



16 WEEK TRAINING SCHEDULE

SKYLINE
EVENTS

In this pack you will find a 16 week training schedule for a beginner to complete the 55 miles from London to Brighton. The distance is very achievable and with training you will be less susceptible to injury and have a much more enjoyable experience overall.

You will see rest days included in your plan. You can either take these as rest days or, we do recommend you use a couple to take part in some other exercise such as yoga, gym, swimming etc to increase your cardiovascular system, flexibility and strength. Please ensure you still keep some rest days in each week as recovery is as important as training, listen to your body!

Begin the first couple of weeks of the plan at a comfortable pace to ease yourself in and then as you go on make sure you push yourself by increasing the gradient and moving at a faster pace.

Find tricks to increase your everyday steps e.g. take the stairs where you can or park further away than you usually would.

Train in all of the gear you will wear on the day to ensure maximum comfort.

Keep hydrated and loaded with carbs as you'll be exerting a lot of energy.

If you haven't used your bike in a while it may be worth getting a service.

Most of all - **ENJOY IT!**



TRAINING PLAN

55 MILES - 16 WEEKS

WEEK 1

MONDAY - REST
TUESDAY - 20 MINUTES
WEDNESDAY - REST
THURSDAY - 20 MINUTES
FRIDAY - REST
SATURDAY - 1 HOUR
SUNDAY - REST

WEEK 3

MONDAY - REST
TUESDAY - 25 MINS
WEDNESDAY - REST
THURSDAY - 25 MINS
FRIDAY - REST
SATURDAY - 1.5 HOURS
SUNDAY - REST

WEEK 5

MONDAY - REST
TUESDAY - 8-10 MILES
WEDNESDAY - 8-10 MILES
THURSDAY - REST
FRIDAY - 8-10 MILES
SATURDAY - REST
SUNDAY - 25-30 MILES

WEEK 7

MONDAY - REST
TUESDAY - 8-10 MILES
WEDNESDAY - 8-10 MILES
THURSDAY - REST
FRIDAY - 8-10 MILES
SATURDAY - REST
SUNDAY - 25-30 MILES

WEEK 2

MONDAY - REST
TUESDAY - 25 MINS
WEDNESDAY - REST
THURSDAY - 25 MINS
FRIDAY - REST
SATURDAY - 1.5 HOURS
SUNDAY - REST

WEEK 4

MONDAY - REST
TUESDAY - 8-10 MILES
WEDNESDAY - 8-10 MILES
THURSDAY - REST
FRIDAY - 8-10 MILES
SATURDAY - REST
SUNDAY - 25-30 MILES

WEEK 6

MONDAY - REST
TUESDAY - 8-10 MILES
WEDNESDAY - 8-10 MILES
THURSDAY - REST
FRIDAY - 8-10 MILES
SATURDAY - REST
SUNDAY - 25-30 MILES

WEEK 8

MONDAY - REST
TUESDAY - 10-15 MILES
WEDNESDAY - REST
THURSDAY - 10-15 MILES
FRIDAY - 5 MILES
SATURDAY - 30-40 MILES



TRAINING PLAN

CONTINUED

WEEK 9

MONDAY - REST
TUESDAY - 10-15 MILES
WEDNESDAY - REST
THURSDAY - 10-15 MILES
FRIDAY - REST
SATURDAY - 20-25 MILES
SUNDAY - REST

WEEK 11

MONDAY - REST
TUESDAY - 8-10 MILES
WEDNESDAY - 10-15 MILES
THURSDAY - REST
FRIDAY - 10-15 MILES
SATURDAY - REST
SUNDAY - 45 MILES

WEEK 13

MONDAY - REST
TUESDAY - 8-10 MILES
WEDNESDAY - 15-20 MILES
THURSDAY - REST
FRIDAY - 15-20 MILES
SATURDAY - REST
SUNDAY - 45 MILES

WEEK 15

MONDAY - REST
TUESDAY - 20-25 MILES
WEDNESDAY - REST
THURSDAY - 20-25 MILES
FRIDAY - REST
SATURDAY - REST
SUNDAY - 45 MILES

WEEK 10

MONDAY - REST
TUESDAY - 10-15 MILES
WEDNESDAY - REST
THURSDAY - 10-15 MILES
FRIDAY - REST
SATURDAY - 20-25 MILES
SUNDAY - REST

WEEK 12

MONDAY - REST
TUESDAY - 8-10 MILES
WEDNESDAY - 15-20 MILES
THURSDAY - REST
FRIDAY - 15-20 MILES
SATURDAY - REST
SUNDAY - 45 MILES

WEEK 14

MONDAY - REST
TUESDAY - 8-10 MILES
WEDNESDAY - 15-20 MILES
THURSDAY - REST
FRIDAY - 15-20 MILES
SATURDAY - REST
SUNDAY - 45 MILES

WEEK 16

MONDAY - 5 MILES
TUESDAY - 10 MILES
WEDNESDAY - 10 MILES
THURSDAY - 5 MILES
FRIDAY - REST
SATURDAY - REST
SUNDAY - RIDE DAY!