

# DULUX LONDON REVOLUTION 2021

# ULTRA 16 WEEK TRAINING PLAN



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**MORE IS IN YOU™**





# INTRODUCTION

# MEET OUR COACH

Without a doubt, Dulux London Revolution is a challenge for any cyclist, but one that can be achieved with a well structured training plan. We all have to juggle many things in life, such as work and family life and we hope that this has been address through the training guidance.

The overall aim of this plan is to get you in great condition so you get maximum enjoyment out of the event. As the weeks pass the plan will focus on developing the skills and abilities required to ride for long periods at a sustainable pace. You'll still have moments where you'll be cursing some uphills, but at least you can then enjoy the downs!

The more you put in, the more you get out of it and we want everyone smiling on the finish line!

Andy Cook

*Technical Route Director*



# INTRODUCTION

# GLOSSARY

## RULES AND DRILLS FOR YOUR TRAILING

TERM	DEFINITION
<b>Cadence</b>	<p>Cadence is the number of revolutions of the crank per minute or the rate at which you pedal/ turn the pedals.</p> <p>Cadence is similar to wheel speed, but is a distinct measurement. Certain bike computers are able to measure cadence.</p> <p>If you don't have one, count your pedal strokes for 15 seconds and multiply by 4!</p>
<b>RPM</b>	Pedal revolutions per min.
<b>Tempo session</b>	<p>20 minutes warm up at a steady pace @ 90-95rpm / 5 minutes brisk @ 110rpm</p> <p>10 minutes easy @ 80rpm / 5 minutes brisk @ 110rpm</p> <p>20 minute warm down to a steady pace of 90rpm</p>
<b>Interval session</b>	<p>1 hour 30 mins</p> <p>30 min warm up / 6 x 1min effort in hard gear (50-60rpm) / 1 min rest after each effort / 5 min rest between sets. Repeat set twice</p>
<b>Mid intensity</b>	Increase average RPM and add a few efforts

# INTRODUCTION

# TRAINING TOP TIPS

The secret to your success at Dulux London Revolution will be maintaining a constant pace. A solid base and foundation laid down now with steady rides, will provide the relevant platform to introduce more specific workouts nearer to the event, to build strength and speed.

## **Add variety to your plan**

Slogging out miles during dark winter evenings might not be your 'cup of tea', so introduce alternatives to develop an aerobic base fitness such as spinning, cross training, swimming or running.

## **Be smart with your training time**

We do not want training to become a chore and/or take over your life. Equally you need to give it some respect.

Use opportunities such as lunchtimes and weekends.

It is far better to train little and often than to save it all up for one big blast at the weekend.

## **Ride with others**

Making a commitment to attend a session helps to keep motivation high (and helps you do it!). Ensure you ride with a group of similar ability riders.

## **Stretch, stretch & stretch**

In tandem with your cycling sessions, keep up a stretching regime and honour yourself with recovery time, as this is when the adaptations will take place – reaping the rewards of all your hard work.

## **Always take a rain jacket**

You never know with the good old British weather!

## **Don't play 'catch up'**

If for any reason you have had to miss training through work or family commitments, or even illness, then resist the urge to play catch up. This could have a negative effect and you will potentially over-train, thus lowering your immune system making you even more susceptible to colds and viruses.

## **You are what you eat**

Ensure you are eating a healthy balanced diet and ensure you train with the same sports nutrition that you will use on the Event.

# THE PLAN

## BLOCK 1

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1	CYCLING 1 hour	REST	CYCLING 1 hour	REST	REST	CYCLING 1 hour Interval session	CYCLING 2 hours	
2	REST	CYCLING 1 hour 30 mins	REST	CYCLING 1 hour 30 mins Tempo session	REST	CYCLING 2 hours Tempo session	CYCLING 3 hours	
3	STRETCH 30 mins	CYCLING 1 hour 30 mins	REST	CYCLING 1 hour Tempo session	REST	CYCLING 2 hours 30	CYCLING 3 hours	
4	STRETCH 30 mins	CYCLING 1 hour 30 mins	REST	CYCLING 1 hour 30 mins	REST	CYCLING 2 hours	CYCLING 3 hours 30	

### THINGS TO THINK ABOUT

WEEK	
1	During your rides try not to push yourself above 90-95 RPM. Relax and try to enjoy your first week, concentrate on your cadence. Towards the end of the week try to inject a few harder efforts to gauge levels of exertion.
2	Make sure to check your bike at the beginning of each week to ensure it is safe to ride. Week 2 will be focusing on increasing the intensity level slightly. Introducing a few more efforts to start increasing your aerobic fitness.
3	After upping the mileage at the weekend, make sure you use the start off the week to stretch and look after your muscles. This will help to prevent any injuries. Also, this is a gentler week so make sure the one tempo session you have, you make the most of! Don't get into a habit of missing sessions!
4	This is another low intensity week however towards the end, make sure you increase the mileage. These can sometimes be boring, so take a friend and make a real trip out of it!

