

# Sikh Century Training Plan (Flat Course)

This 7-week plan prepares you for the Sikh Century on November 1. Three rides per week: two midweek interval workouts and one weekend endurance ride. Use the Intensity Guide below to match effort levels by RPE (Rate of Perceived Exertion), heart rate, or power.

Week	Tue: Intervals (Z4-5 hard / Z1-2 easy)	Thu: Tempo (Z3)	Sat/Sun: Endurance Ride (Z2)
Week 1	6x3 min Z4-5 / 3 min Z1-2	45 min Z3 steady	25 miles Z2 steady
Week 2	7x3 min Z4-5 / 3 min Z1-2	50 min Z3 steady	30 miles Z2 steady
Week 3	6x4 min Z4-5 / 3 min Z1-2	55 min Z3 steady	35 miles Z2 steady
Week 4	7x4 min Z4-5 / 3 min Z1-2	60 min Z3 steady	40 miles Z2 steady
Week 5	6x5 min Z4-5 / 3 min Z1-2	65 min Z3 steady	50 miles Z2 steady
Week 6	5x6 min Z4-5 / 3 min Z1-2	70 min Z3 steady	60 miles Z2 steady
Week 7	3x8 min Z4-5 / 3 min Z1-2	45 min Z3 steady	70–80 miles Z2 steady

## How Hard Should It Feel? (Intensity Guide)

### What is RPE?

RPE stands for Rate of Perceived Exertion, a simple 1–10 scale to measure effort. 1 = very easy (barely pedaling), 10 = maximum effort.

### Endurance (Zone 2)

RPE: 4–5

HR: 60–70% of max

Power: 56–75% FTP

Feels like: Steady, you can talk in full sentences, “all-day pace.”

### Tempo (Zone 3)

RPE: 6–7

HR: 76–87% of max

Power: 76–90% FTP

Feels like: Breathing harder, talk in short phrases, sustainable for an hour or more.

### Threshold (Zone 4)

RPE: 8

HR: 88–95% of max

Power: 91–105% FTP

Feels like: Deep effort, legs burning, can only speak a few words at a time.

### VO2 / Intervals (Zone 5)

RPE: 9–10

HR: 96–100%+ of max

Power: 106–120% FTP

Feels like: Very hard, only sustainable for a few minutes, breathing ragged.