



12 Week Intermediate Training Plan

Follow our 12 week training plan which was designed by experienced cyclists from the Kenmare Cycling Club.

There is a training plan to suit beginners and intermediate cyclists.



General Tips

Gear

Invest in good quality gear including a helmet, waterproof jacket, gel shorts and repair kit.

Get a proper bike fit

Having a bike that fits properly allows you cycle more efficient and help avoid soreness or injury.

Know the rules of the road

Always cycle with the traffic and obey the traffic signs.
Be alert to cars and never cycle with headphones on.

Strong core

Introduce strength training into your training plan.
A strong core helps you cycle more efficiently and reduces the risk of injury.

Hydrate and fuel up

Drink and eat a little and often to avoid dehydration and a drop in energy levels.

Rest

After an intensive training session ensure you give your body time to recover and repair before your next training session.

Much of the training is set around a moderate pace with some sessions at a higher intensity and some at a lower one

Intensity Levels

On the training plan below, a 10 point rating of perceived exertion scale is used.

The levels of rating are as follows:

- 0 **Nothing at all**
- 1 **Very light**
- 2 **Light**
- 3 **Moderate**
- 4 **Hard**
- 5 **Very hard**

Medical Disclaimer:

Always consult your doctor before beginning any exercise program. If you experience any pain or difficulty with this exercise program, stop and consult your doctor.



4 steps to riding the Ring of Beara Cycle Kenmare



STEP 1: Sign up

You will be more motivated to train once you have registered and have the date on your training calendar.

Round up a group of friends and share the brilliant experience of the Ring of Beara Cycle Kenmare.

You can register:

Online:

www.ringofbearacyclekenmare.com

By Post:

Download postal form from the website above

STEP 2: Assemble gear

Cycling is like any sport in terms of gear, you get what you pay for. It is worth investing in the essential items for cycling. Which include:

Bike

Ensure your bike fits properly and in good working order

Helmet

Be safe and always wear a helmet at all times.

Padded shorts

Investing in padded shorts can prevent soreness and chafing on a long cycle.

Repair Kit

Attach a repair kit, spare tube and pump to your bike.

Food and snacks

When cycling you burn a lot of calories. Carry dry snacks such as granola bars, bananas and plenty of water

STEP 3: Plan your training schedule

Develop a weekly plan -

Having a training plan helps you stay focused. In general aim to ride 2-3 times a week, which includes 1 long cycle.

Cross train

Doing another kind of fitness work out such as running, swimming or yoga can help build strength and flexibility into muscles that cyclist don't use.

Stay Fresh

Change your cycling routes to avoid getting bore.

Join a cycle group

This helps keep you motivated and push yourself on a long ride. You can learn training tips from other cyclists.

REST

There is no benefit in going for a cycle if you are sick or injured. Taking a few days off from a training programme is better than been forced to stop for months due to injury.

STEP 4: Training plan

Follow the Kenmare Cycling Club training plan.

There is a plan to suit to beginner cyclists and one to suit the intermediate cyclist.

Each plan includes suggested distance, intensity levels, rest days and cross training.





Intermediate 12 Week Training Plan



WEEK	SAT	SUN	MON	TUES	WED	THURS	FRI
1	BIKE 40km Level 3	BIKE 65km Level 3	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST
2	BIKE 50km Level 3	BIKE 75km Level 3	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST
3	BIKE 40km Level 3	BIKE 60km Level 3	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST
4	BIKE 80km Level 4 (H)	BIKE 50km Level 3	REST	BIKE 75km Level 4 (F)	REST	Flexibility, Yoga, Pilates 30 mins	REST



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WEEK	SAT	SUN	MON	TUES	WED	THURS	FRI
5	BIKE 90km Level 4	BIKE 50km Level 3	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST
6	BIKE 60km Level 3	BIKE 90km Level 4	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST
7	BIKE 100km Level 3	BIKE 30km Level 3	REST	BIKE 80km Level 4 (H)	REST	Flexibility, Yoga, Pilates 30 mins	REST
8	BIKE 100km Level 4	BIKE 65km Level 3	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST



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WEEK	SAT	SUN	MON	TUES	WED	THURS	FRI
9	BIKE 110km Level 4	REST	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST
10	BIKE 120km Level 4	BIKE 60km Level 3	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST
11	BIKE 120km Level 4	BIKE 60km Level 3	REST	Spin Class and Turbo Class 45 mins 85/90 RMP	REST	Flexibility, Yoga, Pilates 30 mins	REST
12	BIKE 100km Level 4	BIKE 60km Level 3	REST	Bike 30 mins	REST	Flexibility, Yoga, Pilates 30 mins	REST
Race Week	BIKE 70km Level 4 (H)	BIKE 40km Level 3	REST	Bike 30 mins	REST	REST	Bike 20 mins