



**Places
Leisure**

Part of Places for People

Whatever place you're into



Bryan Steel

50-Day Cycling Plan

Phase 1: Pedal technique

Aims of this phase:

This phase we are starting to develop your fitness but also I would like to you develop your pedal technique to make sure the power you produce goes to the pedals. Having an effective pedal stroke will help you deliver max power to the road and makes you more comfortable on the bike.

Day #	Session	Comments
Day 1	Pedal technique	15min warm-up 6 sets of 2 minutes at around 50RPM holding lightly on the handlebars and making sure you are riding using your core without using your shoulders to hold your pelvis steady Ride with the whole pedal stroke and lead with your heels 3min easy recovery before the next set 15min warm-down
Day 2	Stretching	See stretching routine
Day 3	Pedal technique	See above
Day 4	Stretching	See stretching routine
Day 5	Pedal technique	See above
Day 6	Stretching	See stretching routine
Day 7	1-hour steady	While you are doing this level of effort you should only be able to speak 4 or 5 words before having to take a breath

Phase 2: Strength

Aims of this phase:

After taking a few steps backwards in the previous phase to address technical flaws and imbalances, you will see the leap forward in this phase as it incorporates more traditional training efforts.

In this phase you will develop your endurance by doing long low cadence efforts.

Day #	Session	Comments
Day 8	Strength efforts	15min warm-up 6 sets of 2min riding at threshold but at 50RPM with high resistance Holding lightly on the handlebars and making sure you are riding using your core without using your shoulders to hold your pelvis steady Ride with the whole pedal stroke and lead with your heels 2min recovery riding steady 15min warm down
Day 9	Stretching	See stretching routine
Day 10	Strength efforts	See above
Day 11	Stretching	See stretching routine
Day 12	Strength efforts	See above
Day 13	Stretching	See stretching routine
Day 14	1-hour steady with 2-sets 20min tempo	10min steady 20min tempo 5min steady 20min tempo 10min steady Steady: While you are doing this level of effort you should only be able to speak 4 or 5 words before having to take a breath Tempo: While you are doing this level of effort to should only be able to speak 2 or 3 words before having to take a breath

Phase 3: Endurance

Aims of this phase:

By this phase you have the fundamental technique, power and strength solidified and now it is time to get back to the old school training theories by getting the miles in.

Once power and strength have been addressed, it is essential to develop your base fitness to give you the foundation to develop torque and speed. When you are building your endurance it's important to combine low intensity long efforts with tempo/steady climbing miles.

In this phase you are introduced to high threshold efforts, characteristic of the upcoming phases.

Day #	Session	Comments
Day 15	90min steady	While you are doing this level of effort you should only be able to speak 4 or 5 words before having to take a breath
Day 16	Stretching	See stretching routine
Day 17	90min tempo	10min warm-up 1-hour tempo 10min warm down Tempo: While you are doing this level of effort to should only be able to speak 2 or 3 words before having to take a breath
Day 18	1-hour tempo	10min warm-up 1-hour tempo 10min warm down Tempo: While you are doing this level of effort to should only be able to speak 2 or 3 words before having to take a breath
Day 19	Stretching	See stretching routine
Day 20	90min tempo	See above
Day 21	1-hour tempo	See above

Phase 4: Endurance

Aims of this phase:

By this phase you have the fundamental technique, power and strength solidified and now it is time to get back to the old school training theories by getting the miles in.

Once power and strength have been addressed, it is essential to develop your base fitness to give you the foundation to develop torque and speed. When you are building your endurance it's important to combine low intensity long efforts with tempo/steady climbing miles.

In this phase you are introduced to high threshold efforts, characteristic of the upcoming phases.

Day #	Session	Comments
Day 22	3 sets of through the zones	10min warm-up 3 sets of going through the zones: 5min in tempo 4min threshold 1min max Straight back into 5min tempo and repeat 10min warm down Tempo: While you are doing this level of effort to should only be able to speak 2 or 3 words before having to take a breath Threshold: While you are doing this level of effort to should only be able to speak 1 word before having to take a breath Max: 100% effort
Day 23	Stretching	See stretching routine
Day 24	1-hour steady	While you are doing this level of effort you should only be able to speak 4 or 5 words before having to take a breath
Day 25	3 sets of through the zones	See above
Day 26	Stretching	See stretching routine
Day 27	3 sets of through the zones	See above
Day 28	1-hour tempo	10min warm-up 1-hour tempo 10min warm down Tempo: While you are doing this level of effort to should only be able to speak 2 or 3 words before having to take a breath

Phase 5: Endurance

Aims of this phase:

The end is in sight, but the training remains intense as you look to develop the ability to mix the pace in a race situation.

This phase also prepares you mentally for a race event by teaching you about race tactics. You will develop your top end speed allowing you to make decisive attacks to gain an advantage over your competition, whilst having the endurance and knowledge to be in the right place at the right time. By the end of this phase you will be ready for your event with the right level of rest.

