

WEEK 1		5.5 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
REST Who needs an excuse to sleep in on a Monday?	STRETCH Spend a few minutes getting loose and limber	LOW&SLOW 1 Hour Recovery in zone 2, Keep cadence > 90	1hr SPIN 1 Hour LSD - zone 2 - Any cadence	REST Catch a few extra ZZZZ's	2 FOR 1.5 Grab a buddy and head for a 1.5 hours LSD in zone 2 - Any cadence	2 FOR 2 Grab a buddy and head for a 2 hours LSD in zone 2 and low zone 3 - Any cadence	
		1 HR	1 HR		1.5 HRS	2 HRS	

WEEK 2		10.5 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
REST Who needs an excuse to sleep in on a Monday?	1hr SPIN 1 Hour LSD - zone 2 - Any cadence	INTERVALS Warm up 30 min zone 2 and 3 3 x 8 mins zone 4 with 8 mins rest in zone 2 Warm down 20 min zone 2	1hr SPIN 1 Hour LSD - zone 2 - Any cadence	STRETCH Spend a few minutes getting loose and limber	CLIMBS Warm up 90 min zone 2 + 3 3 x 10 mins zone 4 with 10 mins rest in zone 2 between each Warm down 90 mins zone 2	ROLLOVERS 3 hour Road ride All hills in Zone 4 Last 300m of each hill must be in hardest gear and at a sprint Ride zone 2 between hills	
	1 HR	1.5 HRS	1 HR		4 HRS	3 HRS	

WEEK 3		10 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
REST Catch a few extra ZZZZs You need it after yesterday	LOW&SLOW 1.5 Hours LSD in zone 2 with a buddy	INTERVALS Warm up 30 min zone 2 and 3 3 x 8 mins zone 4 with 8 mins rest in zone 2 Warm down 20 min zone 2	FASTED FUN No breakfast. Strong cup of coffee - no sugar. 1.5 hrs in zone 2 only - drink lots of water! Refuel with a fruit and a low carb high protein meal. High protein, low carbs rest of the day	STRETCH Spend a few minutes getting loose and limber	TEMPO Warm up 70 min zone 2 and 3 2 x 20 mins in high zone 3 + 4, 10 mins recovery between intervals. Warm down 60 min zone 2	2 FOR 2.5 Grab a buddy and go for 2.5 hours LSD in zone 2 - Any cadence	
	1.5 HRS	1.5 HRS	1.5 HRS		3 HRS	2.5 HRS	

WEEK 4		9 HRS					
MON	TUE	WED	THU	FRI	SAT	SUN	
REST	SPRINTS Bring buddy - 20 min warmup. 5 x 15 second max effort sprints on FLAT terrain (1 effort every 10 min) Get leg speed to max - hold for 15 seconds. Warm down for 20 minutes	INTERVALS Warm up 15 min zone 2 + 3 2 x 10 mins high zone 4, 10 mins rest between in zone 2. Warm down 15 mins in zone 2. Bring a friend.	EASY 90 1.5 Hours LSD - zone 2 - Keep cadence > 90 throughout	WINE TIME A glass of wine is in order	TOTALS Warm up 70 mins zone 2 + 3. 2 x 20 mins in high zone 3 + low zone 4. 1 min zone 5 effort from 4-5 mins, 9-10 mins, 14-15 mins & 19-20 mins. Rest 10 mins in zone 2 between sets. 60 min warm down at high cadence (90-115)	FASTED FUN No breakfast. Strong cup of coffee - no sugar. 1.5 hrs in zone 2 only - drink lots of water! Refuel with a fruit and a low carb high protein meal. High protein, low carbs rest of the day	
	1.5 HRS	1 HR	1.5 HRS		3 HRS	2 HRS	