

TOM LEVY'S 100 MILE 4 WEEK TRAINING PLAN



NAME

Tom Levy

AGE

25

OCCUPATION

Personal Trainer
& Triathlon Coach

LOCATION

Norwich, UK



TOM LEVY'S 100 MILE TRAINING PLAN

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




“

“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	1.75 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  



“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	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



“

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	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



“

“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-