Day #	Session	Comments
Day 29	Pyramid intervals	15min warm-up 2min at threshold 2min recovery 3min at threshold 3min recovery 4min at threshold 4min recovery 5min at threshold 5min recovery 4min at threshold 4min recovery 3min at threshold 3min recovery 2min at threshold pace 15min warm down
Day 30	Stretching	See stretching routine
Day 31	Pyramid intervals	See above
Day 32	1-hour steady	While you are doing this level of effort you should only be able to speak 4 or 5 words before having to take a breath
Day 33	Stretching	See stretching routine
Day 34	Pyramid intervals	See above
Day 35	1-hour tempo	10min warm-up 1-hour tempo 10min warm down Tempo: While you are doing this level of effort to should only be able to speak 2 or 3 words before having to take a breath

Phase 6: Speed

Aims of this phase:

The end is in sight, but the training remains intense as you look to develop the ability to mix the pace in a race situation.

This phase also prepares you mentally for a race event by teaching you about race tactics. You will develop your top end speed allowing you to make decisive attacks to gain an advantage over your competition, whilst having the endurance and knowledge to be in the right place at the right time. By the end of this phase you will be ready for your event with the right level of rest.

Day #	Session	Comments
Day 36	Sprint and Drive intervals	10min warm-up 10 sets of sprint and drive efforts: 45sec sprint from a near stop (as attacking a race) after 15 to 20 seconds sit down and drive for 45secs 1min easy between each effort 10min warm down
Day 37	Stretching	See stretching routine
Day 38	1-hour tempo	10min warm-up 1-hour tempo 10min warm down Tempo: While you are doing this level of effort to should only be able to speak 2 or 3 words before having to take a breath
Day 39	Stretching	See stretching routine
Day 40	Sprint and Drive intervals	See above
Day 41	Stretching	See stretching routine
Day 42	1-hour tempo	See above

Phase 7: Speed

Aims of this phase:

The end is in sight, but the training remains intense as you look to develop the ability to mix the pace in a race situation.

This phase also prepares you mentally for a race event by teaching you about race tactics. You will develop your top end speed allowing you to make decisive attacks to gain an advantage over your competition, whilst having the endurance and knowledge to be in the right place at the right time. By the end of this phase you will be ready for your event with the right level of rest.

Day #	Session	Comments
Day 43	Power intervals	10min warm-up 6min at 50 watts below threshold 6min recovery 5min at 40 watts below threshold 5min recovery 4min at 30 watts below threshold 4min recovery 3min at 20 watts below threshold 3min recovery 2min at 10 watts below threshold 2min recovery 1min at threshold 10min warm down Threshold: While you are doing this level of effort to should only be able to speak 1 word before having to take a breath
Day 44	Stretching	See stretching routine
Day 45	1-hour tempo	10min warm-up 1-hour tempo 10min warm down Tempo: While you are doing this level of effort to should only be able to speak 2 or 3 words before having to take a breath
Day 46	Stretching	See stretching routine
Day 47	Power intervals	See above
Day 48	Stretching	See stretching routine
Day 49	1-hour tempo	See above
Day 50	Power intervals	See above

Stretching routine

Muscle	Comments
Calves	<p>Standing with your feet pointed straight ahead, step forward with your right leg and bend your knee, keeping your left foot firmly planted on the ground behind you.</p> <p>Keep your upper body erect and drop your hips forward until you feel the stretch in your calf. (Don't bend over at the waist use your hips to move.) Hold for 15-30 seconds, then switch sides.</p>
Quadriceps	<p>Standing, reach back with your right hand and grab your right foot at the top of the ankle, and pull up towards your bottom.</p> <p>The quads are the biggest cycling muscle, and deserve a very slow stretch, careful not to pull too hard too fast. Hold for 15-30 seconds, then change legs.</p> <p>Quick tip: Heighten the stretch by tightening your bottom muscles.</p>
IT band	<p>The IT band runs down the side of your leg and helps in balance and control. The section of this band that affects cyclists is between the hip and knee. A tight or inflamed IT band can cause tendonitis or knee alignment issues.</p> <p>From a sitting position, cross the left leg across the right knee and gently push down on the left knee. You should feel the stretch on the outside of your leg. Hold for 15-30 seconds, then switch sides.</p>
Hamstrings	<p>The pedalling motion develops short and powerful hamstrings, unlike running, which lengthens hamstrings. Cyclists are prone to tightness in these muscles. This is why your "hams" might ache if you're a cyclist who runs on occasion. This makes it very important to stretch hamstrings slowly and carefully.</p> <p>Standing, bend over at the waist and let your arms dangle toward the ground, letting the knees bend slightly outward. This stretch benefits greatly from deep, steady breathing - you'll find that you can touch the ground after several slow, deep breaths.</p>
Gluteus	<p>The glutes are perhaps the most overlooked muscles in cycling stretching.</p> <p>From a cross-legged sitting position on the floor, angle your left leg over the right and plant left foot next to right knee, so your left leg forms a triangle.</p> <p>Grasp the front of your left knee and lean forward, careful to keep your back straight. Feel the stretch along your left hamstring. This releases the piriformis, a connecting muscle that often tightens after sitting on a saddle. Hold for 15-30 seconds, then switch sides.</p>
Neck and shoulders	<p>Checking for traffic and other riders behind you is where the neck muscles come into play.</p> <p>Standing, gently roll your head in a circle several times, then change direction.</p> <p>Shrug your shoulders upwards and hold for five seconds. Repeat several times.</p>
Core	<p>Your trunk of abdomen and back muscles are the support system for your legs as they pedal. The best stretch is actually doing crunches or back extensions to help strengthen these varied muscles.</p> <p>You can do a simple back twist from the gluteus-stretch position, by twisting your trunk to look behind, one side and then the other. Feel the stretch in your abdomen.</p>