# Week one | total ride time: 5 hours 30 minutes - 7 hours 10 minutes



#### Goals of the week



This week do the threshold test to establish your correct training zones. If you're continuing on from the off-season base builder, you will have done a test only four weeks ago so do the 2X20 threshold session instead.



**FRIDAY** 

Session type

**Cross training/rest** 

Plan your training week. You can switch your cross-training/rest/flexible days around to suit your life.



Identify the target events that vou're working towards.

## MONDAY

Session type Rest day

#### Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training. Today's rest day is especially important as you've got a threshold test tomorrow.

#### **TUESDAY**



Session type

# Threshold test

Session details

Session link:

Threshold test

( 1 hour 10 minutes Med/High

#### WEDNESDAY





Session type

Session details

#### **Cross training/rest**

Your cross training should

and not adversely affect it.

Many riders will find some

focussed mobility work or

Listen to your body and,

if necessary, some rest or

a restorative activity may

be better.

to be very beneficial.

dedicated strength training

complement your riding

(L) 1 hour 20 minutes

Indoor trainer

#### Med/High

Session type

**THURSDAY** 

Session link: 2x20 threshold

## Session details

Your cross training should complement your riding and not adversely affect it.

Session details

Many riders will find some focussed mobility work or dedicated strength training to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### SATURDAY



#### Session type Bonus ride/flexible day

You may need to swap your

long weekend ride to today

or even one of the indoor

workouts from the week.

ride or an extra rest day.

If not, consider the bonus

(L) 1 hour 40 minutes

... Med/High

Session details

Session Link:

VO2 efforts

#### SUNDAY



Session type

## Ride

( ) 3 hours +

..... Low/Med

#### Session details

Session link:

Endurance with tempo and threshold efforts

## Ride tip

If you did the threshold test as part of week nine of the off-season base builder, do 2x20 threshold today.

## Ride tip

If you've completed the off-season base builder you'll be familiar with this session and will be able to compare results and use past performances for pacing. If not, the threshold test you did earlier in the week should give you a good pacing reference point.

#### Ride tip

A demanding session of zone five efforts. If using heart rate rather than power, don't go off too hard as your heart rate will lag behind the effort.

#### Ride tip

You might find that a gentle climb is best for the efforts.

# Week two | total ride time: 5 hours 40 minutes - 7 hours 20 minutes



#### Goals of the week



The priority is to complete the two midweek sessions and the Sunday long ride.



If you found last week's Sunday ride okay and didn't do the Bonus Session, try it this week.



Devote at least one of the Cross-Training sessions to mobility work.

# MONDAY Session type Rest day



**TUESDAY** 







Session type

# **Cross training/rest**



Session type

**THURSDAY** 





#### FRIDAY





#### **Cross training/rest**

## SATURDAY



Session type

Bonus ride/flexible day





SUNDAY

Low/Med

Session type

#### Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise. Your body needs time to adapt to training.

#### Session details

Session link: Under/over

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed mobility work or dedicated strength training to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### Session details

Session link: Under/over with surges

## Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed <u>mobility work</u> or dedicated <u>strength training</u> to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session Link: VO2 efforts

#### Session details

Session link:
Endurance with tempo
and threshold efforts

## Ride tip

Try to pace the efforts as accurately and consistently as possible Keeping resistance and cadence constant and just shifting gear can work well.

#### Ride tip

Adding another layer of intensity to the Under/Over session. Make sure you really sprint hard and then get back to sweet-spot intensity as quickly as possible.

#### Ride tip

You might find it easier to hit and consistently hold Zone 5 intensity on a climb.

#### Ride tip

Don't switch off once you've finished the efforts, maintain a solid zone two intensity.

# Week three | total ride time: 5 hours 40 minutes - 7 hours 25 minutes



#### Goals of the week



Improve your performance in the <u>under/over with surges</u> session.



If you haven't tried the Bonus Session yet, consider trying the <u>VO2 Efforts</u> from Week one and two.



Push on with the anaerobic capacity session if you've done the previous bonus sessions.

#### MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY SUNDAY Session type Indoor trainer Bonus ride/flexible day Rest day Indoor trainer **Cross training/rest Cross training/rest** Ride ( 1 hour 10 minutes (L) 1 hour 30 minutes (L) 1 hour 45 minutes ( ) 3 hours + Med/High Med/High ... Med/High ..... Low/Med Session details Rest days need to be built Session link: Your cross training should Session link: Your cross training should You may need to swap your Session link: into your training week. You Under/over with surges complement your riding Ramped intervals complement your riding long weekend ride to today Endurance with threshold can change the rest day but and not adversely affect it. and not adversely affect it. or even one of the indoor and sub-threshold efforts do not do more than three workouts from the week. Many riders will find some Many riders will find some consecutive days riding/ If not, consider the bonus focussed mobility work or focussed mobility work or exercise. Your body needs ride or an extra rest day. dedicated strength training dedicated strength training time to adapt to training. to be very beneficial. to be very beneficial. Session Link: Listen to your body and, Listen to your body and, Anaerobic capacity efforts if necessary, some rest or if necessary, some rest or a restorative activity may a restorative activity may be better. be better. Ride tip Ride tip Ride tip Ride tip Use your experience of A hard session to pace These efforts are all about Consider using a hill this session last week to well using heart rate. Don't quality, if it starts to drop for the threshold efforts. try and punch into zone off too much, end the set. help your pacing. five too aggressively or Really focus on maintaining

you'll overshoot it. Use the

first minute to steadily build

your heart rate.

your sweet-spot "recovery

pace", don't let it drop off.

