

WEEK 1



DAY 1: ENDURANCE/ FREE RIDE

This session is an optional steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10 RPE, or power zones 2 to 3.



DAY 2: SUB-THRESHOLD #1

This session begins with a 10-minute warm-up starting at an easy pace but getting gradually harder. Include 3 x 6 second bursts of riding at a high cadence with low resistance to help get the blood flowing.

After the warm-up, a short 5-minute interval at 8/10 (zone 4) should prepare you for the longer efforts to come.

Rest for 5 minutes, then start 2 x 10 minute efforts at 7/10 RPE (zone 4) with 5 mins' rest between. Cool down for 5 mins afterwards.



REST DAY

DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: THRESHOLD TEST

Today is a test of your fitness and is for those with a power meter or smart trainer or using zPower in Zwift. This will gauge your current threshold.

Start with a 5-minute warm-up, increasing the intensity from 1/10 to 4/10 RPE, or power zone 1 to 2.

Then complete two 'ramps', which will prepare you for the test. Start at 7/10 RPE, or zone 4, for 20 seconds, increase to 8/10 RPE, or zone 5, for 20 seconds, and finish the ramp with 20 seconds at 10/10, or zone 6. The second ramp follows immediately and starts with 3 minutes at 3/10 RPE, or zone 2, increases to 8/10, or zone 5, for 3 minutes, and finishes at 9/10, or high zone 5, for 2 minutes.

To clear the legs for your test, ride for 6 minutes at 2/10 RPE, or high zone 1.

After a short rest, it's time to go as hard as you can for 20 solid minutes. Remember to lap your device to record the next 20-minute effort.

Cool down at 1/10 to 2/10 RPE, or zone 1, for 5 minutes. To calculate your functional threshold power (FTP), it's 95 per cent of your average power for the 20 minutes.



DAY 5: NEUROMUSCULAR POWER #1

Interval blocks are great for improving your fitness. Begin with a warm-up by riding for 2 minutes at 2/10 (zone 1) followed by two 1-minute intervals at 7/10 (zone 4), followed by 1-minute recovery at 2/10 (zone 1), then two 1-minute intervals at 8/10 (zone 5) followed by 1 minute's rest.

Now move on to 15, 3-minute, 5/10 (zone 3) intervals with a 10-second surge at the end of each one. Finish with a cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.



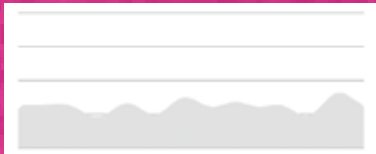
DAY 6: ANAEROBIC CAPACITY MAINTENANCE #1

Today's session has eight 1-minute intervals at high intensity (10/10 or zone 6) with rests in between, followed by 25-minute steady effort at a moderate intensity (4/10 or zone 2).

Warm up from 2/10 to 4/10 (zone 1 to 2) for 10 minutes and include 3 x 6 second high-cadence/low-power sprints. Now to start your eight 1-minute intervals at 10/10 (zone 6) with 1 minute 15 second rests between each at 2/10 (zone 1).

Finish with a steady-state effort at 5/10 (zone 3) for 25 minutes. Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.

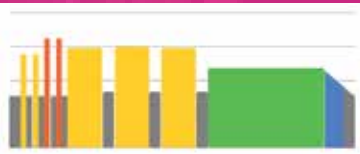
WEEK 2



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: SEASON BASE #1

Warm up for 10 minutes. To begin with a ride at 2/10 (zone 1) for 1 minute, then start some warm-up intervals. Starting with 1 minute at 2/10 (zone 1), then work for 1 minute at 7/10 (zone 4). Repeat a second time, then repeat a further two times but with your working interval at 8/10 (zone 5).

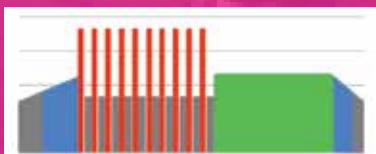
Now ride for 6 minutes at 8/10 (zone 4). Recover for 2 minutes at 2/10 (zone 1). Repeat these two more times.

Finish with a steady tempo effort. Ride for 20 minutes at 5/10 (zone 3). Cool down from 4/10 to 2/10 for 5 minutes.

▼ REST DAY

DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: ANAEROBIC CAPACITY MAINTENANCE #2

Today we are building on the AC Maintenance session you completed last week. Again, the ride has two main components.

Warm up from 2/10 to 4/10 (zone 1 to 2) for 10 minutes and include 3 x 6 second high-cadence/low-power sprints. Complete 10, 1-minute intervals at 9/10 (high zone 5) with 1 minute 15 seconds' rest between each at 2/10 (zone 1). Finish with a steady state effort at 5/10 (zone 3) for 20 minutes. Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.



DAY 5: POWER SURGES #1

Today's workout has three 10-minute blocks of intervals with 5 minutes' recovery between. This will improve your recovery from hard efforts.

