

OFF-SEASON BASE BUILDER

Week one | total ride time: 5 hours 10 minutes



Goals of the week

- 1 This week do the [threshold test](#) to establish your correct training zones.
- 2 Plan your training week. You can switch your cross training/rest/flexible days around to suit your life.
- 3 Decide on suitable cross training activities.

MONDAY



Session type
Rest day

TUESDAY



Session type
Threshold test

🕒 1 hour 10 minutes

📊 Med/High

WEDNESDAY



Session type
Cross training/rest

THURSDAY



Session type
Indoor trainer

🕒 1 hour

📊 Med

FRIDAY



Session type
Cross training/rest

SATURDAY



Session type
Flexible day / rest

SUNDAY



Session type
Ride

🕒 3 hours

📊 Low

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. Today's rest day is especially important as you've got a [threshold test](#) tomorrow

Session details

Session link:
[Threshold test](#)

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

Session details

Session link:
[Tempo intervals](#)

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

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.

Session details

Session link:
[Base endurance ride](#)

Ride tip

Pace the 30-minute effort as evenly as possible, don't go off too hard and try to finish with nothing left in the tank

Ride tip

You should feel as though you're working during these efforts but they should be fairly manageable. If you struggle, check you've calculated your training zones correctly.

Ride tip

Correct [pre, during and post ride](#) fuelling is essential for getting the most out of your longer training rides.

OFF-SEASON BASE BUILDER

Week two | total ride time: 5 hours 30 minutes



Goals of the week

● Settle into your consistent training routine.

● Stick to training zones, especially HRZ/PZ 2 on endurance ride.

● Prioritise and complete the three cycling workouts.

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 trainer

🕒 1 hour

📶 Med

Session details

Session link:
[Tempo intervals](#)

Ride tip

Try to build on last week's performance. If you stuck towards the bottom end of the zone, try pushing a bit harder.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

THURSDAY



Session type
Indoor trainer

🕒 1 hour

📶 Med

Session details

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

Ride tip

Raising the intensity slightly but, assuming your zones are correctly set, should be manageable.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

SATURDAY



Session type
Flexible day/rest

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

🕒 3.5 hours

📶 Low

Session details

Session link:
[Base endurance ride](#)

Ride tip

Cafe stops are great but they do give you a bit of a breather and can reduce the endurance building effects of your ride. If you are having one, try to schedule it for the final half hour.

OFF-SEASON BASE BUILDER

Week three | total ride time: 6 hours 20 minutes



Goals of the week

- 1 Make sure you complete all suggested warm-ups and cool-downs.
- 2 Complete all three cycling workouts, sticking strictly to the prescribed zones.
- 3 Do some [mobility work](#) after each cycling workout.

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 trainer

🕒 1 hour

📶 Med

Session details

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

Ride tip

Try to build on last week's performance. If you stuck towards the bottom end of the zone, try pushing a bit harder.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

THURSDAY



Session type
Indoor/outdoor ride

🕒 1 hour 20 minutes

📶 Med

Session details

Session link:
[3x10 minutes](#)

Ride tip

Sticking to "sweet-spot" intensity but increasing the length of the efforts so start each one at the lower end of the zone.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

SATURDAY



Session type
Flexible day/rest

Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, rest up well for tomorrow's ride.

SUNDAY



Session type
Ride

🕒 4 hours

📶 Low

Session details

Session link:
[Base endurance ride](#)

Ride tip

Even if your route is relatively flat, standing out of the saddle every 5-10 minutes can help alleviate lower back tension.

OFF-SEASON BASE BUILDER

Week four | total ride time: 3 hours 55 minutes



Goals of the week

- 1** The main focus of this week is recovery, so avoid any unnecessary stress on your body.
- 2** Choose restorative cross training options such as yoga, pilates, swimming or focussed mobility work.
- 3** Book yourself in for a massage.

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 trainer

55 minutes

Low

Session details

Session link:
[Leg speed](#)

Ride tip

Keep the resistance and gear low to maximise your leg speed. This is a great session to do on rollers.

WEDNESDAY



Session type
Cross training/rest

Session details

Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.

THURSDAY



Session type
Indoor trainer

1 hour

Low

Session details

Session link:
[Spin out](#)

Ride tip

More high cadence work. Really focus on leg speed, keeping a still and relaxed upper body and avoid bouncing in the saddle

FRIDAY



Session type
Cross training/rest

Session details

Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.

