

TOM LEVY'S 100 MILE TRAINING PLAN



NAME

Tom Levy

AGE

25

OCCUPATION

Personal Trainer
& Triathlon Coach

LOCATION

Norwich, UK



TOM LEVY'S 100 MILE TRAINING PLAN

ACTIVITY	
M	45 Min Ride Easy Constant Ride - RPE 4-6
T	Core Workout 1 Min Of Plank, Russian Twists x 4
W	45 Min Intervals 10 Min Warm Up - RPE 4, 5 Min RPE 6, 5 Min RPE 8, x 3. 5 Min Cool Down
TH	REST
F	Core Workout 1 Min Of Plank, Russian Twists x 4
S	Optional Cross Training Go out and do something different than sit on the bike.
S	2 Hour Ride Easy Constant Ride - RPE 4-6



“When your legs scream stop and your lungs are bursting, that’s when it starts. That’s the hurt locker. Winners love it there.”



-CHRIS MCCORMACK-

TOM LEVY'S 100 MILE TRAINING PLAN

ACTIVITY	
M	Core Workout 1 Min Of Plank, Russian Twists x 4
T	1 Hour Ride Easy Constant Ride - RPE 4-6
W	REST
TH	45 Min Intervals 10 Min Warm Up - RPE 4, 5 Min RPE 6, 5 Min RPE 8, x 3. 5 Min Cool Down
F	Core Workout 1 Min Of Plank, Russian Twists x 4
S	Optional Cross Training Go out and do something different than sit on the bike
S	2.5 Hour Ride Easy Constant Ride - RPE 4-6



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TOM LEVY'S 100 MILE TRAINING PLAN

	ACTIVITY	
M	REST	
T	1 Hour Ride	Easy Constant Ride - RPE 4-6
W	Core Workout	1 Min Of Plank, Russian Twists x 4
TH	55 Min Intervals	10 Min Warm Up - RPE 4, 5 Min RPE 6, 5 Min RPE 8, x 4. 5 Min Cool Down
F	Core Workout	1 Min Of Plank, Russian Twists x 4
S	Optional Cross Training	Go out and do something different than sit on the bike
S	3 Hour Ride	Easy Constant Ride - RPE 4-6



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TOM LEVY'S 100 MILE TRAINING PLAN

ACTIVITY	
M	Core Workout 1 Min Of Plank, Russian Twists x 4
T	REST
W	1 Hour Ride Easy Constant Ride - RPE 4-6
TH	1 Hour Hill Repeats Find a hill that takes between 2-5 mins to climb. Spend 10 mins cycling there and 10 mins cycling back. Climb the hill as many times as possible in your hour
F	REST
S	Core Workout 1 Min Of Plank, Russian Twists x 4
S	3.5 Hour Ride Easy Constant Ride - RPE 4-6



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TOM LEVY'S 100 MILE TRAINING PLAN

ACTIVITY

M

REST

T

1.5 Hour Ride

Easy Constant Ride - RPE 4-6

W

Core Workout

1 Min Of Plank, Russian Twists x 4

TH

55 Min Intervals

10 Min Warm Up - RPE 4, 5 Min RPE 6, 5 Min RPE 8, x 4. 5 Min Cool Down

F

REST

S

Core Workout

1 Min Of Plank, Russian Twists x 4

S

4 Hour Ride

Easy Constant Ride - RPE 4-6



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ACTIVITY

M

Core Workout

1 Min Of Plank, Russian Twists x 4

T

REST

W

1.5 Hour
With Hill Repeats

Cycle for 30 mins. Do 30 mins of Hill repeats. Cycle for another 30 mins. Before and after Hill repeats should be at RPE 5

TH

Core Workout

1 Min Of Plank, Russian Twists x 4

F

REST

Easy Constant Ride - RPE 4-6

S

1 Hour Ride

S

4.5 Hour Ride

Easy Constant
Ride - RPE 4-6

ACTIVITY	
M	REST
T	REST
W	1 Hour Ride Easy Constant Ride - RPE 4-6
TH	Core Workout 1 Min Of Plank, Russian Twists x 4
F	1 Hour Ride Easy Constant Ride - RPE 4-6
S	Optional Cross Training Go out and do something different than sit on the bike
S	5 Hour Ride Easy Constant Ride - RPE 4-6



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ACTIVITY	
M	Core Workout 1 Min Of Plank, Russian Twists x 4
T	1.75 Hour Ride Easy Constant Ride - RPE 4-6
W	Core Workout 1 Min Of Plank, Russian Twists x 4
TH	1.5 Hour With hill repeats Cycle for 30 mins. Do 30 mins of hill repeats. Cycle for another 30 mins. Before and after hill repeats should be at RPE 5.
F	REST
S	Optional Cross Training Go out and do something different than sit on the bike
S	5.5 Hour Ride Easy Constant Ride - RPE 4-6  

TOM LEVY'S 100 MILE TRAINING PLAN

	ACTIVITY	
M	REST	
T	2 Hour Ride with hill repeats	Cycle for 45 mins. Do 30 mins of hill repeats. Cycle for another 45 mins. Before and after hill repeats should be at RPE 5.
W	Core Workout	1 Min Of Plank, Russian Twists x 4
TH	REST	
F	Core Workout	1 Min Of Plank, Russian Twists x 4
S	1 Hour Ride	Easy Constant Ride - RPE 4-6
S	6 Hour Ride	Easy Constant Ride - RPE 4-6



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ACTIVITY	
M	REST
T	REST
W	1 hour ride Easy Constant Ride - RPE 4-6
TH	REST
F	Ride
S	30 minute ride Easy Constant Ride - RPE 4-6
S	Event



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