# Week four | total ride time: 3 hours 55 minutes



#### Goals of the week

to adapt to training.



The main focus of this week is recovery, so avoid any unnecessary stress on your body.



Choose restorative cross training options such as yoga, Pilates, swimming or focussed mobility work.



Book yourself in for a massage.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
بهلاد	্র	₩ mm	্র	₩ mm	אחוני	
Session type Rest day	Session type Indoor trainer	Session type Cross training/rest	Session type Indoor trainer	Session type Cross training/rest	Session type Fexible day/rest	Session t
	© 55 minutes		① 1 hour			© 2 hou
Session details	Session details	Session details	Session details	Session details	Session details	Session o
Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise. Your body needs time	Session link: <u>Leg speed</u>	Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.	Session link: Spin out	Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.	You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, rest up well for tomorrow's ride.	Session li Free ride

#### Ride tip

Keep the resistance and gear low to maximise your leg speed.

This is a great session to do on rollers.

#### Ride tip

More high cadence work. Really focus on leg speed, keeping a still and relaxed upper body and not bouncing in the saddle.

n type



ours +

#### n details

n link:

#### Ride tip

This ride is about enjoying yourself, forgetting about training zones and just cycling for the pleasure of it. Explore some new roads, head out with the club or hit the trails on your mountain bike.

# Week five | total ride time: 6 hours - 7 hours 45 minutes



#### Goals of the week



Try to improve your ramped intervals performance from week three.



See if there's a local club 10-mile time trial you can take part in.



If you didn't manage the bonus session during the first three weeks, try and work through those workouts during this block.

#### MONDAY

Session type Rest day

Session details

Rest days need to be built into your training week.

You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training.

#### **TUESDAY**



Session type

#### Indoor trainer

( 1 hour and 30 minutes Med/High

#### Session details

Session link:

Ride tip

Refer back to when you did this session in week

three to help you judge

your pacing of the efforts.

Ramped intervals

and not adversely affect it.

focussed mobility work or dedicated strength training to be very beneficial.

if necessary, some rest or a restorative activity may be better.

## **THURSDAY**



Session type

#### Indoor trainer

(L) 1 hour and 30 minutes

Med/High

#### **FRIDAY**





Session type

#### **Cross training/rest**

# SATURDAY



Session type

## Bonus ride/flexible day

(L) 1 hour and 45 minutes

... Med/High

Session details

#### SUNDAY



Session type

#### Ride

( ) 3 hours +

..... Low/Med

Session details

Session link: Endurance with threshold and sub-threshold efforts

#### Session details

WEDNESDAY

Session type

Your cross training should complement your riding

**Cross training/rest** 

Many riders will find some

Listen to your body and,

#### Session details

Session link:

Ramped intervals

Option: 10-mile Time Trial Many club time trials start in April and May. These are usually low key evening events that, even if you ride a road bike, are a great way to get a quality workout and

monitor your progress. You could opt for this instead.

#### Ride tip

Your last time doing this session so make sure you give the sprints 100%.

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed mobility work or dedicated strength training to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session Link: Anaerobic capacity efforts

#### Ride tip

These efforts are all about quality, if it starts to drop off too much, end the set.

#### Ride tip

Consider using a hill for the Threshold efforts.

# Week six | total ride time: 6 hours 20 minutes - 7 hours 20 minutes



#### Goals of the week

1

Have you done a Bonus Session yet? If not, try one from Weeks 1-3.



If you're doing a club 10-mile TT, don't forget to do the <u>British Cycling</u> 20-minute warm-up beforehand.



efforts at 100% and just

try and hold on, don't try

and pace them.

Don't forget to include some focussed mobility work, even if it's just 5 minutes each day.

in the tank for the efforts

in the final hour.

#### MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY SUNDAY Session type Indoor trainer Bonus ride/flexible day Rest day Indoor trainer **Cross training/rest Cross training/rest** Ride ( 1 hour and 40 minutes (L) 1 hour and 40 minutes (L) 1 hour and 45 minutes ( ) 3 hours + Med/High Med/High ... Med/High ..... Low/Med Session details Rest days need to be built Session link: Your cross training should Session link: Your cross training should You may need to swap your Session link: into your training week. Intensity Slide complement your riding Intensity Slide complement your riding long weekend ride to today Endurance with Tempo, and not adversely affect it. and not adversely affect it. or even one of the indoor **Threshold Criss-Cross** Option: 10-mile Time Trial You can change the rest workouts from the week. and Threshold Efforts Many club time trials start day but do not do more Many riders will find some Many riders will find some If not, consider the bonus in April and May. These are than three consecutive focussed mobility work or focussed mobility work or ride or an extra rest day. days riding/exercise. dedicated strength training usually low key evening dedicated strength training events that, even if you ride to be very beneficial to be very beneficial. Session Link: Your body needs time a road bike, are a great way One minute intervals to adapt to training. Listen to your body and, Listen to your body and, if to get a quality workout and if necessary, some rest or necessary, some rest or a monitor your progress. You a restorative activity may restorative activity may be can opt for this instead. be better. better. Ride tip Ride tip Ride tip Ride tip This is a tough session Use Tuesday's session Less volume but more Make sure you fuel but don't hold back on the to help your pacing. intensity. Start the minute well as you'll need plenty

15-second efforts, make

sure you give them 100%.

# Week seven | total ride time: 6 hours 40 minutes - 7 hours 40 minutes



#### Goals of the week



Just two weeks to go until the end of the plan, have you entered your key events?

**THURSDAY** 

Session type

Med/High

Session details

Pyramid Intervals 2

Option: 10-mile Time Trial

Many club time trials start

in April and May. These are

a road bike, are a great way

to get a quality workout and

usually low key evening

monitor your pro-gress.

You could opt for this

Session link:

Indoor trainer

(L) 1 hour and 40 minutes



Take a look at our Discipline Specific Training Plans for a final sharpening training block.



As fatigue accumulates in this final hard week, it's even more important to keep on top of your mobility work.

# MONDAY mil

Session type Rest day

#### Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/ exercise. Your body needs time to adapt to training.

#### **TUESDAY**



Session type

Session details

Session link:

Ride tip

efforts.

Final time doing this

session, really aim for

consistency in the 5-minute

Intensity Slide

#### Indoor trainer

( 1 hour and 40 minutes Med/High

## WEDNESDAY





Session type

#### **Cross training/rest**

complement your riding

Many riders will find some focussed mobility work or dedicated strength training to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### Session details

Your cross training should and not adversely affect it.

#### events that, even if you ride

# instead. Ride tip

Use Tuesday's session to help your pacing.

#### **FRIDAY**





Session type

#### **Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed mobility work or dedicated strength training to be very beneficial

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### SATURDAY



Session type

## Bonus ride/flexible day

(L) 1 hour

... Med/High

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the Bonus Ride or an extra rest day.

Session Link: Russian Steps

#### SUNDAY



Session type

#### Ride

( 4 hours +

..... Low/Med

#### Session details

Session link:

Endurance with Tempo. Threshold Criss-Cross, Threshold Efforts and **Sprints** 

#### Ride tip

If your legs are feeling tired or you're worried about tomorrow's ride, back the resistance/gearing right off and focus on leg speed.

#### Ride tip

Adding an extra hour and sprints to last week's ride, this is a tough one. Get a group together to add a bit of competitive edge to the sprints.

# Week eight | total ride time: 3 hours 55 minutes



#### Goals of the week



The main focus of this week is recovery, so avoid any unnecessary stress on your body



Take some time to plan your next training block, ensuring that you factor in events and races.



Book yourself in for a massage and your bike in for a service

club or hit the trails on your mountain bike.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Session type Rest day	Session type Indoor trainer	Session type Cross training/rest	Session type Indoor trainer	Session type Cross training/rest	Session type Flexible day/rest	Session type Ride
	© 55 minutes		● 1 hour			② 2 hours +
Session details	Session details	Session details	Session details	Session details	Session details	Session details
Rest days need to be built into your training week.  You can change the rest day but do not do more than three consecutive days riding/exercise.  Your body needs time to adapt to training.	Session link: Leg speed	Don't undo the recovery benefits of this week by hitting the gym too hard.  Give yourself an extra rest day, choose a restorative activity or get a massage.	Session link: Spin out	Don't undo the recovery benefits of this week by hitting the gym too hard.  Give yourself an extra rest day, choose a restorative activity or get a massage.	You may need to swap your long weekend ride to today or even one of the indoor workouts from the week.  If not, rest up well for tomorrow's ride.	Session link: Free ride
	Ride tip		Ride tip		Ride tip	Ride tip
	Keep the resistance and gear low to maximise your leg speed.		More high cadence work. Really focus on leg speed, keeping a still and relaxed		Less volume but more intensity. Start the minute efforts at 100% and just	This ride is about en yourself, forgetting a training zones and ju
	This is a great session to do on rollers.		upper body and not bouncing in the saddle.		try and hold on, don't try and pace them.	cycling for the pleasure of it. Explore some new roads, head out with the