SATURDAY



Session type
Flexible day/rest

Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, rest up well for tomorrow's ride.

SUNDAY



Session type
Ride

2 hours +

n/a

Session details

Session link:
[Free ride](#)

Ride tip

This ride is about enjoying yourself, forgetting about training zones and just cycling for the pleasure of it. Explore some new roads, head out with the club or hit the trails on your mountain bike.

OFF-SEASON BASE BUILDER

Week five | total ride time: 5 hours 40 minutes - 6 hours 50 minutes



Goals of the week

1

Fresh from your recovery week, it's all about picking up your training routine.

2

Be sensible about whether to include the bonus ride.

3

Plan a suitable route that allows you to include the efforts in your long ride.

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 trainer

🕒 1 hour 20 minutes

📊 Med

Session details

Session link:
[3x10 minutes](#)

Ride tip

Look back to how you did in Week 3. After a recovery week you should be able to push a bit harder.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

THURSDAY



Session type
Indoor trainer

🕒 1 hour 20 minutes

📊 Med

Session details

Session link:
[2x20 sweet-spot](#)

Ride tip

Although total time in sweet-spot remains the same at 40 minutes, it's now done in two twenty minute blocks. The key is to focus on pacing and not go too hard at the start of the interval. You will feel you're working hard, especially near the end of the second one.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

SATURDAY



Session type
Flexible/bonus ride

🕒 1 hour 10 minutes

📊 Med/High

Session details

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

If not, consider the bonus ride or an extra rest day.

Session link:
[Big gear low cadence](#)

Session details

Keep the muscles of your trunk engaged throughout the efforts.

Avoid unnecessary upper body movement or wrestling with your bike.

SUNDAY



Session type
Ride

🕒 3 hours

📊 Low/Med

Session details

Session link:
[Endurance with 4X10 minutes Tempo](#)

Ride tip

Adding some higher intensity efforts to your longer rides. Unless you live in a very flat area, you've probably drifted into HRZ/PZ 3 on climbs. Try to spread the efforts out throughout the ride and compare how they feel as fatigue kicks in.

OFF-SEASON BASE BUILDER

Week six | total ride time: 6 hours 10 minutes - 7 hours 20 minutes



Goals of the week

1 Aim for consistency in the two 2x20 sweet-spot workouts.

2 Add 30 minutes to your long ride.

3 If you didn't do the bonus ride last week and felt okay, try it this week. If you did it and felt it affected your sunday ride, give it a miss.

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 trainer

🕒 1 hour 20 minutes

📶 Med

Session details

Session link:
[2x20 sweet-spot](#)

Ride tip

You've got your experience of this session last week to go on so use that to improve the consistency of your pacing.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

THURSDAY



Session type
Indoor trainer

🕒 1 hour 20 minutes

📶 Med

Session details

Session link:
[2x20 sweet-spot](#)

Ride tip

Repeating this session for a third time, the familiarity means you should really be able to get a lot out of it. If you've found the previous attempts relatively comfortable, try pushing up nearer to your FTP/FTHR.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

SATURDAY



Session type
Flexible/bonus ride

🕒 1 hour 10 minutes

📶 Med/High

Session details

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

If not, consider the bonus ride or an extra rest day.

Session link:
[Big gear low cadence](#)

Session details

If you did the session last week, can you manage to go one gear harder?

SUNDAY



Session type
Ride

🕒 3 hours 30 minutes

📶 Low/Med

Session details

Session link:
[Endurance with 4X10 minutes Tempo](#)

Ride tip

Increasing the overall length of the ride but retaining the efforts. Try having a gel 10 minutes before each effort to give you a bit of a boost.

OFF-SEASON BASE BUILDER

Week seven | total ride time: 6 hours - 7 hours 10 minutes



Goals of the week

- 1 Upping the intensity of the midweek sessions, make sure you hit the prescribed target.
- 2 Add 30 minutes to your long ride
- 3 It's brilliant if you can do the bonus ride but it shouldn't be at the expense of the quality of your Sunday ride.

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 trainer

🕒 1 hour
📊 Med/High

Session details

Session link:
[Pyramid Intervals 1](#)

Ride tip

Aiming for close to your FTP/FTHR. If you're using heart rate, don't go off too aggressively. Your heart rate will lag a bit so don't worry if you don't elevate it enough during the shorter intervals. The intensity is only a touch above sweet-spot.

WEDNESDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

THURSDAY



Session type
Indoor trainer

🕒 1 hour
📊 Med/High

Session details

Session link:
[Pyramid Intervals 1](#)

Ride tip

Did you pace these right earlier in the week? Avoid the temptation to go all-out for the shorter intervals.

If you haven't got a power meter, use your speed or cadence to give a rough estimation.

FRIDAY



Session type
Cross training/rest

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

SATURDAY



Session type
Flexible/bonus ride

🕒 1 hour 10 minutes
📊 Med/High

Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session link:
[Big gear low cadence](#)

Session details

It's a big ride tomorrow so, if you're feeling fatigued, take an extra days rest.

SUNDAY



Session type
Ride

🕒 4 hours
📊 Low/Med

Session details

Session link:
[Endurance with 4X10 minutes Tempo](#)

Ride tip

Fuelling well and being disciplined about your pacing around the efforts are the keys to completing this ride.

OFF-SEASON BASE BUILDER

Week eight | total ride time: 3 hours 55 minutes



Goals of the week

- 1** Your second recovery week of the plan, rest up, you've earned it.
- 2** Treat yourself to a massage.
- 3** Use the extra time to give your bike some attention, plan events for next year or book some warm weather training.

MONDAY



Session type

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

🕒 55 minutes

📶 Low

Session details

Session link:
[Leg speed](#)

Ride tip

Keep the resistance and gear low to maximise your leg speed. This is a great session to do on rollers.

WEDNESDAY



Session type

Session details

Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.

THURSDAY



Session type

🕒 1 hour

📶 Low

Session details

Session link:
[Spin out](#)

Ride tip

More high cadence work. Really focus on leg speed, keeping a still and relaxed upper body and not bouncing in the saddle.

FRIDAY



Session type

Session details

Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.

SATURDAY



Session type

Session details

No bonus ride this week, it's all about R&R.

SUNDAY



Session type

🕒 2 hours +

📶 n/a

Session details

Session link:
[Free Ride](#)

Ride tip

This ride is about enjoying yourself, forgetting about training zones and just cycling for the pleasure of it. Explore some new roads, head out with the club or hit the trails on your mountain bike.

OFF-SEASON BASE BUILDER

Week nine | total ride time: 6 hours 30 minutes - 7 hours 40 minutes



Goals of the week

- 1 Completing a second threshold test and, if necessary, adjusting your training zones.
- 2 Prioritise the Thursday session and endurance ride. If you struggled with the bonus ride and endurance ride in Week 7, give the bonus ride a miss for the next three weeks.
- 3 Don't neglect off the bike mobility work. You can dedicate your cross training session to this but 5-10 minutes after rides are also a good idea.

MONDAY



Session type

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

🕒 1 hour 10 minutes

📊 Med/High

Session details

Session link:
[Threshold test](#)

Ride tip

If you're using a power meter and testing for FTP, ride the first 10 minutes at the value from your previous test and then see if you can push on. Don't expect to see any change in FTMR or draw any conclusions from any changes without power, it's not a fitness test.

WEDNESDAY



Session type

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

THURSDAY



Session type

🕒 1 hour 20 minutes

📊 Med/High

Session details

Session link:
[2x20 threshold](#)

Ride tip

You're familiar with the 2x20 structure but we've increased the intensity to Threshold. This makes the accuracy of your Threshold Test imperative and will really test your pacing. Expect to be right on your limit or even struggling to complete the second effort.

FRIDAY



Session type

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

SATURDAY



Session type

🕒 1 hour 10 minutes

📊 Med/High

Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session link:
[Big Gear Low Cadence with Sprints](#)

Session details

Adding sprint to the big gear efforts really increases the intensity. Only progress to this session if you managed 2 out of the 3 bonus rides in Weeks 5-7. If you didn't achieve this but want to start including a bonus ride, do [big gear low cadence](#). Don't worry if you're not managing the bonus rides, the three main sessions are the priority.

SUNDAY



Session type

🕒 4 hours

📊 Low/Med

Session details

Session link:
[Endurance with 2x20 minutes sweet-spot](#)

Ride tip

A big ride with some relatively tough efforts in the second hour. Fuel well, pace conservatively outside of the efforts and try to keep your cadence up.

