

Ride London 2024 - Training Guide

Training Lingo

- **Endurance ride:** these rides are carried out at a lower intensity but for longer durations, so they help you build the stamina needed to success in RideLondon 2024.
- **Tempo ride:** often called ‘hard aerobic’ training, tempo rides require more concentration and effort than endurance rides. They often work well for rides of 20 to 60 minutes.
- **Threshold ride:** the term ‘threshold’ means the highest effort you can sustain for a set period. In cycling, this is often 20 to 40 minutes.
- **Surge:** a surge is a short acceleration out of the saddle (but not a full-blown sprint!) that reflects a short, intense change of pace. Once you’ve completed the surge, you should return to a steady cycling effort.
- **Cross-training:** yes, we know, cycling is the best sport out there – so why do anything else? Well to work other muscle groups, add interest to your training and keep motivation high, it’s recommended that you build some cross-training into your Ride London preparations. Cross-training could be anything that keeps you active, whether that’s running, rock climbing, swimming, windsurfing, or even walking your dog.
- **WU:** Warm up
- **CD:** cool down. Phew!
- **Revolutions per minute (RPM):** RPM measures the rate at which you turn the pedals. For context, a medium cycling effort (85 to 95RPM) should feel comfortable, while a higher effort (95 to 120 RPM) should make you work a bit harder and breathe a bit faster

Get in the Zone

You’ll see that the training plan also mentions zones! These go from 1 to 7 and refer to the amount of effort that is recommended you put into a session:

Zone	1	2	3	4	5	6	7
Effort	Easy peasy	OK	Moderate	Getting harder now	Difficult	Yikes! This is starting to hurt	That was TOUGH!

Training Tips

- If you’re not feeling yourself, don’t push yourself to do a set session, and consider doing some lighter cross-training or taking a rest day instead. Remember, rest really is best – especially if it means escaping a pesky injury.
- Talking of rest, the training plan makes space for two rest days a week. If you’re itching to move on any of these days, then you’re free to go for a ride or do some cross-training – but try to keep it nice and easy, maybe a relaxing yoga session to stretch out those muscles!
- Don’t have time for long rides on Sunday? Don’t worry. You can rejig the different sessions to the days the suit you (although we do advice spreading out your harder efforts to give yourself time to recover)