS HATCH TO MONACO

### Notes:

Since most of you are committed cyclists, or at least are not starting from scratch, you should already be at a stage whereby you can cycle 25 miles over flat terrain in under 2 hours. This should be the minimum standard at the start. For many people, the weekends will provide the only opportunity for outdoor training. Try to ensure that you go out cycling on at least two days a week if possible. Make the first day a shorter ride of one to two hours duration to begin with. On Sundays, the most likely second day for most people, begin to stretch it out in terms of both distance and speed.

Some people will of course be able to get out during the week and if so, you might want to leave Saturdays free for the family, if appropriate.

You can supplement all of this by the use of a turbo trainer or cycle exercise at the local gym.

Speeds referred to are those when you are actually in motion and do not include stoppage time.

By D-Day minus 12 weeks, think about introducing a pit stop. Try and find suitable cafes / tea shops and enjoy the break. Take sufficient fluid and energy food with you at all times.

Since these are summer months, you may be able to use the light evenings for your 'Other day' ride.

On the week ending 4th September, try and take it a bit easy and balance out the two days more evenly. Try and do a back-to-back ride on this occasion.

The programme recognises that there will be some weeks when you are unable to train, and the gradual increase in both distance and speed allows for this. However, your actual ride from Cardiff to London will be all the richer for you being adequately prepared.

On no account should you worry if you cannot attain the target speed. The ability to complete the distance is much more important, and you will be supported along the way, even if you are slower. This is not a race, it is a test of endurance and there are no prizes for coming first.

Please keep a record of your training for your own benefit and see how you improve over the weeks.

Some of you will be training alone, but if you have the opportunity to do it with someone else, it will help, and you will be able to motivate each other.

15 WEEKS TO FITNESS  
BRANDS HATCH TO MONACO

1.6