

Training Programme
Caledonia Etape

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1 8 th - 14 th February	Spin		Spin			Essex Cycle Slow & flat 110Km	Stretching & Rest
WEEK 2 15 th - 21 st February	Spin		Spin		Hospital	Hospital	Hospital
WEEK 3 22 nd - 28 th February	Hospital	Hospital	Hospital	Hospital	Rest	Rest	Rest
WEEK 4 1 st - 7 th March	Rest	Rest	Rest	Very light cycle 3 miles	Rest	Light cycling 10 miles	Rest
WEEK 5 8 th - 14 th March	Commute only = 6 miles	Rest	Spin			Leisure Cycle to Oxford – flat 50 miles	
WEEK 6 15 th - 21 st March	Spin Cycle from work = 7.3 miles		Spin Cycle from work = 7.3 miles	Streching	Hills London	Snowboard Holiday	Snowboard Holiday
WEEK 7 22 nd - 28 th March	Snowboard Holiday	Snowboard Holiday	Snowboard Holiday	Snowboard Holiday	Snowboard Holiday	Snowboard Holiday	Long Ride 55 miles
WEEK 8 29 th - 4 th April	Spin cycle there from work = 7.3 miles		Spin Cycle from work = 7.3 miles	Yoga for cyclists	Hills London		Long Ride 60 miles Hills

WEEK 9 5 th - 11 th April	Spin (double)		Cycle from work = 7.3 miles Spin	Yoga for cyclists	Hills Intervals		Long Ride 65 miles (Hills)
WEEK 10 12 th - 18 th April	Spin (double)		Cycle from work = 7.3 miles Spin	Yoga for cyclists	20 miles w. steep hills		70 Miles (hills)
WEEK 11 19 th - 25 th April	Cycle from work = 7.3 miles Spin		30 miles cycle	Yoga for cyclists	Hills		75 Miles (hills)
WEEK 12 26 th April - 2 nd May	Cycle from work = 7.3 miles Spin	Hills intervals	Double Spin		Yoga	80 Miles	
WEEK 13 3 rd - 9 th May	Cycle from work = 7.3 miles Spin		Spin	Yoga for cyclists			50 Miles (flat & easy)
WEEK 14 10 th May - 15 th May ETAPE	Spin	Taper	Spin	Taper	Drive up north	REST	CALEDONIA ETAPE