

PANIC PLAN

Week one | total ride time: 4 hours



Goals of the week

1 Make sure your bike and kit is all ready to go.

2 Plan a route for tuesday that allows a flat and relatively uninterrupted 20 minutes effort.

3 Decide on a cross-training activity bearing in mind you have a long ride at the weekend.

MONDAY



Session type
Rest day

Session details

Rest days need to be built into your training week.

You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training.

TUESDAY



Session type
Ride

🕒 1 hour

📊 Low/Med

Session details

Session link:
[Panic Intro Ride](#)

Ride tip

Don't forget to look at your heart rate monitor and note how the numbers correlate to your effort.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

THURSDAY



Session type
Indoor/outdoor ride

🕒 1 hour

📊 Low/Med

Session details

Session link:
[Panic Intro Ride](#)

Ride tip

How was your pacing earlier in the week?

Did you go too hard at the start of the 20 minutes effort or were you a little conservative?

Make adjustments as this will help you pace your threshold test next week.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

SATURDAY



Session type
Rest day

Session details

You may need to swap your long weekend ride to today or even one of the workouts from the week.

If not, rest up well for tomorrow's ride.

SUNDAY



Session type
Ride

🕒 2 hours

📊 Low

Session details

Session link:
[Improvers endurance ride](#)

Ride tip

You haven't got your training zones yet so, use your ability to talk and use how out of breath you get as a guide. Don't forget to eat, have a little something every 20-30 minutes right from the start of the ride, don't wait until you're hungry.

PANIC PLAN

Week two | total ride time: 4 hours 40 minutes



Goals of the week

1 Do your [threshold test](#) and set your personal training zones.

2 How was your cross-training last week? If it affected your weekend ride, try something a bit gentler.

3 Be disciplined about your training zones, even if zone two feels too easy.

MONDAY



Session type
Rest day

Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise. Your body needs time to adapt to training.

Your rest day today is particularly important with your threshold test tomorrow.

TUESDAY



Session type
Threshold test

🕒 1 hour 10 minutes

📶 Med

Session details

Session link:
[Threshold test](#)

Ride tip

Use your experience from the panic intro rides from last week to help you pace your test.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

THURSDAY



Session type
Indoor/outdoor ride

🕒 1 hour

📶 Low/Med

Session details

Session link:
[Zone build](#)

Ride tip

A great chance to test your new training zones. It doesn't take a huge change in effort to move up through the zones and, as heart rate lags a bit, don't try and ramp it up too quickly.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

SATURDAY



Session type
Rest day

Session details

You may need to swap your long weekend ride to today or even one of the workouts from the week.

If not, rest up well for tomorrow's ride.

SUNDAY



Session type
Ride

🕒 2.5 hours

📶 Low

Session details

Session link:
[Improvers endurance ride](#)

Ride tip

You have got your training zones now and it's vital that you try and stick to them. Many riders struggle to stay in zone two initially but be disciplined as this is the zone that will allow you to process food and ride for longer.

PANIC PLAN

Week three | total ride time: 5 hours



Goals of the week

- 1** Aim for solid and consistent Tempo efforts during the two mid-week sessions
- 2** Consider some [mobility work](#) on your rest days
- 3** As your weekend ride gets longer, pacing and fuelling become more important. Develop good habits now.

MONDAY



Session type
Rest day

Session details

Rest days need to be built into your training week.

You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training.

TUESDAY



Session type
Indoor/outdoor ride

🕒 1 hour

📶 Med

Session details

Session link:
[Tempo Intervals](#)

Ride tip

For this first attempt at this session, pace the efforts towards the lower end of zone three.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

THURSDAY



Session type
Indoor/outdoor ride

🕒 1 hour

📶 Med

Session details

Session link:
[Tempo intervals](#)

Ride tip

How was this session earlier in the week?

If it felt relatively easy, bump the efforts up to mid/upper zone three.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

SATURDAY



Session type
Rest day

Session details

You may need to swap your long weekend ride to today or even one of the workouts from the week.

If not, rest up well for tomorrow's ride.

SUNDAY



Session type
Ride

🕒 3 hours

📶 Low

Session details

Session link:
[Improvers endurance ride](#)

Ride tip

There's nothing wrong with scheduling a café stop if you want to, but try to limit it to 15-20 minutes and factor it into your fuelling strategy.