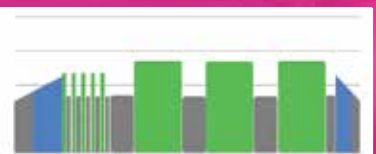
Start your warm up with 5 minutes at 2/10 (zone 1). Then, ride for 1 minute at 7/10 (zone 4), recover for 1 minute at 2/10 (zone 1) and repeat the interval at 7/10 (zone 4) for 1 minute. Ride at 3/10 (zone 2) for 2 minutes. Recover for 3 minutes at 2/10 (zone 1) and get ready for your first 10-minute block of intervals.

Each block has 10 power-surge intervals. Ride for 15 seconds at 10/10 (zone 6). Recover for 45 seconds at 2/10 (zone 1). Repeat 10 times.

Rest for 5 minutes between each block at 2/10 (zone 1).

Complete two more blocks of intervals.

Finish with a 5-minute cool down from 4/10 to 2/10 (zone 2 to 1).



DAY 6: SUB-THRESHOLD #2

Two main components in today's plan. Firstly, five 1-minute high-cadence – low-power intervals with 1-minute rests between. Aim for 5/10 or low zone 3. Secondly, three 10-minute intervals at 7/10 or zone 4 with 5 minutes' recovery in between.

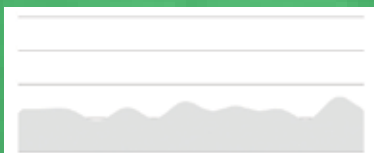
Warm up from 2/10 to 4/10 (zone 1 to 2) for 10 minutes and include 3 x 6 second high-cadence/low-power sprints.

Next, ride for 1 minute at 5/10 (zone 3). Aim for high-cadence, low-power. Recover for 1 minute at 2/10 (zone 1). Repeat five times.

Next, we have some sub-threshold intervals. Rest for 5 minutes at 2/10 (zone 1), then ride at 6/10 (zone 3) for 10 minutes. Repeat this three times. Recover at 2/10 (zone 1) for 2 minutes.

Cool down from 4/10 to 2/10 (zone 2 to 1).

WEEK 3



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: ANAEROBIC CAPACITY MAINTENANCE #3

This is the third of our AC Maintenance sessions, so you should be starting to feel comfortable with the format.

Warm up from 2/10 to 4/10 (zone 1 to 2) for 10 minutes and include 3 x 6 second high-cadence/low-power sprints. Complete 12, 1-minute intervals at 10/10 (zone 6) with 1 minute 15 seconds' rest between each at 2/10 (zone 1). Finish with a steady-state effort at 5/10 (zone 3) for 15 minutes.

Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.

REST DAY

DAY 3: REST DAY

If you feel like training then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: SUB-THRESHOLD #3

Today is the third sub-threshold session, building on previous weeks.

Warm up from 2/10 to 4/10 (zone 1 to 2) for 10 minutes and include 3 x 6 second high-cadence/low-power sprints.

Next, ride for 1 minute at 7/10 (zone 4). Aim for high-cadence, low-power. Recover for 1 minute at 2/10 (zone 1). Repeat five times.

Next we have two long intervals. Ride at 7/10 (zone 4) for 20 minutes. Recover at 2/10 (zone 1) for 5 minutes. Repeat.

Cool down from 4/10 to 2/10 (zone 2 to 1).

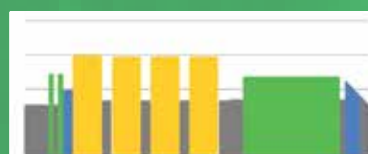


DAY 5: NEUROMUSCULAR POWER #2

Start your warm-up with 2 minutes at 2/10 (zone 1). Then, ride for 1 minute at 7/10 (zone 4), recover for 1 minute at 2/10 (zone 1) and repeat. Next, ride for 1 minute at 8/10 (zone 5), recover for 1 minute at 2/10 (zone 1) and repeat.

Now for the tempo intervals. Ride at 5/10 (zone 3) for 3 minutes. Surge at 10/10 (zone 6) for 10 seconds. Repeat 15 times.

Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.



DAY 6: SEASON BASE #2

Warm up for 10 minutes. To begin with a ride at 2/10 (zone 1) for 5 minutes. Increase to 5/10 (zone 3) for 1 minute and recover at 2/10 (zone 1) for 1 minute. Again, increase to 5/10 (zone 3) for 1 minute and recover at 3/10 (zone 2) for 2 minutes.

Now for some threshold efforts. Ride for 6 minutes at 8/10 (zone 4). Recover for 2 minutes at 2/10 (zone 1). Repeat four times, then ride at 2/10 (zone 1) for 3 minutes.

Now for a tempo interval. Ride for 20 minutes at 5/10 (zone 3). Recover for 1 minute at 2/10 (zone 1).

Cool down from 4/10 to 2/10 for 5 minutes.

WEEK 5



DAY 1: ENDURANCE/ FREE RIDE

This session is an optional steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10 RPE, or power zones 2 to 3.