OFF-SEASON BASE BUILDER

Week 10 | total ride time: 7 hours - 8 hours 10 minutes



Goals of the week

- 1 See if you can squeeze out a few more watts on monday's 2X20 session.
- 2 Focus on accuracy of pacing for the under/over efforts.
- 3 The main endurance ride is becoming quite demanding so, if doing the bonus session is affecting it, take an extra rest day before it.

MONDAY



Session type

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

🕒 1 hour
📶 Med/High

Session details

Session link:
[2x20 threshold](#)

Ride tip

How well did you pace this session last week? Break the effort into 5-minute chunks and aim to raise it slightly through each one.

WEDNESDAY



Session type

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

THURSDAY



Session type

🕒 1 hour 30 minutes
📶

Session details

Session link:
[Under/over](#)

Ride tip

A power meter makes accurately pacing this session far easier. If you're using heart rate, you may find that you have to use perceived effort as there may be too much lag between your changes in intensity.

FRIDAY



Session type

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

SATURDAY



Session type

🕒 1 hour 10 minutes
📶

Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session link:
[Big Gear Low Cadence with Sprints](#)

Session details

It's a big ride tomorrow so, if you're feeling fatigued, take an extra days rest.

SUNDAY



Session type

🕒 4 hours 30 minutes
📶

Session details

Session link:
[Endurance with 2x20 mintues sweet-spot](#)

Ride tip

A big ride with some relatively tough efforts in the second hour. Fuel well, pace conservatively outside of the efforts and try to keep your cadence up.

OFF-SEASON BASE BUILDER

Week 11 | total ride time: 8 hours - 9 hours 10 minutes



Goals of the week

- 1** You get two goes at the under/over workout this week, see how accurately you can pace it.
- 2** It's the last hard week of the plan, really focus on the quality of the key workouts and your recovery between them.
- 3** With your toughest endurance ride of the plan at the weekend, if you haven't consistently been managing the bonus session, this isn't the week to start!

MONDAY



Session type

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

🕒 1 hour 30 minutes

📊 Med/High

Session details

Session link:
[Under/over](#)

Ride tip

Rather than relying totally on your power meter or heart rate monitor, try to feel the difference in pedal pressure between the two intensities. How well can you judge it?

WEDNESDAY



Session type

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

THURSDAY



Session type

🕒 1 hour 30 minutes

📊 Med/High

Session details

Session link:
[Under/over](#)

Ride tip

Keep your pedalling smooth and cadence consistent, especially when you punch above threshold. Avoid your cadence dropping and don't mash your pedals.

FRIDAY



Session type

Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

SATURDAY



Session type

🕒 1 hour 10 minutes

📊 Med/High

Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session link:
[Big Gear Low Cadence with Sprints](#)

Session details

It the hardest endurance ride of the plan tomorrow, don't do this bonus session unless you're sure it's not going to affect it.

SUNDAY



Session type

🕒 5 hours

📊 Low/Med

Session details

Session link:
[Endurance with 2x20 minutes sweet-spot](#)

Ride tip

Maintain your focus for the whole ride. Don't switch off after you've done the efforts, try to hold solid Zone 2.

OFF-SEASON BASE BUILDER

Week 12 | total ride time: 3 hours 55 minutes



Goals of the week

- 1 Give yourself a pat on the back for reaching the end of the 12-week plan.
- 2 Rest up well and maybe treat yourself to a massage.
- 3 Spend some time looking at our [training plans](#) and deciding on your next training block.

MONDAY



Session type

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

🕒 55 minutes

📶 Low

Session details

Session link:
[Leg speed](#)

Ride tip

Keep the resistance and gear low to maximise your leg speed. This is a great session to do on rollers.

WEDNESDAY



Session type

Session details

Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.

THURSDAY



Session type

🕒 1 hour

📶 Low

Session details

Session link:
[Spin out](#)

Ride tip

More high cadence work. Really focus on leg speed, keeping a still and relaxed upper body and not bouncing in the saddle.

FRIDAY



Session type

Session details

Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.

SATURDAY



Session type

Session details

No bonus ride this week, it's all about R&R.

SUNDAY



Session type

🕒 2 hours +

📶 n/a

Session details

Session link:
[Free ride](#)

Ride tip

This ride is about enjoying yourself, forgetting about training zones and just cycling for the pleasure of it. Explore some new roads, head out with the club or hit the trails on your mountain bike.