LA REINE
Strictly Female Cycling

Beginner's Training Plan

Get ready for LA REINE in 12 weeks

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Introduction

This 12-week training plan is designed to give you the fitness and strength for a hilly 100km sportive. It takes into account the demands of a typical 100km hilly sportive for someone living in the uk who doesn't necessarily have access to mountains/hils on their doorstep. Rides can either be done on the bike or a indoor trainer.

The plan comprises of 3 phases with individual goals:

Base	Build	Peak
• Focus on consistency and patience; resist the urge to do too much intensity early. Building a solid base of S&C and endurance ready for the build phase and intensity to increase. • Build aerobic endurance, which is crucial for long-duration efforts like a 100km sportive. • Establish a solid foundation of fitness to handle more intense workouts later. • Improve overall cycling efficiency and comfort. • Include strength and condition to improve efficiency and reduce risk of injury • Emphasizing good technique and bike handling skills. • Includes 1 x s&c session, 2 x 10 minute core blasts	• Increase fitness specificity to meet the demands of the sportive. • Develop power and speed through higher-intensity efforts. • Improve climbing strength and ability to handle climbs. • Strength/high gear/low cadence sessions either on hills or on a turbo will emulate rides up the mountains. • Increases your ability to sustain higher intensities for longer periods. • Enhances muscle strength and lactate threshold. • Includes 1 x s&c session, 2 x 10 minute core blasts	• Optimizes energy systems for peak performance during the 100km sportive. • Testing nutrition strategies, pacing plans, and equipment setup on the bike. • Fine-tune performance with a focus on tapering and race-specific preparation. • Sharpen speed and power while allowing for adequate recovery. • Reducing overall training volume (tapering) to ensure optimal freshness and recovery for the event. • Includes 1 x s&c session, 2 x 10 minute core blasts

Abbreviations used in the plan

S&C = Strength and Conditioning (off bike workouts)

FTP = Functional Threshold Power
some more info on Elle Linton's blog https://www.keepitsimpelle.com/functional-threshold-power-ftp-test/

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Nutrition

- Practise the nutrition you'll do on the sportive on the long rides
- Ensure adequate hydration
- Practise mindful breathing up the hills

Session Types

Zone	Description	Power Output (% of FTP Power)	Heart Rate (% of FTP HR)	Physiological Adaptaions
1	Active Recovery	<55	<68	Increased blood flow to muscles, flush out waste products and provide nutrients. Promotes recovery.
2	Endurance	56-75	69-83	Improve fat utilisation, produces power and increases efficiency. Able to produce more power with the same level of effort
3	Tempo	76-90	84-94	Improved sustainable power and good for all cycling events. Improves muscle glycogen storage.
4	Lactate Threshold	91-105	95-105	Develops lactate threshold, changes some fast twitch muscle to slow-twitche. Improved sustainable event pace.
5	VO2 Max	106-120	>106	Increases maximal cardiac output, increases power, Fatigue resistance of fast twitch muscles
6	Anaerobic Capacity	121-150	N/A	Increases maximum muscle power, develops VO2 Max.

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Week 1	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 50 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 20 Dead Bugs - 50 mountain climbers (25 each leg)
Tuesday	**1 hour ride - Low Cadence/Strength** **Warm up:** 15 mins **-** Zone 1 @ 85-95 rpm **Main Session:** 4 x 4 min hill climbs @ low cadence 50-60rpm, recover downhill or flat / 3 mins recovery zone 1 (spin legs) **Cool Down:** 15 mins @ Zone 1: 90rpm
Wednesday	**30 mins ride - Easy Spin** Zone 2 @ 90 rpm
Thursday	**S&C Session: 12 x 3 each side (if single leg)** Glute Bridge Single Leg Glute Bridge Dead Bugs Bulgarian Split Squats
Friday	**1 hour - Intervals** **Warm Up:** 10mins @ Zone 1: 90rpm **Main Set** - 5 x 1 min @ zone 5 / 3 min @ zone 1 - 5 min easy - 5 x 1 min @ zone 5 / 3 min @ zone 1 **Cool Down:** 5 mins @ Zone 1: 90rpm **CORE BLAST** 3 Sets with 15 seconds between - 50 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 20 Dead Bugs - 50 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long Ride – 1:15** To include a hilly route that includes 1 climb/hill at 60 rpm, flats 85-95rpm at zone 2
Total hours	**3:45**

