Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
1	Easy Ride			Strength	X-Train	Endurance	Strength	
	Road bike		Road Bike				Road Bike	
		Rolling course	Zones 1-3	Warm-up 10-15			During your ride	
		-		3-4 Sets:10min	swim, run,		3-4 Sets:10min	
		on hills		Big gear, 10min	yoga	short intervals	Big gear	
	minimal Zone 3+	Zones 1-3		easy spin	Easy Effort		10min Easy spin	
				Zone 3+				
		or race						
Time	1:30					2:30		11:30
2	Easy Ride	Seated Hills		Strength	Recovery Day	Endurance	Strength	
			Road Bike				Road Bike	
		0		Warm-up 10-15	Active Recovery	Long Ride	During your ride	
	flat to rolling	Stay seated	U U	3-4 Sets:10min		Z1-3	3-4 Sets:10min	
	course	on hills		Big gear, 10min	2) watch		Big gear	
	minimal Z3+	Z1-3		easy spin	nutrition: lean		10min Easy spin	
				Z3+	protein, good			
					carbs, good fats			
					3) stretch			
					4) drink when			
					thirsty			
		or race						
Time	1:30		1:45			2:45		12:15
3		•		TT	X-Train		Strength	
	Road Bike			Road or Mtb			Road bike	
		· · · ·		20 Min Warm-up			During your ride	
		During your ride:		Ride 2 x 20 min		Keep Z3-Z5 to	3-4 Sets:10min	
	course	10 Sets:		Big gear	1.2.2		Big gear, 10min	
		20 Revolutions		Flat course Z3	Easy Effort		easy spin	
		Big gear, Drive the					Z3+	
		pedals down as		Record metrics				
		hard as possible						
		Start one every						
		5 minutes						
		or race						
	1:30	1:30	1:30	1:30		2:00	2:00	10:00

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
							_	
4	Easy Ride	Force Reps	Endurance	Tempo Intervals	Recovery Day	Endurance	Endurance	
			Road bike				Road or Mtn	
		Warm-up		Warm-up		Long Ride	Long Ride	
·	flat to rolling		Rolling course	5 Sets:		Rolling course	Rolling course	
	course	10 Sets:		8min in Z3	2) watch	Z1-5	Z1-5	
	minimal Z3+	20 Revolutions		10min recovery	nutrition: lean		Ride how you	
		Big gear, Drive the	е		protein, good		feel	
		pedals down as			carbs, good fats			
		hard as possible			3) stretch			
		Start one every			4) drink when			
		5 minutes			thirsty			
		or race						
	1:30	1:30	2:00	1:45		3:00	3:00	12:45
5	Easy Ride	Tempo Effort	Endurance	Tempo Intervals	X-Train	Endurance	Strength	
	Road bike		Road bike				Road bike	
	Zone 1-2	Flat to rolling	Z1-3	Warm-up	Your choice	Long Ride	During your ride	
·	flat to rolling	course. At least	Rolling course	5 Sets:	swim, run,	Z1-3	3-4 Sets:10min	
	course	50% of ride in Z3	-	8min in Z3	yoga		Big gear, 10min	
	minimal Z3+			5min recovery	Easy Effort		easy spin	
							Z3+	
		or race						
	1:30	2:00	2:00	1:45		3:00	3:00	13:15
6	Easy Ride	Tempo Effort	Endurance	TT	Recovery Day	Endurance or Race	Climbs	
			Road bike				Road bike	
	Zone 1-2	Flat to rolling	Z1-3	20 Min Warm-up	Active Recovery	Long Ride	Climb 1-2min	
	flat to rolling	course. At least	Rolling course	Ride 2 x 30min	1) stay off legs	Rolling course	medium grade	
	course	50% of ride in Z3		Big Gear	2) watch	Z1-5	climbs in a	
	minimal Z3+			Flat course Z3	nutrition: lean		bigger gear than	
				Z1-2 Cool down	protein, good		normal.	
				between sets	carbs, good fats		Z1-5	
					3) stretch		Z3 between	
				Record Metrics	4) drink when		efforts	
					thirsty			
		or race						
	1:45	2:00	2:00	2:00		3:00	3:30	14:15

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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
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10	Easy Ride	Climbs	Endurance	Endurance	Recovery Day	Endurance	Hills	
	7 4 9		Road bike	70.4			Road Bike	
	Zone 1-2	,	Z1-3	Z2-4		Long Ride	(1 x 15min	
	flat to rolling	medium grade	Rolling course	Rolling course	1) stay off legs	Z2-4	recover	
	course	climbs in a		Ride how you	2) watch		1 x 6min	
	minimal Z3+	bigger gear		feel, push the	nutrition: lean		recover)	
		than normal.		hills	protein, good		repeat 3 times	
		Z4-5			carbs, good fats			
		Z2 recovery			3) stretch			
					4) drink when			
					thirsty			
	1:30	2:00	2:30	2:30		3:00	4:30	16:00
11	Easy Ride	Hills	Endurance	тт	Recovery Ride	Endurance	Climbs	
					-		Road bike	
	Zone 1-2	Climb 3,12-15min	Z2+	20 Min Warm-up	Z1-2	Long Ride	(1 x 15min	
	flat to rolling	(4-6% grade)	Rolling course	Ride 2 x 40min	Easy ride	Z2-4	recover	
	course	2-3 Reps		Big gear			1 x 6min	
	minimal Z3+	Z3-4		Flat course Z3		Light on pedals!	recover)	
				Z1-2 Cool down		Spin your legs!	repeat 3 times	
				Record metrics			Work the climbs!	
	1:30	1:30	1:30	2:00	1:15	2:00	2:30	12:15
12	Easy Ride	Climbs	Easy Ride	Endurance	Recovery Day	Travel Day	Prep Intervals	Race
								Time!
	Zone 1-2	Climb 4, 5min	Z1-3	Z2-4	Active Recovery	Stretch	Warm-up	
	flat to rolling	medium grade	Rolling course	Rolling course	1) stay off legs		Do 3 Sets	
	course	climbs in a		Ride how you	2) watch		30 high cad.	
		bigger gear		feel, push the	nutrition: lean		pedal strokes	
	Spin your legs!			hills	protein, good			
		Z4-5			carbs, good fats		Cool Down	
		Z2 recovery			3) stretch		Stretch	
					4) drink when		Eat	
					thirsty			
	1	1 22	4	2.00				
	1:00	1:30	1:30	2:00			:30	6:00