# THE PLAN

## BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	CYCLING 1 hour	REST	REST	REST	CYCLING 2 hours 30	CYCLING 3 hours	
6	CROSS TRAIN 30 mins – 1 hour Swim/Run	CYCLING 1 hour 30	REST	CYCLING 1 hour 30 Tempo session	REST	CYCLING 3 hours	CYCLING 4 hours	
7	REST	CYCLING 1 hour 30	REST	CYCLING 1 hour 30 Tempo session	REST	CYCLING 3 hours	CYCLING 4 hours	
8	REST	CYCLING 1 hour 30	REST	CYCLING 1 hour 30 Tempo session	REST	CYCLING 4 hours	CYCLING 5 hours 30	

### THINGS TO THINK ABOUT

WEEK	
5	This is your recovery week, use the three days off to replenish and relax. Maintain stretching and ensure you are drinking and eating on the slightly longer rides you have.
6	During your tempo session ensure you concentrate on cadence and make the brisk riding a constant effort to develop performance. On the longer rides, settle into a consistent rhythm.
7	During your tempo session ensure you concentrate on cadence and make the brisk riding a constant effort to develop performance. On the longer rides, settle into a consistent rhythm.
8	Recovery week, keep up the stretching, yoga or Pilates in front of the TV is perfect!

# THE PLAN

## BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
9	REST	CYCLING 1 hour	REST	CYCLING 1 hour Tempo session	REST	CYCLING 3 hours 30 Mid Intensity	CYCLING 4 hours	
10	REST	CYCLING 1 hour 30	REST	CYCLING 1 hour 30 Tempo session	REST	CYCLING 4 hours Mid Intensity	CYCLING 5 hours	
11	STRETCH 30 mins	CYCLING 1 hour 30 - 2 hours	REST	Cycling 1 hour 30 Interval session	REST	CYCLING 4 - 5 hours Mid intensity	CYCLING 5 hours	
12	STRETCH 30 mins	CYCLING 1 hour 30 - 2 hours	REST	CYCLING 1 hour 30 Tempo session	REST	REST	CYCLING 5 hours 30	

### THINGS TO THINK ABOUT

WEEK	
9	Practice nutritional strategies and find out what works best for you on the bike. This weeks tempo session is at a higher intensity, make sure you monitor your RPM.
10	This week the intensity is increasing as well as the miles, so make sure you are replenishing yourself after each ride!
11	Try and think about gear choice and don't be tempted to try and push too big a gear. Maintain a cadence of 90-100 RPM on your steady paced rides. Make sure you do increase your work effort on the high intensity days. This will increase aerobic fitness and massively, focus on a faster leg turnover.
12	Identify a longer route! Towards the end of the week you want to be covering a lot of miles, so pre-plan your route!

# THE PLAN

## BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
13	BIKE CHECK 30 mins Wash & check parts	CYCLING 1-1 hour 30 Mid intensity	REST	CYCLING 1 hour 30 Interval session	REST	CYCLING 2 hours - 2 hours 30	CYCLING 6 - 8 hours	
14	REST	CYCLING 1-1 hour 30	REST	CYCLING 1 hour 30 Interval session	REST	CYCLING 4 hours	CYCLING 5 hours	
15	STRETCH 30 mins	CYCLING 1 hour 30 - 2 hours	REST	CYCLING 1 hour 30 Tempo session	REST	CYCLING 4 - 6 hours	CYCLING 5 hours 30	
16	REST	CYCLING 1 - 2 hours Mid intensity	REST	CYCLING 1 - 2 hours Mid intensity	REST	<b>THE EVENT</b>	RELAX & REVEL	

### THINGS TO THINK ABOUT

WEEK	
13	Group riding will help alleviate the monotony of going out on your own. Make sure the riders are of a similar ability or training will be compromised. In order to provide a level of confidence prior to the Ultra event day consider entering a sportive on Sunday so that you know you can complete the distance and spend the time in the saddle!
14	Try and practice using different sports nutrition during the longer rides to determine what works for you. Keep up the high intensity!
15	This is the final week to really push yourself on the high intensity session. Make all the hard work worth while and try to hit your peak RPM's on the intervals.
16	All the hard work is done now. No extra sessions will benefit you, stick to the plan! Two ride this week is more than enough, make sure to cycle at a mid intensity. You don't want your body to be too relaxed going into the race! Also, each meal this week is vital, don't over carb load, but make sure you are eating enough for the tough weekend ahead.



# ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE  
CHECK OUT ONE OF THE  
FOLLOWING PLATFORMS.

## **Edit your registration**

You can edit your registration by logging into MyEvents portal [here](#).

## **Join the Community**

Make sure to also join us on the [Dulux London Revolution Participant Facebook Forum](#) to meet other participants and swap advice and training tips.

## **Follow us on social media**

Follow us on our social media channels to see the latest tips from Dulux London Revolution ambassadors, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)

## **Still can't find something...**

If you can't find the answer you're looking for, please feel free to email us:

[info@london-revolution.com](mailto:info@london-revolution.com)