BASE 4 WEEKS
Acclimatise athlete for the progressive training to follow
Establish an aerobic base
Develop technique for an efficient cycling form.
Build strong base of S&C
Stretch after each session
Foam roll every other day
Unless stated aim for an RPM (repetitions per minute) between 85-95 rpm
4 bike sessions a week
1 S&C a week
Zones goal ideally to be power, but can be HR if athlete doesn't have a power metre or indoor trainer.
Every fourth week a recovery week to help body adapt from the stresses put on the body

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Week 2	
Monday	**REST & CORE BLAST** 3 Sets with 15 seconds between - 50 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 20 Dead Bugs - 50 mountain climbers (25 each leg)
Tuesday	**1 hour ride - Big Gear Efforts** **Warm up:** 10 mins - Zone 1 @ 85-95 rpm **Main Session:** 4 x 5 min hill climbs @ zone 4 low cadence 50-60rpm / 4 min @ zone 2 recovery **Cool Down:** Recover for training minutes @ Zone 1: 90rpm
Wednesday	**45 mins ride - Easy Spin** Zone 2 @ 90 rpm
Thursday	**S&C Session: 12 x 3 each side (if single leg)** Glute Bridge Single Leg Glute Bridge Side Plank 30 seconds each side x 3 Bulgarian Split Squats
Friday	**1 hour - Tempo** **Warm Up:** 10mins - Zone 1: 90rpm **Main Set**: 4 x 8 mins @ zone 3 - 85-95rpm / 2 mins zone 1 easy **Cool Down:** 10mins: Zone 1 90rpm **CORE BLAST** 3 Sets with 15 seconds between - 50 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 20 Dead Bugs - 50 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long Ride - 1.30** Include 1-2 hill climbs
Total hours	**4:15**

BASE 4 WEEKS
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Develop technique for an efficient cycling form.
Build strong base of S&C
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Foam roll every other day
Unless stated aim for an RPM (repetitions per minute) between 85-95 rpm
4 bike sessions a week
1 S&C a week
Zones goal ideally to be power, but can be HR if athlete doesn't have a power metre or indoor trainer.
Every fourth week a recovery week to help body adapt from the stresses put on the body

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Week 3	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 50 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 20 Dead Bugs - 50 mountain climbers (25 each leg)
Tuesday	**1 hour ride - Low Cadence/Strength** **Warm up:** 10 mins - Zone 1 @ 85-95 rpm **Main Session:** 4 x 6 min hill climbs @ low cadence 50-60rpm, recover downhill or flat / 4 mins recovery zone 1 (spin legs) **Cool down:** 10 mins easy spin (or more if you want to continue)
Wednesday	**1 hour ride - Easy Spin** Zone 2 @ 90 rpm
Thursday	**S&C Session: 12 x 3 each side (if single leg)** Glute Bridge Single Leg Glute Bridge Side Plank 30 seconds each side x 3 Bulgarian Split Squats
Friday	**1 hour - Intervals** **Warm Up:** 10 mins @ Zone 1: 90rpm **Main Set:** 10 x 1 min @ zone 5 / 3 min @ zone 1 **Cool Down:** 10 mins @ Zone 1: 90rpm **CORE BLASTCORE BLAST** 3 Sets with 15 seconds between - 50 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 20 Dead Bugs - 50 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long Ride – 1:45** Include 3-4 hills
Total hours	**4:45**

BASE 4 WEEKS
Acclimatise athlete for the progressive training to follow
Establish an aerobic base
Develop technique for an efficient cycling form.
Build strong base of S&C
Stretch after each session
Foam roll every other day
Unless stated aim for an RPM (repetitions per minute) between 85-95 rpm
4 bike sessions a week
1 S&C a week
Zones goal ideally to be power, but can be HR if athlete doesn't have a power metre or indoor trainer.
Every fourth week a recovery week to help body adapt from the stresses put on the body

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Week 4	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 50 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 20 Dead Bugs - 50 mountain climbers (25 each leg)"
Tuesday	**30 min ride - Recovery Ride** Easy ride @ Zone 2
Wednesday	**30 min ride - Recovery Ride** Easy ride @ Zone 2
Thursday	**Low impact cross training:** Swimming, yoga, walking
Friday	**1 hour ride - Recovery Ride** Easy ride @ Zone 2
Saturday	**RECOVERY:** Yoga, Swimming, Walking
Sunday	**Easy long ride 1.30** (avoid hills)
Total hours	**3:30**

