

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.