

The London-Paris & Alpine Challenge Training Plan



Endorsed by:



Foreword

Eddie Fletcher, Wattbike

Congratulations on entering the London-Paris and/or The Alpine Challenge 2012. Both rides are challenging yet inspirational rides of 3 days/4 days, over beautiful countryside/mountain stages with fellow cycling enthusiasts to keep you motivated.



There is lots of support along the way from the excellent Hot Chillee team and your Ride Captains.

Do not underestimate the task ahead 3/4 days of riding approximately 170/120 km per day. There are no short cuts so with that in mind we, at Wattbike have developed a general training plan which you may like to follow.

The plan is a combination of road rides and Wattbike/turbo rides with each road ride having an alternative indoor ride in the event of inclement weather or time constraints. You can select from 3 to 5 sessions per week depending on your fitness level or time available.

From January onwards the plan incorporates the monthly London-Paris Training Ride and for The Alpine Challenge the Training Rides in July and August. Try not to miss these as they will provide you with important skills in riding as a group and covering long distances.

I wish you every success in your training and in completing the London-Paris 2012 and/or The Alpine Challenge 2012.

Sven Thiele

To get the most out of The London-Paris and The Alpine Challenge, you need to be fit enough to actually enjoy them. They are both extremely challenging multi-stage endurance events and we have found that many people underestimate the amount of training required in preparation, particularly for The London-Paris.



We are really excited to have teamed up with Wattbike as our official Training Partner for 2012, enabling us to provide riders with first-class training advice and support. At HotChillee, we put great thought into our partnerships and in Wattbike we think we have found a tool that will allow all of us to be in perfect shape for the events - that is of course with a little hard work!

Wattbike have put together this tailored training plan to help get you to the start line in June in the best possible condition. If you are taking part in The Alpine Challenge the plan will also take you through to Annecy in September.

Myself, Stephen Roche and the HotChillee Ride Captains' all use a Wattbike for our training, the results are fantastic and it really does feel just like riding your bike. Good luck with your training!



The distances

Day 1 - London to Dover 172 km / 106.9 miles

Day 2 – Calais to Amiens 173.6 km /107.9 mile

Day 3 – Amiens to Paris 168.7 km / 104.8 miles

Expected speed / duration each day

Group	Speed (kmh)	Speed (mph)	Time in saddle (h:m)	Total time in saddle
1	33 - 36	20.5 - 22.4	5:15 - 4:45	15:45 - 14:15
2	29 - 32	18.0 - 19.9	6:00 - 5:25	18:00 - 16:25
3	27 - 28	16.8 - 17.4	6:25 - 6:10	19:25 - 18:30
4	26	16.2	6:40	20:00
5	25	15.5	6:55	20:45

Important Notes:

- You need to be fit enough to ride for 5-7 hours per day for 3 days
- Do not underestimate the cumulative effect of riding for 3 days
- Being in the right group is important
- Be realistic about your ability and the training that you can do
- Nutrition and recovery are important throughout both your training period and the L2P ride itself
- Good habits established during training will pay dividends in completing the L2P safely and in good health
- For part of your training you need to learn to ride in a group (remember the L2P Peloton will be large – see also the notes on riding in a peloton in the Rider Pack http://www.londres-paris.com/site/html/the_tour/2011_Rider_Pack.pdf pages 10-12. The London-Paris Training Rides are important – try not to miss them)

Rest and Recovery

We make no apologies for highlighting rest and recovery. It is very easy to over train, to do the wrong type of training (always 'long' and 'hard') or to train whilst ill or injured. If you are ill or injured, you will recover quicker if you simply rest. The body recovers and adapts best if it is allowed to rest and has good hydration, diet and sleep.

The plan has a maximum of 5 sessions per week with 2 full days of recovery. It is always better to take more rest not less. Be realistic about how much you can do, take into account your lifestyle – family and work to ensure the best balance between work, rest and play.

Remember less can be more, rest is good and you can only train as hard as you can rest.



L2P Training Plan – the basics

- Know your training zones
- Start slowly and build both your fitness and ability to ride for long periods of time
- Manage carefully the number of weekly sessions, the duration of each session and the intensity at which you ride
- Be careful of the difficulty of the route you are riding (the plan has a number of training route descriptions i.e. flat terrain, varied terrain, small hills, hilly) – it is important to gradually increase the route difficulty
- ALWAYS use the training plan periodisation, weeks are designated light, medium, hard, light, recovery over 5 X 5 week phases including a taper week to the event
- NEVER miss a recovery week. Less is more, if you feel tired then you are. Rest is good. You can only train as hard as you can rest
- The structure of the plan will help to build the endurance necessary to ride for long periods of time over 3 days at the required group speed
- Know your gears and cadence (rpm) and learn to use them

Know your Training Zones

It is essential that you either test yourself (or get tested) or at least estimate your training zones. The training plan uses training zones to build the physiological adaptation that you need to ride for long periods over 3 days. Avoid the temptation to randomly go out 'for a ride' on difficult routes for long durations and without monitoring the intensity of the effort. Get yourself a good heart rate monitor.