BASE 4 WEEKS
Acclimatise athlete for the progressive training to follow
Establish an aerobic base
Develop technique for an efficient cycling form.
Build strong base of S&C
Stretch after each session
Foam roll every other day
Unless stated aim for an RPM (repetitions per minute) between 85-95 rpm
4 bike sessions a week
1 S&C a week
Zones goal ideally to be power, but can be HR if athlete doesn't have a power metre or indoor trainer.
Every fourth week a recovery week to help body adapt from the stresses put on the body

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Week 5	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 60 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 30 Dead Bugs - 60 mountain climbers (25 each leg)
Tuesday	**1:15 ride - Big Gear Efforts** **Warm up:** 10 mins - Zone 1 @ 85-95 rpm **Main Session:** 4 x 5 min hill climb @ zone 4 low cadence 50-60rpm / 5 min @ zone 2 recovery **Cool Down:** 10 mins @ Zone 1: 90rpm
Wednesday	**1 hour ride - Easy Spin** Zone 2 @ 90 rpm
Thursday	**S&C Session:12 x 3 each side (if single leg)** Single Leg Romanian Deadlift (add weights) Single Leg Glute Bridge Plank 45 seconds Side planks 40 seconds per side Bulgarian Split Squats (add weights)
Friday	**1 hour - Intervals** **Warm Up:** 20mins @ Zone 1: 90rpm **Main Set:** 6 x 2 min @ zone 5 / 3 min @ zone 1 **Cool Down:** 20 mins @ Zone 1: 90rpm **CORE BLAST** 3 Sets with 15 seconds between - 60 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 30 Dead Bugs - 60 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long Ride - 2 hour.** Include 2-3 hills
Total hours	**5:15**
BUILD 4 WEEKS - focus on building strength and power - increase time on bike - 4th week is a recovery week to help body adapt from the stresses put on the body	

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Week 6	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 60 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 30 Dead Bugs - 60 mountain climbers (25 each leg)
Tuesday	**1:15 ride - Tempo** **Warm Up:** 10 mins - Zone 1 @ 85-95 rpm **Main Session:** 5 x 6 mins zone 3, 4 mins zone 1 recovery **Cool Down:** 10 mins @ Zone 1: 90rpm
Wednesday	**1 hour ride – Easy Spin** Zone 2 @ 90 rpm
Thursday	**S&C Session:12 x 3 each side (if single leg)** Single Leg Romanian Deadlift (add weights) Single Leg Glute Bridge Plank 45 seconds Side planks 40 seconds per side Squats (with weights)
Friday	**1 hour - Intervals** **Warm Up:** 10mins @ Zone 1: 90rpm **Main Set:** 5 x 1 min @ zone 5 / 3 min @ zone 1 5 mins zone 2 5 x 1 min @ zone 5 / 3 min @ zone 1 **Cool Down:** 10 mins @ Zone 1: 90rpm **CORE BLAST** **3 Sets with 15 seconds between** - 60 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 30 Dead Bugs - 60 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long Ride – 2:15** Include 2-3 hills
Total hours	**5:30**
BUILD 4 WEEKS - focus on building strength and power - increase time on bike - 4th week is a recovery week to help body adapt from the stresses put on the body	

