

TRAINING BLOCK ONE

	MON	TUES	WED	THUR	FRI	SAT	SUN
26/08-01/09	Easy spin @ 50-55% of FTP	4X3:00 @ 60-70% of FTP with 4:00 @ 50% in between	Easy spin @ 50-55% of FTP	6X2:00 @ 65-75% 1) 80rpm 2) 85rpm 3) 90rpm Repeat 4-6 With 4:00 @ 50% in between	Rest and stretch	2:00 outdoors. Nice and easy in light gears and a comfortable cadence @ 50-60% of FTP or 60-65% of MAX HR	Rest and stretch
02/09-08/09	Easy spin @ 50-55% of FTP	4X4:00 @ 60-70% with 4:00 @ 50%	Easy spin @ 50-55% of FTP	6X2:00 @ 65-75% 1) 80rpm 2) 75rpm 3) 70rpm Repeat 4-6 With 4:00 @ 50% in between	Rest and stretch	2:30 outdoors. Nice and easy in light gears and a comfortable cadence @ 50-60% of FTP or 60-65% of MAX HR	Rest and stretch
09/09-15/09	Easy spin @ 50-55% of FTP	4X5:00 @ 60-70% with 4:00 @ 50%	Easy spin @ 50-55% of FTP	6X2:00 @ 65-75% 1) 85rpm 2) 90rpm 3) 95rpm Repeat 4-6 With 4:00 @ 50% in between	Rest and stretch	2:45 outdoors. Nice and easy in light gears and a comfortable cadence @ 50-60% of FTP or 60-65% of MAX HR	Rest and stretch
16/09-22/09	Easy spin @ 50-55% of FTP	4X6:00 @ 60-70% with 4:00 @ 50%	Easy spin @ 50-55% of FTP	6X2:00 @ 65-75% 1) 75rpm 2) 70rpm 3) 65rpm Repeat 4-6 With 4:00 @ 50% in between	Rest and stretch	2:00 outdoors. Nice and easy in light gears and a comfortable cadence @ 50-60% of FTP or 60-65% of MAX HR	Rest and stretch

TRAINING BLOCK TWO

	MON	TUES	WED	THUR	FRI	SAT	SUN
23/09-29/09	Easy spin @ 50-55% of FTP	2X10:00 alternate 2:00 @ 80-85% / 2:00 @ 70-75% With 10:00 @ 50% in between each 10:00 harder period	4X5:00 @ 60-70% with 4:00 @ 50%	6 X 2:00 @ 90-100% alternate Odd @ 90-95rpm Even @ 65-70rpm With 4:00 @ 50% in between	Rest and stretch	2:30 hilly but staying aerobic and focusing on the muscular effort on the climbs	2:00 mostly @ 55-65% but with 2 X 5:00 effort in the last half @ 90-100% of FTP with 5:00 @ 50% in between
30/09-06/10	Easy spin @ 50-55% of FTP	2X10:00 alternate 2:00 @ 85-90% / 2:00 @ 75-80% With 10:00 @ 50% in between each 10:00 harder period	4X5:00 @ 60-70% with 3:00 @ 50%	6 X 2:00 @ 65-75% 1) 80rpm 2) 75rpm 3) 70rpm Repeat 4-6 With 4:00 @ 50% in between	Rest and stretch	2:45 hilly but staying aerobic and focusing on the muscular effort on the climbs	2:00 mostly @ 55-65% but with 1 X 10:00 effort in the last quarter @ 90-100% of FTP
07/10-13/10	Easy spin @ 50-55% of FTP	2X16:00 alternate 2:00 @ 80-85% / 2:00 @ 70-75% With 10:00 @ 50% in between each 10:00 harder period	4X5:00 @ 60-70% with 2:00 @ 50%	6 X 2:00 @ 65-75% 1) 85rpm 2) 90rpm 3) 95rpm Repeat 4-6 With 4:00 @ 50% in between	Rest and stretch	3:00 hilly but staying aerobic and focusing on the muscular effort on the climbs	2:30 mostly @ 55-65% but with 2 X 10:00 effort in the last half @ 90-100% of FTP with 5:00 @ 50% in between
14/10-20/10	Easy spin @ 50-55% of FTP	2X16:00 alternate 2:00 @ 85-90% / 2:00 @ 75-80% With 10:00 @ 50% in between each 10:00 harder period	4X5:00 @ 60-70% with 1:00 @ 50%	6 X 2:00 @ 65-75% 1) 75rpm 2) 70rpm 3) 65rpm Repeat 4-6 With 4:00 @ 50% in between	Rest and stretch	3:30 hilly but staying aerobic and focusing on the muscular effort on the climbs	2:30 mostly @ 55-65% but with 1 X 20:00 effort in the last quarter @ 90-100% of FTP

TRAINING BLOCK THREE

	MON	TUES	WED	THUR	FRI	SAT	SUN
21/10-27/10	Easy spin @ 50-55% of FTP	5:00; 4:00; 3:00; 2:00; 1:00 @ 100% of FTP with 3:00 @ 50%	Easy spin @ 50-55% of FTP	3 X 8 X (8 X :20 MAX / :10 easy) Have 10:00 @ 50% between the 3 sets	Rest and stretch	3:00 group ride or small race.	2:30 mostly @ 55-65% but with 2 X 15:00 effort in the last half @ 90-100% of FTP with 10:00 @ 50% in between
28/10-03/10	Easy spin @ 50-55% of FTP	1:00; 2:00; 3:00; 4:00; 5:00 @ 100% of FTP with 3:00 @ 50%	Easy spin @ 50-55% of FTP	3X4:00 @ average power of the best set of 8X:20/:10 from last week. Have 10:00 @ 50% between each 4:00	Rest and stretch	3:00 group ride or small race.	3:00 mostly @ 55-65% but with 1 X 30:00 effort in the last quarter @ 90-100% of FTP or just full gas!
04/11-10/11	Easy spin @ 50-55% of FTP	1:00; 2:00; 3:00; 4:00; 3:00; 2:00; 1:00 @ 100% of FTP with 3:00 @ 50%	Easy spin @ 50-55% of FTP	4 X 8 X (8 X :20 MAX / :10 easy) Have 10:00 @ 50% between the 4 sets	Rest and stretch	3:00 group ride or small race.	Easy spin @ 50-55% of FTP
11/11-17/10	Rest and stretch	Easy spin @ 50-55% of FTP	4X4:00 @ average power of the best set of 8X:20/:10 from last week. Have 10:00 @ 50% between each 4:00	Easy spin @ 50-55% of FTP	Rest and stretch	Easy spin with 5X:30 moderate intervals with 1:00 easy spinning in between	RACE - 947