Use a Wattbike to establish your heart rate and power training zones and use the zones to monitor each training session. You can test for maximum heart rate (MHR) and maximum minute power (MMP) using either the Wattbike 3 minute or Wattbike ramp test – see here for details on how to do the tests:

http://wattbike.com/uk/guide/cycling_tests

You should retest yourself and reset your training zones on a regular basis – we have built in a retest in Weeks 5, 10, 15 and 19 of the L2P plan and in weeks 26 and 30 for the Alpine Challenge plan.



For practical purposes, if you know your maximum heart rate and maximum minute power you can estimate your training zones using the following percentages of maximum heart rate and percentages of maximum minute power:

Training Zone	Purpose	%MHR	%MMP
Recovery	Regeneration and recovery	Less than 60	Less than 35
1. Basic	Establish base endurnace	60 - 65	35 - 45
2. Basic	Improve efficiency	65 - 75	45 - 55
3. Intensive	Improve sustainable power	75 - 85	55 - 65
4. Intensive	Push threshold up	85 - 89	65 - 75
5. Maximal	Sustain a high % of maximal aerobic power	89 - 94	75 - 80
6. Maximal	Increase maximum power output	Greater than 94	80 - 100
Supra-maximal	Increase sprint power output	Not applicable	Greater than 100

Be careful to interpret the training zones correctly, for instance:

1:30 varied terrain Zone 1-Zone 5

This does not mean spend most of the ride in Zone 5. The training zone range is to allow for the varied terrain. The bulk of the ride should be spent in the lower training zones 1 to 3 with the occasional Zone 4 or Zone 5 effort as the terrain demands (hills for instance).

For further training zone guidance read the Wattbike Training Guide here wattbike.com/uk/guide

You could also use our online training zone calculator wattbike.com/trainingzone



The Plan

- The plan is a 25 week plan in 5 phases, phase 1 = W1-W5, phase 2 = W6-W10, phase 3 = W11-W15, phase 4 = W16-W19, phase 5 = W20-24 and a taper week to the event. Each phase has light, medium, hard, light and recovery weeks
- Each phase builds the duration and intensity of the session so that by the end of the 25 weeks you can comfortably ride in a group for up to 6 hours. The cumulative hours of training for each week build from 3:00-5:00 in week 1 through to 5:15-13:30 hours in week 18 before tapering down in the last 5 weeks of the plan
- How many hours you ride per week depends on the mix of road riding to turbo riding. You can spend less time on a turbo for the same effect as a longer road ride (turbo riding can be very time efficient for busy people)
- BUT it is important to get the long road rides in (session 1 in particular) and the L2P monthly Training Rides with the Ride Captains so that you get used to both the duration and riding in large groups/pelotons – the ratio of road to Wattbike/turbo rides should be 3 or 4:1 – aim to do a minimum of 3 sessions a week
- The first 3 weeks of the plan have a maximum of 4 sessions and move to a maximum of 5 sessions a week from week 4 onwards
- Weeks 5, 10, 15 and 19 are recovery weeks with a maximum of 4 sessions
- The plan assumes no prior experience. It is accepted that experienced riders may have to adapt the plan to suit their ability i.e. many of you will be used to long rides already but it is a good discipline to periodise your training and recovery for best results
- The Plan is colour coded for priority sessions. 3 green 'must do' sessions (time and weather permitting), a 4th orange additional session and for the super fit a 5th red session
- It is suggested that one of rest days should be after session 1 each week (the 'long' ride)

The Alpine Challenge 2012

If you are going on to ride the Alpine Challenge the plan is extend through to September

Training Session Glossary

Use the following glossary to understand the requirements of the different type of session.

Road Rides

- All long road rides are aimed at general conditioning to build endurance which is an important requirement for completing The London-Paris 2012 event. Simply put, you need to spend enough hours in the saddle to prepare you to complete the course
- During all road rides, it is important to eat and drink throughout – so always have food with you and aim to drink a 500ml bottle every 1 – 1.5 hrs. You should finish long rides ride feeling tired but not exhausted and the next day should be a rest day, which means either a day off or an easy recovery session at Z1
- Where possible complete your longest road ride of each week in a group. This will help to develop your riding skills and also enable a longer distance to be covered for the same amount of effort of a shorter ride. It is important for all riders ensure a few long group rides are included before taking on the event. In particular try not to miss the L2P monthly training rides with the Ride Captains. These rides will also provide you with the confidence to successfully complete the event
- Road rides are notated to be carried out on either flat or varied terrain or may be detailed as 'hilly'. The ability for you to include the rides as detailed will be somewhat determined by the area that you live / ride. However, where possible, use the below to guide you to build the routes:

Flat Terrain:

- 80% flat. You would be able to ride 80% of the route sitting in the saddle and using just 3 or 4 different gears. You will need to increase the pace to push up through your training zones

Varied Terrain:

- Rolling terrain, not too structured, avoid really big hills. Let the terrain dictate the zones whilst riding 'steady' and not attacking the hills. Ride easy on the flat sections

Include some hills:

- This is a road ride that is mainly on flat or rolling terrain, but will have some hills within it that will take you high up the training zones. As a guide, look to include two hills for every one hour ridden (note the ride is not a structured training session however so you do not have to be too strict about when the hills come in the ride)



Hilly:

- 60% - 80% hilly. This type of ride will require a lot of climbing, and lots of time out of the saddle, along with a lot of time descending. You will need to use many gears, and during the ride you spend more time in the higher training zones than the varied terrain due to the nature of the course. These rides will build strength as well as endurance and 'top end' fitness

Rev outs:

e.g. 60' Cadence session Zone 1-Zone 4 include 4 'rev outs' downhill (downhill sprints).

- A rev out is acceleration to maximum cadence at 15', 25' 35' and 45', rev outs of 10 -20 seconds (build up to 20 seconds; important that cadence is as high as possible & remains high for duration of rev out)



The Training Plan

Key: ■ Must do session ■ Optional session ■ Super fit athletes

Individuals should do either the outdoor session or the indoor session (except where the outdoor session is specifically instructed)

Week 1 - 01/01/2012

Carry out an initial test to establish your heart rate and power training zones before you begin

Session	Outdoor	Wattbike
1	1:30 flat terrain Zone 1 - Zone 4	60' Zone 2
2	60' Recovery Zone 1	30' Zone 1
3	1:30 varied terrain Zone 1 - Zone 4	60' Zone 2
4	60' Recovery Zone 1	30' Zone 1
Total	3:00 - 5:00	

Week 2 - 08/01/2012

Session	Outdoor	Wattbike
1	1:30 varied terrain Zone 1 - Zone 5	60' Zone 2
2	60' Recovery Zone 1	30' Zone 1
3	1:30 varied terrain Zone 1 - Zone 5	60' Zone 2
4	60' Recovery Zone 1	30' Zone 1
Total	3:00 - 5:00	

Week 3 - 15/01/2012

Session	Outdoor	Wattbike
1	1:45 flat terrain Zone 1 - Zone 4	60' Zone 2
2	60' Recovery Zone 1	30' Zone 1
3	1:45 flat terrain Zone 1 - Zone 4	60' Zone 2
4	1:30 varied terrain Zone 1 - Zone 5	60' Zone 1 with 2 x 4 mins Zone 4 efforts at 20' and 40'
Total	3:15 - 8:45	

Week 4 - 22/01/2012

Session	Outdoor	Wattbike
1	2:00 flat terrain Zone 1 - Zone 4	90' Zone 2
2	60' Zone 2	45' Zone - Zone 3
3	1:45 flat terrain Zone 1 - Zone 4	45' Zone 2
4	60' Zone 2	45' Zone 1 with 2 x 4 mins Zone 4 efforts at 15' and 27'
5	60' Recovery Zone 1	30' Zone 1
Total	4:15 - 8:45	



Week 5 - 29/01/2012

Make this an easy recovery week particularly if doing the training ride

Carry out a re-test and review your heart rate and power training zones towards the end of this week

Session	Outdoor	Wattbike
1	L2P Training Ride # 2 OR 2:00 flat terrain Zone 1 - Zone 4	60' Zone 2
2	Recovery Ride 60' Zone 1	30' Zone 1
3	2:00 flat terrain Zone 1 - Zone 4	60' Zone 2
4	Recovery Ride - 60' Zone 1	30' Zone 1
Total	3:00 - 5:30	

Week 6 - 05/02/2012

Session	Outdoor	Wattbike
1	2:00 include some hills - Zone 2 - Zone 6	90' Zone 2 - Zone 3
2	60' Recovery - Zone 2	30' Zone 1
3	1:30 Zone 1 - Zone 5 include some Strength session with 3 x 3 min efforts at 35', 43', 51' - strength effort, stay in the saddle, ride 2-3 sprockets higher than normal, try not to pull on the bars too much	60' Zone 2 Strength session with 3 efforts at 15', 30' and 45'
4	1:45 flat terrain - Zone 1 - Zone 4	45' Zone 2
5	60' Cadence session Zone 1 - Zone 4 include 4 'rev outs' downhill (downhill sprints)	30' Cadence session Zone 1 - Zone 2 include 4 'rev outs' on lowest resistance setting (low gear)
Total	4:00 - 7:00	

Weeks 7-12 will be sent at the start of February 2012 to give you time to prepare



Contact details

Wattbike Ltd

Vermont House

Nottingham South and Wilford Industrial Estate

Ruddington Lane

Nottingham

NG11 7HQ

Tel: 0115 945 5454

info@wattbike.com

wattbike.com

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