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Week 7	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 60 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 30 Dead Bugs - 60 mountain climbers (25 each leg)
Tuesday	**1:15 ride - Hill Strength Builder** **Warm up:**10 mins - Zone 1 @ 85-95 rpm **Main Session:** 4 x 6 min hill climbs @ low cadence 60rpm, recover downhill or flat / 4 mins recovery zone 1 (spin legs) **Cool down:** 10 mins easy spin (or more if you want to continue)
Wednesday	**1 hour cadence practise** **Warm up:** 15 mins Zone 1 @ 85-95 rpm **Main Session:** 3 x 10 min @ zone 3 2 mins 80 rpm 2 mins 75 rpm 2 mins 70 rpm 2 mins 65 rpm Recovery 5 mins @ zone 2 @ 90 rpm 2 mins 65 rpm **Cool Down:** 15 mins @ Zone 1: 90rpm
Thursday	**S&C Session:12 x 3 each side (if single leg)** Walking Lunges (with weights) Single Leg Glute Bridge Plank 45 seconds Side planks 40 seconds per side Dead Bugs (3 x 15)
Friday	**1 hour - Intervals** **Warm Up:** 10mins @ Zone 1: 90rpm **Main Set** 2 x 2 min @ zone 5 / 3 min @ zone 1 5 mins zone 2 5 x 2 min @ zone 5 / 3 min @ zone 1 **Cool Down:** 15 mins @ Zone 1: 90rpm **CORE BLAST** **3 Sets with 15 seconds between** - 60 mountain climbers (25 each leg) - Side Plank (30 sec each side) - 30 Dead Bugs - 60 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long Ride – 2:30** Include 2-3 hills
Total hours	**5:45**
BUILD 4 WEEKS - focus on building strength and power - increase time on bike - 4th week is a recovery week to help body adapt from the stresses put on the body	

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Week 8	
Monday	**RECOVERY**
Tuesday	**1 hour ride - Recovery Ride** Easy ride @ Zone 2
Wednesday	**1 hour ride - Recovery Ride** Easy ride @ Zone 2
Thursday	**Low impact cross training:** Swimming, yoga, walking
Friday	**1 hour ride - Recovery Ride** Easy ride @ Zone 2
Saturday	**RECOVERY:** Yoga, Swimming, Walking
Sunday	**Easy long ride 1.30** (avoid hills)
Total hours	**4:30**
BUILD 4 WEEKS - focus on building strength and power - increase time on bike - 4th week is a recovery week to help body adapt from the stresses put on the body	

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Week 9	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 70 mountain climbers (25 each leg) - Side Plank (40 sec each side) - 30 Dead Bugs -70 mountain climbers (25 each leg)
Tuesday	**1.30 - Hill Strength Builder** **Warm up:** 10 mins Z1 **Main:** 4 x 5 mins zone 4 @ 60 rpm / 3 mins easy recovery 5 mins recovery zone 2 @ easy spin 4 x 5 mins zone 4 @ 60 rpm / 3 mins easy recovery **Cool Down:** 10 mins Z1
Wednesday	**1 hour sweetspot** **Warm up:** 15 mins Zone 1 @ 85-95 rpm **Main Set:** 3 x 10 min @ zone 3 85 rpm / 5 min zone 2 recovery 95 rpm **Cool Down:** 15 mins @ Zone 1: 90rpm
Thursday	**S&C Session:12 x 3 each side (if single leg)** Walking Lunges (with weights) Single Leg Glute Bridge Plank 45 seconds Side planks 40 seconds per side Dead Bugs (3 x 15)
Friday	**1 hour - Big Gear Intervals** **Warm Up:** 10mins @ Zone 1: 90rpm **Main Set:** 10 x 1 min @ zone 5 60 rpm / 3 min @ zone 1 85-95rpm **Cool Down:** 10 mins @ Zone 1: 90rpm **CORE BLAST** **3 Sets with 15 seconds between** - 70 mountain climbers (25 each leg) - Side Plank (40 sec each side) - 30 Dead Bugs -70 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long Ride – 2:45 hour.** Include 2-3 hills
Total hours	**6:00**

PEAK 4 Weeks:
- Peak Training with Hill Specificity - Focus on long rides with significant climbing.
- Practise with hills or a long bike with low cadence/strength to replicate the course as much as possible.
- Reduce volume but maintain climbing intensity.
- 2 week tape
- High Intensity = 7% of volume or 9% of volume

