



London to Paris - 10 Week Cycling Plan



Weekday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Monday	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day - Hydration!
Tuesday	30 min ride - Easy	30 min ride - Easy	1 hour ride - Easy	1 hour ride - Easy	1 hour ride - Easy	10 mile ride - Easy	Hill repeats, cycling up and down a long climb, several times	15 mile ride with at least 1000ft of climbing	15 mile ride with at least 1000ft of climbing	15 / 20 mile - very low effort
Wednesday	Personal Choice Rest or Cross Training	Cross Training	Cross - Low/Med effort	Personal Choice Rest or Cross Training	Rest Day - Hydration!	Rest Day - Hydration!	Personal Choice Rest or Cross Training	Personal Choice Rest or Cross Training	Personal Choice Rest or Cross Training	Rest Day - Hydration!
Thursday	Rest Day	Rest Day	Rest Day	1 hour ride - Easy	1 hour ride - Easy	10 mile ride - medium effort with 1000ft elevation	15 mile ride with at least 1000ft of climbing	10 mile ride - Easy effort	15 mile ride with at least 1000ft of climbing	Rest Day - Hydration!
Friday	Rest Day	30 min ride - Easy	30 min ride - Easy	Personal Choice Rest or Cross Training	Personal Choice Rest or Cross Training	Personal Choice Rest or Cross Training	Personal Choice Rest or Cross Training	Personal Choice Rest or Cross Training	Personal Choice Rest or Cross Training	London to Paris Event 2018!
Saturday	Rest Day - Hydration!	Rest Day - Hydration!	Rest Day	Rest Day - Hydration!	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	London to Paris Event 2018!
Sunday	1 hour ride - Easy	1 hour ride - Easy	1 hour ride - Easy with some hills	1¼ Medium effort ride with 1000 ft of elevation	2¼ Medium effort ride	35 mile ride with at least 2000 ft of climbing. Med effort.	45 mile ride with at least 3500 ft of climbing. Med effort.	50 - 60 mile ride with at least 3500 ft of climbing. Med effort.	60 + mile ride with at least 3500 ft of climbing. Med effort.	London to Paris Event 2018!