THE BIG TEDF BIKE RIDE TRAINING PLAN

THE EVIE DOVE FOUNDATION

In partnership with

CRAFT BIKES

GETTING READY FOR SATURDAY 21ST JUNE 2025

Thank you for joining us on the Big Bike Ride 2025, we really appreciate your support. Whilst some participants might already be strong and regular cyclists we know that others are newer to cycling and/or dusting off the bike from the shed after many years!

Our aim is everyone arrives ready to complete the challenge but more importantly have the base level of fitness to enjoy a lovely day out in the Kent Countryside.

Here is a 12 week training plan, ideally starting at the end March / beginning of April. This is just a guide, designed to take you from casual riding to being fit, healthy and ready to ride in June!

This plan is put together by Chloe Griggs of Craft Bikes and Louise Hagger, a qualified fitness instructor and personal trainer. Both have experience of training themselves and clients for day rides, triathlons and multiday events. If you would like more help and support then please do get in touch with them on the contact details below.

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GENERAL PLAN OF ACTION

As a basic rule, aim for 3 rides per week to fit around your schedule. Enjoy the training, treating it as a lifestyle choice and change.

The most important session will be a long steady ride outside, to include some off-road sections, such as forest trails, gravel paths and local byeways.

As you progress try to include some hill efforts into your long ride too, if you are starting from scratch then only build in hills and more challenging terrain from week 7.

The other rides can be indoors if you have a turbo trainer or a spin class you can attend. No longer than an hour for each session (unless you have time to do longer from week 7) and build intensity over the weeks to include some intervals and hills (big gears for strength) for example.

Try not to do 2 hard rides back to back, fitness builds over time so always aim to keep your energy high!

Other fitness sessions are also fantastic for building strength, fitness and endurance so we would encourage some weights (but don't go so heavy that you are too sore to ride!), and definitely some time dedicated to stretching and core work every week, this could include yoga and/or pilates classes.

It is also hugely important to have a proper rest day from training every week too, this is the time that you make all your fitness and strength gains from your sessions. This could also be a stretch day or a gentle yoga/pilates class, or a gentle swim.

Our recommended 12 week plan is below. If you miss a week don't worry it happens due to work, illness, travel and holidays... that's life! Just pick it up where you left off as we have built plenty of flexibility into the plan. If you hit most of the weeks, you'll be just fine!

THE BIG BIKE RIDE - 12 WEEK TRAINING PLAN

Week	Focus	Ride 1	Ride 2	Ride 3
1	Gentle start	30 min easy	30 min easy	90 mins
2	Extending longer ride	30 min easy	45 min easy	1hr 45 mins
3	Start getting offroad	45 min easy	45 min easy	2 hrs 50% offroad
4	Building the base	60 min easy	45 min easy	2 hrs 15 mins
5	Intervals. Adding some challenge!	60 min easy (3x5 mins hard during the ride)	60 min easy	2 hrs 30 mins Covering 25km-30km
6	Recovery week. Turn the legs slowly.	60 min easy (4x5 mins hard during the ride)	45 min easy	60 mins easy

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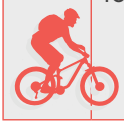
THE BIG BIKE RIDE - 12 WEEK TRAINING PLAN

Week	Focus	Ride 1	Ride 2	Ride 3
7	Adding strength onto your base fitness	60 min easy (2x10 mins hard during the ride)	60 mins (20 easy, 20 harder, 20 cool down)	2 hours 45 mins Solid and consistent pace, 50% offroad
8	Stamina and longer outside riding	60 min easy (2x10 mins hard during the ride)	70 mins (20 easy, 30 harder, 20 cool down)	3 hours. Well done, a real milestone. 50% offroad
9	Feeling strong, fit, fresh air weekend riding.	60 min easy (2x10 mins hard during the ride)	80 mins (20 easy, 40 harder, 20 cool down)	3 hrs 15 mins 50% offroad, enjoy this feeling of fitness
10	Locking in the stamina. You are fit and ready.	60 min easy (2x10 mins hard during the ride)	80 mins (20 easy, 40 harder, 20 cool down)	3 hrs 30 mins 50% offroad
11	Getting outside more often. It's summer!	60 min easy (2x10 mins hard during the ride)	80 mins, try to get outside it's almost summer!	3 hrs 30 mins 50% offroad Add more challenging
12 	Tapering, ready for the big day!	60 min easy, turn the legs	45 min easy, turn the legs	Rest day Friday. **Saturday 21 June!**

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FURTHER INFORMATION

If you have any specific questions please email Chloe or Louise once you have registered:

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