

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
1	Easy Ride Road bike Zone 1-2 flat to rolling course minimal Zone 3+	Seated Hills Rolling course Stay seated on hills Zones 1-3 or race	Endurance Road Bike Zones 1-3 Rolling course	Strength Warm-up 10-15 3-4 Sets:10min Big gear, 10min easy spin Zone 3+	X-Train Your choice swim, run, yoga Easy Effort	Endurance Long Ride Keep Zone 3-Zone 5 to short intervals	Strength Road Bike During your ride 3-4 Sets:10min Big gear 10min Easy spin	11:30
Time	1:30	1:30	1:45	1:45		2:30	2:30	
2	Easy Ride Zone 1-2 flat to rolling course minimal Z3+	Seated Hills Rolling course Stay seated on hills Z1-3 or race	Endurance Road Bike Z1-3 Rolling course	Strength Warm-up 10-15 3-4 Sets:10min Big gear, 10min easy spin Z3+	Recovery Day Active Recovery 1) stay off legs 2) watch nutrition: lean protein, good carbs, good fats 3) stretch 4) drink when thirsty	Endurance Long Ride Z1-3	Strength Road Bike During your ride 3-4 Sets:10min Big gear 10min Easy spin	12:15
Time	1:30	1:30	1:45	2:00		2:45	2:45	
3	Easy Ride Road Bike Zone 1-2 flat to rolling course minimal Z3+	Force Reps Warm-up During your ride: 10 Sets: 20 Revolutions Big gear, Drive the pedals down as hard as possible Start one every 5 minutes or race	Endurance Road Bike Z1-3 Rolling course	TT Road or Mtb 20 Min Warm-up Ride 2 x 20 min Big gear Flat course Z3 Record metrics	X-Train Your choice swim, run, yoga Easy Effort	Endurance Long Ride Keep Z3-Z5 to short intervals	Strength Road bike During your ride 3-4 Sets:10min Big gear, 10min easy spin Z3+	10:00
Time	1:30	1:30	1:30	1:30		2:00	2:00	

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
7	Easy Ride Zone 1-2 flat to rolling course minimal Z3+ 1:30	Hills Climb 6-8min (4-6% grade) 4-5 Reps Z4-5 or race 1:30	Endurance Road bike Z1-3 Rolling course 1:30	Strength Warm-up 10-15 3-4 Sets:10min Big gear, 10min easy spin Z3+ 1:30	X-Train Your choice swim, run, yoga Easy Effort	Endurance Long Ride Z1-3 2:00	Climbs Road Climb 5, 5min medium grade climbs in a bigger gear than normal. Z1-5 Z3 between efforts 2:00	10:00
8	Easy Ride Zone 1-2 flat to rolling course minimal Z3+ 1:30	Hills Climb 6-8min (4-6% grade) 4-5 Reps Z3-4 or race 1:30	Endurance Road bike Z1-3 Rolling course 2:00	Strength Warm-up 10-15 3-4 Sets:10min Big gear, 10min easy spin Z3+ 1:30	Recovery Day Active Recovery 1) stay off legs 2) watch nutrition: lean protein, good carbs, good fats 3) stretch 4) drink when thirsty	Endurance or Race Long Ride Rolling course Z1-5 3:00	Climbs Road or Mtb Climb 5, 5-8min medium grade climbs in a bigger gear than normal. Z4-5 Z3 between efforts 3:30	13:15
9	Easy Ride Zone 1-2 flat to rolling course minimal Z3+ 1:30	Hills Climb 3,12-15min (4-6% grade) 2-3 Reps Z3-4 or race 2:00	Endurance Road bike Z2+ Rolling course 2:15	TT 20 Min Warm-up Ride 2 x 40min Big gear Flat course Z3 Z1-2 Cool down Between sets Record metrics 2:00	Recovery Ride Z1-2 Easy ride 1:15	Endurance Long Ride Z2-4 3:00	Climbs Road bike Climb 5, 10min medium grade climbs in a bigger gear than normal. Z4-5 Z2 recovery 3:30	14:00

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10	Easy Ride Zone 1-2 flat to rolling course minimal Z3+ 1:30	Climbs Climb 4, 10min medium grade climbs in a bigger gear than normal. Z4-5 Z2 recovery 2:00	Endurance Road bike Z1-3 Rolling course 2:30	Endurance Z2-4 Rolling course Ride how you feel, push the hills 2:30	Recovery Day Active Recovery 1) stay off legs 2) watch nutrition: lean protein, good carbs, good fats 3) stretch 4) drink when thirsty 1:15	Endurance Long Ride Z2-4 3:00	Hills Road Bike (1 x 15min recover 1 x 6min recover) repeat 3 times 4:30	16:00
11	Easy Ride Zone 1-2 flat to rolling course minimal Z3+ 1:30	Hills Climb 3,12-15min (4-6% grade) 2-3 Reps Z3-4 1:30	Endurance Z2+ Rolling course 1:30	TT 20 Min Warm-up Ride 2 x 40min Big gear Flat course Z3 Z1-2 Cool down Record metrics 2:00	Recovery Ride Z1-2 Easy ride 1:15	Endurance Long Ride Z2-4 Light on pedals! Spin your legs! 2:00	Climbs Road bike (1 x 15min recover 1 x 6min recover) repeat 3 times Work the climbs! 2:30	12:15
12	Easy Ride Zone 1-2 flat to rolling course Spin your legs! 1:00	Climbs Climb 4, 5min medium grade climbs in a bigger gear than normal. Z4-5 Z2 recovery 1:30	Easy Ride Z1-3 Rolling course 1:30	Endurance Z2-4 Rolling course Ride how you feel, push the hills 2:00	Recovery Day Active Recovery 1) stay off legs 2) watch nutrition: lean protein, good carbs, good fats 3) stretch 4) drink when thirsty 2:00	Travel Day Stretch 2:00	Prep Intervals Warm-up Do 3 Sets 30 high cad. pedal strokes Cool Down Stretch Eat :30	Race Time! 6:00