DAY 4: TEMPO INTO SPRINTS #1

Warm up for 10 minutes from 2/10 to 4/10 (zone 1 to 2) and include three 6 second high cadence/low power sprints. After a 60 second rest at 2/10 (zone 1), we have an opening 10 minute tempo interval at 6/10 (zone 3).

Now move straight on to the first set of sprint intervals. Each sprint is more intense but shorter than the last, with rests between which should be done at 2/10 (zone 1). Start with an intensity of 9/10 (zone 6), and aim to increase to a high 10/10 (zone 7) by the end. 60 seconds sprint, 60 seconds rest, 30 seconds sprint, 30 seconds rest, 15 seconds sprint, 45 seconds rest, 10 seconds maximum sprint. Now that the first block of tempo into sprints is over, recover for 10 minutes at 2/10 (zone 1). Repeat the tempo interval and sprints as above one more time.

Recover for 3 minutes at 2/10 (zone 1) then warm down for 5 minutes from 4/10 to 2/10 (zone 2 to 1).



DAY 2: PURE STRENGTH #1

Today is the first of our pure strength workouts.

Warm up for 10 minutes from 2/10 to 4/10 (zone 1 to 2) and include three 6 second high cadence/low power sprints. Ride for 60 seconds at 2/10 (zone 1).

Ride for 30 seconds at 8/10 (zone 4) at 50 RPM, staying in the saddle. Rest for three minutes at 2/10 (zone 1), no set cadence. Repeat two more times.

Ride at 5/10 (zone 3) for 10 minutes. Include three 10 second maximal effort sprints throughout the effort. Rest for 5 minutes at 2/10 (zone 1).

Repeat three more of the 30 second intervals as before, again with 3 minutes rest after each. Follow this again with 10 minutes at 5/10, including three 10 second max sprints. Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.



DAY 5: STRENGTH INTO FTP #1

Warm up for 10 minutes from 2/10 to 4/10 (zone 1 to 2) and include three 10 second high cadence/low power sprints. Ride for 60 seconds at 2/10 (zone 1).

Ride for 45 seconds at 7/10 (low zone 4) at a cadence of 50 RPM. Next, do four minutes at 8/10 (high zone 4), no set cadence. Recover at 2/10 (zone 1) at 85 RPM for 5 minutes, then repeat the interval above another two times, with 5 minutes rest between.

Ride at 8/10 (zone 4) for 5 minutes, rest at 2/10 (zone 1) for 4 minutes, and repeat these two more times. Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.



REST DAY

DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 6: SEASON BASE #3

Start your warm up with 3 minutes at 2/10 (zone 1). Ride at 7/10 (zone 4) for 60 seconds then rest at 3/10 (zone 2) for 60 seconds, and repeat again. To finish your warm up, ride at 4/10 (zone 2) for 2 minutes.

Ride for 6 minutes at 7/10 (zone 4). Rest for 2 minutes at 2/10 (zone 1). Repeat this another four times.

Ride at 6/10 (zone 3) for 15 minutes, rest for 60 seconds at 2/10 (zone 1).

Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.

WEEK 6



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: PURE STRENGTH #2

Warm up for 10 minutes from 2/10 to 4/10 (zone 1 to 2) and include three 6 second high cadence/low power sprints. Ride for 60 seconds at 2/10 (zone 1).

Ride for 45 seconds at 8/10 (zone 4) at 50 RPM. Rest for three minutes at 2/10 (zone 1), no set cadence. Repeat these two more times.

Ride at 5/10 (zone 3) for 10 minutes. Include three 10 second maximal effort sprints throughout the effort. Rest for 5 minutes at 2/10 (zone 1).

Now repeat three more of the 45 second intervals as before, again with 3 minutes rest after each. Follow this with 10 minutes at 5/10, including three 10 second max sprints. Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.



REST DAY

DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: TEMPO INTO VO2 MAX #1

Start your warm up with 3 minutes at 2/10 (zone 1). Ride for 30 seconds at 7/10 (zone 4), rest for 60 seconds at 3/10 (zone 2) and repeat this another two times. Ride at 4/10 (zone 2) for 2 minutes 30 seconds.

Now we start our tempo interval. Ride at 5/10 (zone 3) for 30 minutes.

Go straight into some harder intervals. Ride at 9/10 (zone 5) for 2 minutes, then recover for 3 minutes at 2/10 (zone 1). Repeat two more times. Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.



DAY 5: POWER SURGES #1

Start your warm up with 3 minutes at 2/10 (zone 1). Ride for 30 seconds at 7/10 (zone 4), rest for 60 seconds at 3/10 (zone 2) and repeat this another two times. Finish your warm up with 2 minutes 30 seconds at 4/10 (zone 2). Recover at 2/10 (zone 1) for 60 seconds.

Now we have your 40/20 intervals followed by 10 minutes of threshold riding. Ride at 10/10 (zone 6) for 40 seconds, recover at 2/10 (zone 1) for 20 seconds, and repeat another three times. Then, ride at 7/10 (zone 4) for 10 minutes. Rest for 10 minutes at 2/10 (zone 1).

