

Dr. Daf's Ideal training schedule for the Carten 100

WEEK	MON	TUE Pace	WED	THU Brisk	FRI	SAT	SUN Pace	WEEKLY MILAGE
1	0	10	0	10	0	0	30	50
2	0	10	0	10	0	0	30	50
3	0	20	0	15	0	0	35	70
4	0	20	0	15	0	0	35	70
5	0	25	0	15	0	0	40	80
6	0	25	0	15	0	0	40	80
7	0	30	0	20	0	0	50	100
8	0	20	0	10	0	CARTEN100	0	130
10 week Total								630

- 10 Cowbridge - A473 Roundabout - Cowbridge
- 15 Cowbridge - St. Nicholas - Dyffryn - Culverhouse Cross - Cowbridge
- 20 Cowbridge - Ewenny - St. Brides - Wick - Cowbridge
- 25 Cowbridge - Ewenny - Southerndown - Wick - Cowbridge
- 30 Cowbridge - Ewenny - St. Brides - Wick - Llancadle - Bonvilston - Cowbridge
- 35 Cowbridge - Ewenny - St. Brides - Wick - Barry - Wenvoe - Cowbridge
- 35 Cowbridge - Port Talbot - Cowbridge
- 40 Cowbridge - Pencoed - Bryncethin - A4061 to top of Bwlch - Bacon Roll - Return
- 40 Cowbridge - Ewenny - Southerndown - Wick - Barry - Wenvoe - Cowbridge
- 50 Vale Circuit - 3hr30 target!!

Sunday rides should involve a nice breakfast en route until 50 miler, which should be tackled non-stop

Pace = The speed at which you would hope to ride the event. You should be able to have a conversation without being too out of breath on the flat-ish bits.

Brisk = Shorter, faster rides designed to build up a little stamina. Ride this so that maintaining a conversation would be hard. You should feel like you've had a good workout by the end of the ride.