



# Arch to Arc

Marble Arch to the Arc de Triomphe

[www.jameswhalefund.org](http://www.jameswhalefund.org)

The UK's leading specialist kidney cancer charity



[www.archtoarc.com](http://www.archtoarc.com)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 21 <sup>st</sup> March 2011	60min Easy to Steady, ideally on a flat route and with a cadence of 90-95rpm		60min Easy to Steady, ideally on a rolling route and with a cadence of 90-95rpm		60min Easy to Steady, ideally on a flat route and with a cadence of 90-95rpm		<b>20 miles</b> as 15-20min Easy, just relax and enjoy the ride.
2		60min Easy to Steady, ideally on a flat route and with a cadence of 90-95rpm	60min Easy to Steady, ideally on a rolling route and with a cadence of 90-95rpm		60min Easy to Steady. Choose a rolling route and practice using your gears to maintain a constant cadence despite the terrain		<b>25 miles</b> as 15-20 Easy, then Steady with any hills Brisk
3		60min Easy to Steady, ideally on a flat route and with a cadence of 90-95rpm	60min as 15min on the border between Easy and Steady, then 45min in the middle of your Steady zone		60min Easy to Steady. Choose a flat route and stay seated for as much of the ride as possible		<b>30 miles</b> as 15-20min Easy, then Steady with any hills Brisk
4		60min Easy to Steady, ideally on a flat route and with a cadence of 90-95rpm	60min Easy to Steady on any route you like		60min Easy to Steady on any route you like		<b>35 miles</b> as 15-20min Easy, then Steady with any hills Brisk
5		60min Easy to Steady, ideally on a flat route and with a cadence of 90-95rpm	60min as 30min on the border between Easy and Steady, then 30min in the middle of your Steady zone		60min Easy, but with 10min Brisk riding in the second half of the ride		<b>42 miles</b> as 15-20min Easy, then Steady with any hills Brisk
6		60min Easy to Steady, ideally on a flat route and with a cadence of 90-95rpm	60min as 15min on the border between Easy and Steady, then 45min in the middle of your Steady zone		60min Easy, but with 14min of Brisk riding in the second half of the ride		<b>50 miles</b> as 15-20min Easy, then Steady with any hills Brisk



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7	REST WEEK!		60min Easy, but with 10min of Brisk riding in the second half of the ride		60min Easy to Steady on any route you like		90min Easy, ideally on the flat, just relax and enjoy the ride
8		60min Easy to Steady, ideally on a flat route and with a cadence of 90-95rpm		60min Easy, but with 18min Brisk riding in the second half of the ride		<b>60 miles</b> Easy, ideally on the flat. Just relax and enjoy the ride	60min in the middle of your Steady zone
9		60min Easy to Steady, ideally on a rolling route and with a cadence of 90-95rpm			60min Easy, but with 12min Brisk riding in the second half of the ride	<b>50 miles</b> as 15-20min Easy, then Steady with any hills Brisk	90min in the middle of your Steady zone.
10		60min as 30min on the border between Easy and Steady, then 30min in the middle of your Steady zone		60min in the middle of your Steady zone. Stand to climb any hills		<b>70 miles</b> as 15-20min Easy, then Steady with hills Brisk	90min Easy, but with 16min Brisk riding in the second half of the ride
11	PEAK WEEK!	60min as 15min on the border between Easy and Steady, then 45min in the middle of your Steady zone			60min Easy, but with 20min of Brisk riding in the second half of the ride	<b>70 miles</b> as 15-20min Easy, then Steady with hills Brisk	120min in the middle of your Steady zone. Stand to climb any hills. Include 4 x 1min Hard (with 2min recoveries)
12	TAPER	60min Easy on the flat at 90-95rpm		60min Easy, but with 10min of Brisk riding in the second half of the ride		<b>60 miles</b> as 15-20min Easy, then Steady with hills Brisk	120min Easy, including 4 x 1min Hard (with 2min recoveries)
13	TAPER	60min Easy on the flat at 90-95rpm		40min Easy, but with 10min of Brisk riding in the second half of the ride		<b>20-30 miles</b> as 15-20min Easy, then Steady	30min Easy including 4 x 1min Hard
14		30min Easy on the flat		<b>ARCH TO ARC</b> 23 <sup>rd</sup> - 26 <sup>th</sup> June 2011 (86m/76m/65m/48m)			

Speeds: Easy – Steady - Brisk (Tempo) – Hard (Intervals)