Repeat the 40/20 intervals and the 10 minute threshold effort, then rest for 60 seconds at 2/10 (zone 1). Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.



DAY 6: SEASON BASE #3

Start your warm up with 3 minutes at 2/10 (zone 1). Ride at 7/10 (zone 4) for 60 seconds then rest at 3/10 (zone 2) for 60 seconds, and repeat again. To finish your warm up, ride at 4/10 (zone 2) for 2 minutes.

Now we have some intervals. Ride for 6 minutes at 7/10 (zone 4), rest for 2 minutes at 2/10 (zone 1). Repeat this four more times.

Next, ride at 6/10 (zone 3) for 15 minutes, then rest for 60 seconds at 2/10 (zone 1).

Cool down from 4/10 to 2/10 (zone 2 to 1) for 5 minutes.

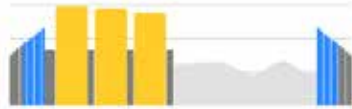
WEEK 7



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: CRUISE 3 X 9MIN

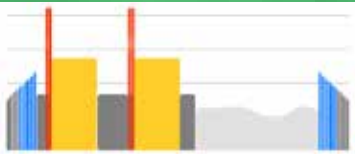
Today's warm up builds up the intensity in blocks of 60 seconds for 10 minutes from 2/10 to 5/10 (zone 1 to 3). Rest at 2/10 (zone 1) for 3 minutes, then ride at 8/10 (zone 4) for 9 minutes, rest at 2/10 (zone 1) for 2 minutes, and repeat two more times.

Now we have a period of free ride for 40 minutes, aiming to keep between 3/10 and 6/10 (zone 2 to 3). If you are short on time today, it is fine to cut this portion short. Warm down for 10 minutes from 5/10 to 2/10 (zone 3 to 1), again spending 60 seconds at steadily decreasing intensities.

▼ REST DAY

DAY 3: REST DAY

If you feel like training then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: EXPLOSIVE SST #1

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Ride for 15 seconds at 10/10 (zone 7), then rest for 30 seconds at 2/10 (zone 1), ride for 15 seconds at 10/10 (zone 7), then rest for 30 seconds at 2/10 (zone 1), then ride for 15 seconds at 10/10 (zone 7). Go straight into 15 minutes at 6/10 (high zone 3). Repeat this one more time after a 10 minute rest at 2/10 (zone 1). Then rest for 5 minutes at 2/10 (zone 1).

Free ride for 40 minutes, keeping between 3/10 and 6/10 (zone 2 to 3). Skip this if you are short on time.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

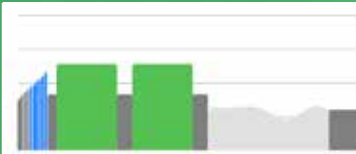


DAY 5: POWER MAX

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Next we have a 40 minute section of free ride during which you will try to record your peak sprint. Complete three, 3 to 5 seconds maximum effort sprints, and try and space them out with at least 7 minutes between them.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



DAY 6: TEMPO 2 X 20MIN

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Ride at 6/10 (mid/high zone 3) for 20 minutes. Rest for 5 minutes at 2/10 (zone 1), then repeat the 20 minute interval. Recover for 5 minutes again.

Next, free ride for 40 minutes. Aim to keep between 3/10 to 6/10 (zone 2 to 3). Remember, if you are short of time, you can cut out this free ride section.

Cool down at 1/10 (zone 1) for 10 minutes.

WEEK 8



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: CRUISE 4 X 10MIN

Today's warm up builds up the intensity in blocks of 60 seconds for 10 minutes from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have four longer intervals at slightly decreasing intensities with rest at 2/10 (zone 1) after each. First, 10 minutes at 8/10 (high zone 4), rest for 2 minutes, then 10 minutes at 8/10 (mid zone 4), rest for 2 minutes, then 10 minutes at 7/10 (mid zone 4), rest for 2 minutes, then 10 minutes at 7/10 (low zone 4), rest for 2 minutes.

Next, free ride for 40 minutes. Aim to keep between 3/10 to 6/10 (zone 2 to 3). Remember, if you are short of time, you can cut out this free ride section.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



REST DAY

DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: EXPLOSIVE SST #4

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have some short, sharp, explosive intervals going straight into 15 minutes of moderately hard riding. Ride for 15 seconds at 10/10 (zone 7).

Recover for 30 seconds at 2/10 (zone 1). Repeat one more time. Then, do a third 15 second interval, but follow it immediately by 15 minutes at 6/10 (high zone 3). Rest for 10 minutes at 2/10 (zone 1). Repeat this two more times, but shorten your recovery to 5 minutes after the third one and then cool down for 10 minutes from 5/10 to 2/10 (zone 2 to 1).



DAY 5: POWER MAX

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Next we have a 40 minute section of free ride during which you will try to record your peak sprint. Complete three, 3 to 5 seconds maximum effort sprints, and try and space them out with at least 7 minutes between them.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



DAY 6: TEMPO 1 X 45MIN

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Ride at 6/10 (mid/high zone 3) for 45 minutes.

