



Muslim
Community Events

London to Paris - 10 Week Cycling Plan



Week	Total Time / Miles	Comments
<u>Week 1</u>	1½ hours	Just get used to spending time in the saddle for now.
<u>Week 2</u>	2 hours	It's better to spilt these rides up so you could do, 2 * 30 min rides and a longer 1 hour ride at the weekend.
<u>Week 3</u>	2½ hours + 500ft elevation	You should now feel more comfortable on your bike. Build your confidence and tackle a few small hills.
<u>Week 4</u>	3¼ hours + 1000ft elevation	Keep your training alive by increasing the overall time and elevation
<u>Week 5</u>	4¼ hours	Time to really build on the training. Your weekend ride should be over 2 hrs long.
<u>Week 6</u>	55 miles with 2000ft elevation	Only 4 weeks to go!
<u>Week 7</u>	65 miles with 3000ft elevation	You're in the main section of your training now. Make it count and enjoy the experience. You're getting fitter and well on your way.
<u>Week 8</u>	75 miles with 3500ft elevation	2 weeks of training left. Remember to eat and drink well.
<u>Week 9</u>	90 miles with 3500ft elevation	The last week before the event
<u>Week 10</u>		Your adventure starts on Friday so do some relaxed warm up riding at the start of the week and then those legs and feet. Make sure you eat well.