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Week 10	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 70 mountain climbers (25 each leg) - Side Plank (40 sec each side) - 30 Dead Bugs -70 mountain climbers (25 each leg)
Tuesday	**1.30 ride - Big Gear Efforts** **Warm up:** 15 mins Zone 1 @ 85-95 rpm **Main Session:** 4 x 10 min @ zone 4 low cadence 50-60rpm / 5 min @ zone 2 recovery **Cool Down:** 15 mins @ Zone 1: 90rpm
Wednesday	**1 hour cadence practise** **Warm up:** 10 mins Zone 1 @ 85-95 rpm **Main Session:** 3 x 10 min @ zone 3 2 mins 80 rpm 2 mins 75 rpm 2 mins 70 rpm 2 mins 65 rpm 2 mins 60 rpm Recovery after each 8 mins: 5 mins @ zone 1 @ 90 rpm **Cool Down:** 5 mins @ Zone 1: 90rpm
Thursday	**S&C Session:12 x 3 each side (if single leg)** Walking Lunges (with weights) Single Leg Glute Bridge Plank 45 seconds Side planks 40 seconds per side Dead Bugs (3 x 15)
Friday	**1 hour - Big Gear Intervals** **Warm Up:** 10mins @ Zone 2: 90rpm **Main Set:** 8 x 2 min @ zone 5 @ 60 rpm / 3 min @ zone 1 85-95rpm **Cool Down:** 10 mins @ Zone 1: 90rpm **CORE BLAST** **3 Sets with 15 seconds between** - 70 mountain climbers (25 each leg) - Side Plank (40 sec each side) - 30 Dead Bugs -70 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long ride 80-90 Km**
Total hours	**6:00 – 7:00**

PEAK 4 Weeks:
- Peak Training with Hill Specificity - Focus on long rides with significant climbing.
- Practise with hills or a long bike with low cadence/strength to replicate the course as much as possible.
- Reduce volume but maintain climbing intensity.
- 2 week tape
- High Intensity = 7% of volume or 9% of volume

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Week 11	
Monday	**REST & CORE BLAST** **3 Sets with 15 seconds between** - 70 mountain climbers (25 each leg) - Side Plank (40 sec each side) - 30 Dead Bugs -70 mountain climbers (25 each leg)
Tuesday	**1 hour sweetspot** **Warm up:** 10 mins Zone 1 @ 85-95 rpm **Main Session:** 2 x 15 min @ zone 3 85 rpm / 5 min zone 1 recovery 95 rpm **Cool Down:** 10 mins @ Zone 1: 90rpm
Wednesday	**1 hour ride - Endurance** Zone 2 @ 90 rpm Add in 5 x 1 mins low gear @ zone 4 through the session
Thursday	**S&C Session:12 x 3 each side (if single leg)** Walking Lunges (with weights) Single Leg Glute Bridge Plank 45 seconds Side planks 40 seconds per side Dead Bugs (3 x 15)
Friday	**1 hour ride - Endurance** Zone 2 @ 90 rpm Add in 5 x 1 mins low gear @ zone 4 through the session **CORE BLAST** **3 Sets with 15 seconds between** - 70 mountain climbers (25 each leg) - Side Plank (40 sec each side) - 30 Dead Bugs -70 mountain climbers (25 each leg)
Saturday	**REST**
Sunday	**Long ride 60 Km** (reduced distance easy)
Total hours	**5:30**

PEAK 4 Weeks:
- Peak Training with Hill Specificity - Focus on long rides with significant climbing.
- Practise with hills or a long bike with low cadence/strength to replicate the course as much as possible.
- Reduce volume but maintain climbing intensity.
- 2 week tape
- High Intensity = 7% of volume or 9% of volume

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Week 12 | EVENT WEEK	
Monday	**Rest,** Yoga, Stretching
Tuesday	**1 hour ride - Gearing Practise** **Warm up:** 10 mins - Zone 1 @ 85-95 rpm **Main Session:** 4 x 6 mins zone 3 (4 mins recovery between each 6 mins) 2 minutes at a harder gear (low cadence, 70–80 RPM). 2 minutes at a lower gear (high cadence, 100–110 RPM). 2 minutes back to the harder gear (low cadence, 70–80 RPM). **Cool down:** Can be done outside or on turbo
Wednesday	**1 hour ride - Easy Spin** Zone 2 @ 90 rpm
Thursday	**Pre Race Ride** **Warm up:** 10 mins Zone 1 @ 85-95 rpm **Main Session:** 5 x 3 min @ zone 3 85 rpm / 2 min zone 1 recovery 95 rpm **Cool Down:** 10 mins @ Zone 1: 90rpm
Friday	**20 mins Ride** Easy spin on the bike to check bike function
Saturday	**Participation LA REINE Medio Fondo** Long ride 90km (Switzerland) / 100km (Germany)

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- Peak Training with Hill Specificity - Focus on long rides with significant climbing.
- Practise with hills or a long bike with low cadence/strength to replicate the course as much as possible.
- Reduce volume but maintain climbing intensity.
- 2 week tape
- High Intensity = 7% of volume or 9% of volume