Rest for 3 minutes at 2/10 (zone 1).

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

WEEK 9



DAY 1: ENDURANCE/ FREE RIDE

This session is an optional steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10 RPE, or power zones 2 to 3.



DAY 2: CRUISE 3 X 15MIN

Today's warm up builds up the intensity in blocks of 60 seconds for 10 minutes from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have three longer intervals at slightly decreasing intensities with rest at 2/10 (zone 1) after each. First, 15 minutes at 8/10 (high zone 4), rest for 2 minutes, then 15 minutes at 8/10 (mid zone 4), rest for 2 minutes, then 15 minutes at 7/10 (low zone 4), rest for 2 minutes.

Next, free ride for 40 minutes. Aim to keep between 3/10 to 6/10 (zone 2 to 3). Remember, if you are short of time, you can cut out this free ride section.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



REST DAY

DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: EXPLOSIVE SST #3

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have some short, sharp, explosive intervals going straight into 20 minutes of moderately hard riding. Ride for 15 seconds at 10/10 (zone 7).

Recover for 30 seconds at 2/10 (zone 1). Repeat one more time. Then, do a third 15 second interval, but follow it immediately by 20 minutes at 6/10 (high zone 3). Rest for 10 minutes at 2/10 (zone 1). Repeat this, but shorten your recovery to 5 minutes after the 20 minute effort. Then cool down for 10 minutes from 5/10 to 2/10 (zone 2 to 1).



DAY 5: POWER MAX

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Next we have a 40 minute section of free ride during which you will try to record your peak sprint. Complete three, 3 to 5 seconds maximum effort sprints, and try and space them out with at least 7 minutes between them.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



DAY 6: TEMPO 1 X 45MIN

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Ride at 6/10 (mid/high zone 3) for 45 minutes.

Rest for 3 minutes at 2/10 (zone 1).

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

WEEK 10



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: CRUISE 2 X 25MIN

Warm up for 10 minutes, building the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have two, longer intervals. Ride for 25 minutes at 8/10 (mid zone 4). Rest for 3 minutes at 2/10 (zone 1). Ride for 25 minutes at 7/10 (low zone 4). Rest for 2 minutes.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

▼ REST DAY

DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: 4 X 3MIN VO2 INCREASING

Warm up for 10 minutes, building the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3).

Free ride for 40 minutes. Aim to keep between 3/10 to 6/10 (zone 2 to 3). Rest for 3 minutes at 2/10 (zone 1). Now we start some harder intervals. Ride for 3 minutes at 8/10 (zone 5). Rest for 3 minutes at 2/10 (zone 1). Repeat another three times, slowly increasing the interval to a 9/10 (high zone 5).

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



DAY 5: EXPLOSIVE SST #3

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have some short, sharp, explosive intervals going straight into 20 minutes of moderately hard riding. Ride for 15 seconds at 10/10 (zone 7). Recover for 30 seconds at 2/10 (zone 1). Repeat one more time. Then, do a third 15 second interval, but follow it immediately by 20 minutes at 6/10 (high zone 3). Rest for 10 minutes at 2/10 (zone 1). Repeat this one more time, but shorten your recovery to 5 minutes after the third one and then cool down for 10 minutes from 5/10 to 2/10 (zone 2 to 1).



DAY 6: TEMPO 1 X 60MIN

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Ride at 6/10 (mid/high zone 3) for 60 minutes.

Rest for 3 minutes at 2/10 (zone 1).

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

WEEK 11



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: 5 X 3MIN VO2 INCREASING

Warm up for 10 minutes, building the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3).

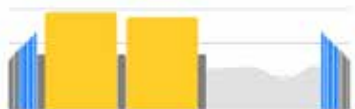
Free ride for 40 minutes. Aim to keep between 3/10 to 6/10 (zone 2 to 3).
Rest for 3 minutes at 2/10 (zone 1).
Ride for 3 minutes at 8/10 (zone 5).
Rest for 3 minutes at 2/10 (zone 1).
Repeat another four times, slowly increasing the work interval to a 9/10 (high zone 5).

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

▼ REST DAY

DAY 3: REST DAY

If you feel like training then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: CRUISE 2 X 25MIN

Warm up for 10 minutes, building the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have two, longer intervals.

Ride for 25 minutes at 8/10 (mid zone 4). Rest for 3 minutes at 2/10 (zone 1).
Ride for 25 minutes at 7/10 (low zone 4). Rest for 2 minutes.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



DAY 5: POWER MAX

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Next we have a 40 minute section of free ride during which you will try to record your peak sprint. Complete three, 3 to 5 seconds maximum effort sprints, and try and space them out with at least 7 minutes between them.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



DAY 6: XX SST 2 X 20MIN

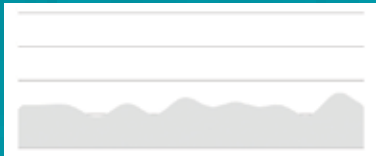
Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Today we have two blocks of intervals. Ride at 7/10 (low zone 4) for 1 minute 30 seconds. Ride at 8/10 (zone 5) for 30 seconds. Repeat this another nine times.

