

WEEK 1		5 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
			 1hr SPIN 1 Hour LSD - zone 2 - Any cadence 1 HR	 STRETCH Get limber with a nice morning stretch session	 LOW&SLOW 2 Hours LSD - zone 2 and low zone 3 - Any cadence Riding partners encouraged 2 HRS	 LOW&SLOW 2 Hours LSD - zone 2 and low zone 3 - Any cadence Cake stop is mandatory 2 HRS	

WEEK 2		6 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
 REST Mondays require a bit of a sleep in	 1hr SPIN 1 Hour LSD - zone 2 - Any cadence 1 HR	 1 LEG WONDER 4 x 4 minutes of one legged riding (2min per leg). Keep non working leg clipped out Do 5 minutes of riding with both legs between each one leg repeat Warm down 20 minutes 1 HR	 RECOVERY 1 Hour Recovery in zone 2, Keep cadence > 90 1 HR	 1hr SPIN 1 Hour LSD - zone 2 - Any cadence 1 HR	 CLIMBS Warm up 40 min - zone 2 and 3 4x4 minutes in high gear - low cadence (50 RPM) Rest 10 min - zone 2 between each high gear effort (90 RPM) Warm down 40 min - zone 2 2 HRS	 STRETCH It's been a tough week; sleep in and get your day started with a stretch session and a glass of wine later	

WEEK 3		8 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
 REST Mondays require a bit of a sleep in	 SPRINTS Grab your buddy and go for 20 minute warmup 5 x 15 second maximal effort sprints on FLAT terrain (1 effort every 10 minutes) Get leg speed to its max and then hold it for 15 seconds. These should not hurt you at all. Warm down for 20 minutes 1.5 HRS	 FIXIE FUN Find a rolling course and be prepared to ride for 1 hour using only your last 3 gears. Let's keep it in zone 2 and 3 1 HR	 LOW&SLOW 1.5 Hours LSD - zone 2 - Any cadence Bring a buddy 1.5 HRS	 RECOVERY 1 Hour Recovery in zone 2, Keep cadence > 90 1 HR	 HIGH&LOW Warm up 60 min zone 2 and 3; 60min zone 3 and low zone 4 in high gear at low cadence. Keep cadence below 50 throughout. Warm down 60 min zone 2 3 HRS	 STRETCH It's been a tough week; sleep in and get your day started with a stretch session	

WEEK 4		8,5 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
 REST Catch a few extra ZZZzs	 LOW&SLOW 1.5 Hours LSD - zone 2 - Any cadence Bring a buddy 1.5 HRS	 1 LEG WONDER Warm up 20 min 4 x 4 minutes of one legged riding (2min per leg). Keep non working leg clipped out. Do 5 minutes of riding with both legs between each one leg repeat. Warm down 20 minutes 1.5 HRS	 LOW&SLOW 1.5 Hours LSD - zone 2 - Any cadence Bring a buddy 1.5 HRS	 RECOVERY 1 Hour Recovery in zone 2, Keep cadence > 90 1 HR	 CLIMBS Warm up 60 min zone 2 and 3 x 10 minutes of seated climbing on moderate gradient with 10 minutes recovery between. Keep cadence low (50-65). Warm down 60 min zone 2. This one is easier with your riding partner. 3 HRS	 STRETCH It's been a tough week; sleep in and get your day started with a stretch session	