PANIC PLAN

Week four | total ride time: 6 hours 50 minutes



Goals of the week

1

Try to [optimise your recovery](#) this week as you've got a big ride at the weekend.

2

Don't be tempted to skip the pre-event ride, your legs will feel better because of it.

3

Use your long ride as a dress rehearsal for your event. Try to work to the same timetable, wear the same kit and stick to your pacing and fuelling strategies

MONDAY



Session type
Rest day

Session details

Rest days need to be built into your training week.

You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training.

TUESDAY



Session type
Indoor/outdoor ride

🕒 1 hour 20 minutes

📶 Med

Session details

Session link:
[3x10 minutes](#)

Ride tip

It's a fairly narrow zone for the efforts but try to pace them as accurately as possible.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

THURSDAY



Session type
Indoor/outdoor ride

🕒 1 hour

📶 Low

Session details

Session link:
[Spin-out session](#)

Ride tip

Keep your gearing and resistance low, this session is all about leg speed not load.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

SATURDAY



Session type
Indoor/outdoor ride

🕒 30 minutes

📶 Low

Session details

Session link:
[Improvers pre-event ride](#)

Ride tip

This is just a leg loosener, stick to your small chainring and spin those legs

SUNDAY



Session type
Ride

🕒 4 hours

📶 Low

Session details

Session link:
[Improvers endurance ride](#)

Ride tip

Try to plan a route that mimics the demands of your target event as closely as possible.

PANIC PLAN

Week five | total ride time: 3 hours 30 minutes



Goals of the week

- 1 Have confidence in the training you've done and don't be tempted to try and squeeze in an extra-long ride.
- 2 Use the extra spare time you have to give your bike a good clean and check it over.
- 3 Check that you have all the information you need for your event.

MONDAY



Session type
Rest day

Session details

Rest days need to be built into your training week.

You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training.

TUESDAY



Session type
Indoor/outdoor ride

🕒 1 hour

📶 Med

Session details

Session link:
[Sweet-spot intervals](#)

Ride tip

If the [3x10 minutes](#) last week felt easy, ride these intervals at the upper end of sweet-spot.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

THURSDAY



Session type
Indoor/outdoor ride

🕒 1 hour

📶 High

Session details

Session link:
[VO2 intervals](#)

Ride tip

Don't go off too hard to ramp your heart rate up. Use the first minute of each effort to build progressively through zones three and four.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

SATURDAY



Session type
Rest day

Session details

You may need to swap your long weekend ride to today or even one of the workouts from the week.

If not, rest up well for tomorrow's ride.

SUNDAY



Session type
Ride

🕒 1 hour and 30 minutes

📶 Low

Session details

Session link:
[Improvers endurance ride](#)

Ride tip

This is more for confidence and peace of mind, don't be tempted to ride any longer.

PANIC PLAN

Week six | total ride time: 2 hours + event



Goals of the week

1

When not riding, keep off your feet as much as possible.

2

Make a checklist for all your event kit and equipment.

3

If you're driving to your event, check your route, timings and parking.

MONDAY



Session type
Indoor/outdoor ride

🕒 30 minutes

📶 Low

Session details

Session link:
[Improvers plan recovery ride](#)

Ride tip

Imagine you have got glass cranks so can't push hard and stay in the small chainring.

TUESDAY



Session type
Rest day

Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise. Your body needs time to adapt to training.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it.

Don't forget it can be restorative activities such as yoga, pilates and swimming or our [mobility routine](#).

THURSDAY



Session type
Indoor/outdoor ride

🕒 1 hour

📶 Low

Session details

Session link:
[Spin-out session](#)

Ride tip

Keep your gearing and resistance super light, you shouldn't feel any burn in your legs.

FRIDAY



Session type
Rest day

Stay off your feet as much as possible today.

SATURDAY



Session type
Indoor/outdoor ride

🕒 30 minutes

📶 Low

Session details

Session link:
[Improvers pre-event ride](#)

Ride tip

This is just a leg loosener, stick to your small chainring and spin those legs.

SUNDAY



Session type
Event

🕒 n/a

📶 n/a

Session details

The event

Ride tip

Enjoy your ride. Stick to the pacing and fuelling you've been practicing in training and avoid going off too hard getting caught up in event day excitement.