Rest for 10 minutes at 2/10 (zone 1). Repeat the interval block again. Rest for 3 minutes at 2/10 (zone 1).

Cool down for 10 minutes from 5/10 to 2/10 (zone 2 to 1).

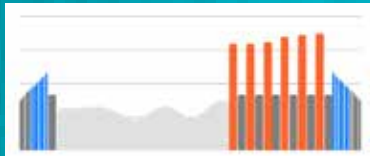
WEEK 12



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: 6 X 3MIN VO2 INCREASING

Warm up for 10 minutes, building the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3).

Free ride for 40 minutes. Aim to keep between 3/10 to 6/10 (zone 2 to 3). Rest for 3 minutes at 2/10 (zone 1).

Ride for 3 minutes at 8/10 (zone 5). Rest for 3 minutes at 2/10 (zone 1). Repeat another five times, slowly increasing the work interval to a 9/10 (high zone 5).

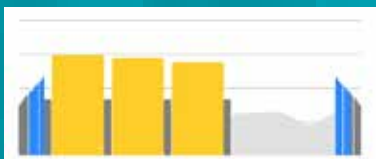
Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



REST DAY

DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: CRUISE 3 X 20 MIN

Warm up for 10 minutes, building the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have three intervals. Ride for 20 minutes at 8/10 (mid zone 4). Rest for 3 minutes at 2/10 (zone 1). Ride for 20 minutes at 8/10 (mid zone 4). Rest for 3 minutes at 2/10 (zone 1). Ride for 20 minutes at 7/10 (low zone 4). Rest for 2 minutes.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

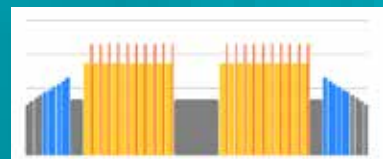


DAY 5: POWER MAX

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Next we have a 40 minute section of free ride during which you will try to record your peak sprint. Complete three, 3 to 5 seconds maximum effort sprints, and try and space them out with at least 7 minutes between them.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



DAY 6: XX SST 2 X 20MIN

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Today we have two blocks of intervals.

Ride at 7/10 (low zone 4) for 1 minute 30 seconds. Ride at 8/10 (zone 5) for 30 seconds. Repeat this another nine times.

Rest for 10 minutes at 2/10 (zone 1). Repeat the interval block again. Rest for 3 minutes at 2/10 (zone 1).

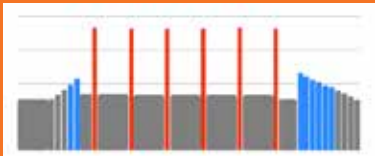
Cool down for 10 minutes from 5/10 to 2/10 (zone 2 to 1).

WEEK 13



DAY 1: ENDURANCE/ FREE RIDE

This session is an optional steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10 RPE, or power zones 2 to 3.



DAY 2: EXTENSIVE AEROBIC X 6

To begin your warm up, ride for 5 minutes at 2/10 (zone 1). Then, ride for 5 minutes increasing your intensity every 60 seconds from 2/10 to 4/10 (zone 1 to 2). Rest for 2 minutes at 2/10 (zone 1).

Ride for 45 seconds at 10/10 (zone 6). Recover for 5 minutes at 2/10 (zone 1). Repeat this five more times.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1).



DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.

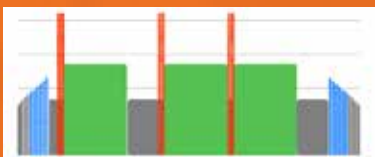


DAY 4: POWER MAX

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Next we have a 40 minute section of free ride during which you will try to record your peak sprint. Complete three, 3 to 5 seconds maximum effort sprints, and try and space them out with at least 7 minutes between them.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

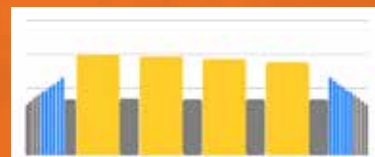


DAY 5: SST 3 X 20 MIN

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have some short, sharp, explosive intervals going straight into 20 minutes of moderately hard riding. Ride for 15 seconds at 10/10 (zone 7). Recover for 30 seconds at 2/10 (zone 1). Repeat two more times. Then, do a third 15 second interval, but follow it immediately by 20 minutes at 6/10 (high zone 3). Rest for 5 minutes at 2/10 (zone 1). Repeat this two more times.

Cool down for 10 minutes from 5/10 to 2/10 (zone 2 to 1).



