

| | Week | | | | | | | |
|------------------|---|--|--|--|--|--|---|---|
| Day | 1: Aug 16 to Aug 22 | 2: Aug 23 to Aug 29 | 3: Aug 30 to Sept 5 | 4: Recovery week Sept 6 to Sept 12 | 5: Sept 13 to Sept 19 | 6: Sept 20 to Sept 26 | 7: Sept 27 to Oct 3 | 8: Oct 4 to Oct 10 |
| Monday | Rest | Rest | Rest | Rest | Rest | Rest | Rest | Rest |
| Tuesday | 1 hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 hour 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 Hour - Zone 2 only - Try to keep cadence high throughout (>90 RPM) | 1 hour 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 hour 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 Hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 Hour - Zone 2 only - Try to keep cadence high throughout (>90 RPM) |
| Wednesday | Strength: Session 1 (see video) | Strength: Session 2 (see video) | Strength: Session 1 (see video) | Rest | Strength: Session 4 (see video) | Strength: Session 2 (see video) | Strength: Session 4 (see video) | Strength: Session 1 (see video) |
| Thursday | Warm up for 20 min in zone 2 and 3. Follow with 2 x 10 minutes of seated climbing on a moderate gradient. Keep the cadence low (50-65) and use a low gear to keep the intensity below the mid zone 3 range. If you struggle to sit for the entire climb then stand for 50 meters and then sit again. Rest for 5min in zone 2 between each climbing effort. Recover for 20min in zone 2 to finish. | Warm up for 20 min in zone 2 and 3. Follow with 5 x 3 minutes in a high gear and at a low cadence (45-50 RPM). Rest for 4 min in zone 2 between each hard effort. Cool down for 20 min in zone 2 | Warm up for 20 min in zone 2 and 3. Follow with 3 x 8 minutes of seated climbing on a moderate gradient. Keep the cadence low (50-65) and use a low gear to keep the intensity below the mid zone 3 range. If you struggle to sit for the entire climb then stand for 50 meters and then sit again. Rest for 4min in zone 2 between each climbing effort. Recover for 20min in zone 2 to finish. | 1 Hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | Warm up for 20 min in zone 2 and 3. Follow with 6 x 3 minutes in a high gear and at a low cadence (45-50 RPM). Rest for 4 min in zone 2 between each hard effort. Cool down for 20 min in zone 2 | Warm up for 20 min in zone 2 and 3. Follow with 3 x 8 minutes of seated climbing on a moderate gradient. Keep the cadence low (50-65) and use a low gear to keep the intensity below the mid zone 3 range. If you struggle to sit for the entire climb then stand for 50 meters and then sit again. Rest for 4min in zone 2 between each climbing effort. Recover for 20min in zone 2 to finish. | 1 Hour 30min in zone 2 and 3 with 8 x 2 minute accelerations to bring your up to zone 4 for the last 30 seconds of each acceleration. Use a relatively hard gear and low cadence (70-80). Rest for 3 min between each acceleration. | 1 Hour 15min in zone 2 and 3 with 5 x 2 minute accelerations to bring your up to zone 4 for the last 30 seconds of each acceleration. Use a relatively hard gear and low cadence (70-80). Rest for 4 min between each acceleration. |
| Friday | Rest | Strength: Session 3 (see video) | Strength: Session 2 (see video) | Strength: Session 3 (see video) | Strength: Session 1 (see video) | Strength: Session 3 (see video) | Strength: Session 2 (see video) | Rest |
| Saturday | 1 hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 hour 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 hour 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 hour 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 2 hours - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 1 Hour - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 45min zone 2 and 3 with 5 x 30sec acceleration to bring up, (Use relatively hard gear and lowish cadence (70-80). Rest 2 min between each acceleration. |
| Sunday | 2h30 in Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 3 Hours in Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) | 3 Hours road ride with all hills in zone 4 with rollovers (do last 300 metres of each climb in hardest gear you can turn over and sprint as hard as you can - zone 5). Ride zone 3 between hills. | 2 Hours 30min in Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)(FLAT COURSE) | 3 Hours 30min in Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) (HILLY COURSE) | 3 Hours 30min Road ride with all hills in zone 4 with rollovers (do last 300 metres of each climb in hardest gear you can turn over and sprint as hard as you can - zone 5). Ride zone 3 between hills. | 2 Hours 30min in Zone 3 - Try to keep cadence high throughout (>90 RPM) (HILLY COURSE) | CTCT |