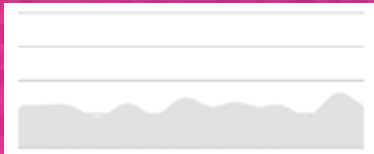
DAY 6: INTENSIVE AEROBIC X 4

Warm up for 10 minutes, building the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have four intervals. Ride for 11 minutes at 8/10 (high zone 4). Rest for 5 minutes at 2/10 (zone 1). Ride for 11 minutes at 8/10 (mid zone 4). Rest for 5 minutes at 2/10 (zone 1). Ride for 11 minutes at 7/10 (mid zone 4). Rest for 5 minutes at 2/10 (zone 1). Ride for 11 minutes at 7/10 (low zone 4). Rest for 5 minutes at 2/10 (zone 1).

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

WEEK 14



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: ANAEROBIC INTENSIVE

Warm up for 5 minutes at 2/10 (zone 1). Then, ride for 5 minutes increasing your intensity every 60 seconds from 2/10 to 4/10 (zone 1 to 2). Rest for 2 minutes at 2/10 (zone 1).

Ride for 30 seconds at 10/10 (zone 6). Recover for 2 minutes at 2/10 (zone 1). Repeat this two more times.

Free ride for 30 minutes at 3/10 to 6/10 (zone 2 to 3).

Rest for 2 minutes at 2/10 (zone 1).

Ride for 30 seconds at 10/10 (zone 6).

Recover for 2 minutes at 2/10 (zone 1).

Repeat this two more times.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1).



DAY 3: REST DAY

If you feel like training, then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: MAX AEROBIC X 3

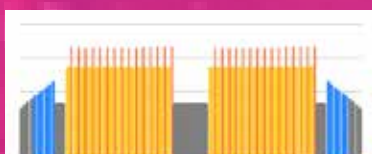
Warm up for 5 minutes at 2/10 (zone 1). Then, ride for 5 minutes increasing your intensity every 60 seconds from 2/10 to 4/10 (zone 1 to 2). Rest for 2 minutes at 2/10 (zone 1).

Ride for 5 minutes at 8/10 (zone 5), rest for 5 minutes at 2/10 (zone 1). Ride for 5 minutes at 8/10 (low zone 5), rest for 5 minutes, ride for 5 minutes at 8/10 (high zone 4), rest for 5 minutes at 2/10 (zone 1).

Free ride for 15 minutes.

Repeat the interval block from before one more time.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1).



DAY 5: XX SST 2 X 30 MIN

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Today we have two blocks of intervals.

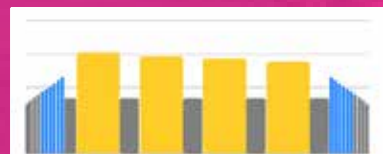
Ride at 7/10 (low zone 4) for 1 minute 30 seconds. Ride at 8/10 (zone 5) for 30 seconds. Repeat this another fourteen times.

Rest for 10 minutes at 2/10 (zone 1).

Repeat the interval block again.

Rest for 3 minutes at 2/10 (zone 1).

Cool down for 10 minutes from 5/10 to 2/10 (zone 2 to 1).



DAY 6: INTENSIVE ANAEROBIC X 4

Warm up for 10 minutes, building the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Next we have four intervals.

Ride for 11 minutes at 8/10 (high zone 4). Rest for 5 minutes at 2/10 (zone 1).

Ride for 11 minutes at 8/10 (mid zone 4). Rest for 5 minutes at 2/10 (zone 1).

Ride for 11 minutes at 7/10 (mid zone 4).

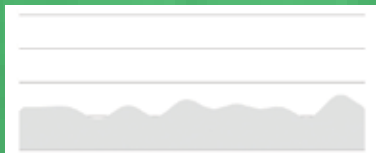
Rest for 5 minutes at 2/10 (zone 1).

Ride for 11 minutes at 7/10 (low zone 4).

Rest for 5 minutes at 2/10 (zone 1).

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.

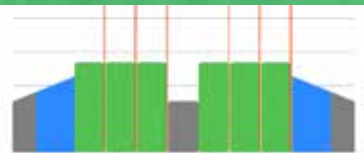
WEEK 15



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45-minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session.



DAY 2: ANAEROBIC INTENSIVE X 4

Warm up for 5 minutes at 2/10 (zone 1). Then, ride for 5 minutes increasing your intensity every 60 seconds from 2/10 to 4/10 (zone 1 to 2). Rest for 2 minutes at 2/10 (zone 1).

Ride for 30 seconds at 10/10 (zone 6). Recover for 2 minutes at 2/10 (zone 1). Repeat this three more times.

Free ride for 30 minutes at 3/10 to 6/10 (zone 2 to 3).

Ride for 30 seconds at 10/10 (zone 6). Recover for 2 minutes at 2/10 (zone 1). Repeat three more times.

Ride at 4/10 (zone 2) for 60 seconds, recover at 2/10 (zone 1) for 2 minutes.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1).

REST DAY

DAY 3: REST DAY

If you feel like training then feel free to go for a ride or do some cross-training, but keep it nice and easy.



DAY 4: FTP TEST

Let's see how much you have improved over the last 14 weeks!

Warm up from 1/10 to 4/10 (zone 1 to 2) for 5 minutes. Next we have a couple of ramps to get the blood pumping before your 20 minute effort. Ride at 6/10 (zone 3) for 20 seconds, 8/10 (zone 5) for 20 seconds, 10/10 (zone 6) for 20 seconds. Recover at 3/10 (zone 2) for 3 minutes. Ride at 8/10 (zone 5) for 3 minutes, 9/10 for 2 minutes, then rest at 2/10 (zone 1) for 6 minutes. Now for the test. Ride as hard as you can for 20 minutes.

Cool down from 2/10 to 1/10 (zone 1) for 5 minutes.



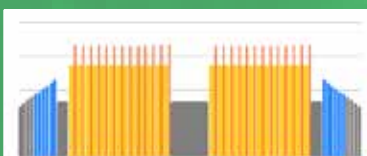
DAY 5: MAX AEROBIC X 3

Warm up for 5 minutes at 2/10 (zone 1). Then, ride for 5 minutes increasing your intensity every 60 seconds from 2/10 to 4/10 (zone 1 to 2). Rest for 2 minutes at 2/10 (zone 1).

Ride for 5 minutes at 9/10 (mid zone 5), rest for 5 minutes at 2/10 (zone 1). Ride for 5 minutes at 8/10 (zone 5), rest for 5 minutes, ride for 5 minutes at 8/10 (low zone 5), rest for 5 minutes at 2/10 (zone 1).

Free ride for 15 minutes. Repeat the interval block from before one more time.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1).



DAY 6: XX SST 2 X 30MIN

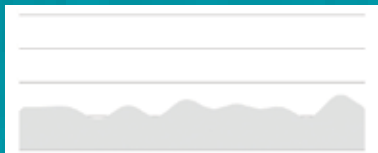
Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1).

Today we have two blocks of intervals. Ride at 7/10 (low zone 4) for 1 minute 30 seconds. Ride at 8/10 (zone 5) for 30 seconds. Repeat this another fourteen times.

Rest for 10 minutes at 2/10 (zone 1). Repeat the interval block again. Rest for 3 minutes at 2/10 (zone 1).

Cool down for 10 minutes from 5/10 to 2/10 (zone 2 to 1)

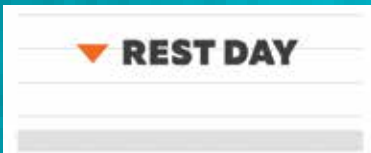
WEEK 16



DAY 1: ENDURANCE/ FREE RIDE

Today is a steady 45 minute endurance ride. Try to maintain a constant effort somewhere between 3/10 to 6/10, or power zones 2 to 3.

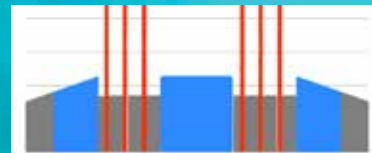
Don't forget, it's fine to miss a day if you have to. Just skip one when you need to and move on to the next planned session. This week is all about tapering before the big day, so you should feel really fresh come Sunday!



▼ REST DAY

DAY 2: REST DAY

Rest Day. If you feel like training then go for a ride or do some cross-training, but keep it nice and easy.

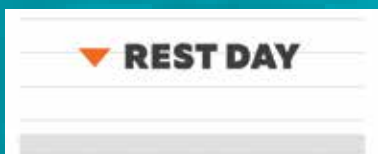


DAY 3: ANAEROBIC#1

Warm up for 10 minutes from 2/10 to 4/10 (zone 1 to 2) and include three 6 second high cadence/low power sprints. Ride for 60 seconds at 2/10 (zone 1).

In the following intervals aim for a high power that you can repeat. Ride for 35 seconds at 10/10 (zone 7), recover for 2 minutes. Repeat two more times. Next we have a section of active recovery. Ride at 4/10 (high zone 2) for 10 minutes. Repeat the three intervals from before one more time.

Cool down from 4/10 to 2/10 for 10 minutes.



▼ REST DAY

DAY 4: REST DAY

Rest Day. If you feel like training then go for a ride or do some cross-training, but keep it nice and easy.

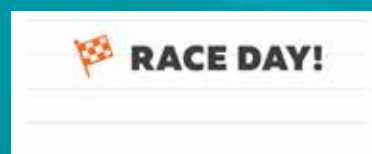


DAY 5: POWER MAX

Warm up for 10 minutes, increasing the intensity in blocks of 60 seconds from 2/10 to 5/10 (zone 1 to 3). Rest for 3 minutes at 2/10 (zone 1). Rest for 3 minutes at 2/10 (zone 1).

Next we have a 40 minute section of free ride during which you will try to record your peak sprint. Complete three, 3 to 5 seconds maximum effort sprints, and try and space them out with at least 7 minutes between them.

Cool down for 10 minutes from 5/10 to 2/10 (zone 3 to 1) steadily decreasing the intensity every 60 seconds.



🚩 RACE DAY!

DAY 6: RACE DAY!

Today is the day all of your hard work in training will pay off.

Remember to hydrate well throughout the ride and eat regularly.

Good luck!