

	Week							
Day	1	2	3	4: Recovery week	5	6	7	8
Monday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Tuesday	Session 1: 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 4 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. Session 2: Strength session 2 (see video)	Session 1: 1 hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) Session 2: Strength session 1 (see video)	1 Hour 15min - Zone 2 only - Try to keep cadence high throughout (>90 RPM)	Session 1: 1 hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) Session 2: Strength session 4 (see video)	Warm up 30min zone 2 and 3: Followed by 8 x 2 min maximum intensity with 90 second recovery between repeats - zone 2 / warm down 30 min zone 2. Session 2: Strength session 2 (see video)	1 Hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) Session 2: Strength session 4 (see video)	1 Hour 15min - Zone 2 only - Try to keep cadence high throughout (>90 RPM)
Wednesday	Warm up for 20 min in zone 2 and 3. Follow with 6 x 4 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	1 hour 15min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	Warm up 30min zone 2 and 3: Followed by 8 x 2 min maximum intensity with 90 second recovery between repeats - zone 2 / warm down 30 min zone 2.	1 hour 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	Warm up 30 min zone 2 and 3: Followed by 8 x 4 minutes zone 5 with 2.5 minutes rest between repeats. Warm down 30 minutes zone 2.	1 Hour - Zone 2 only - Try to keep cadence high throughout (>90 RPM)	Warm up 45 min zone 2 and 3: Perform 30 second maximal sprint followed immediately by 10min in zone 4 HR or PO. At the end of the 10min period perform another 30-sec max sprint. Rest for 10min zone 2 then repeat on more time. Warm down 30min zone 2.	Strength session 1 (see video)
Thursday	1 hour 30min - 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 4 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	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)	Warm up 30 min zone 2 and 3: Followed by 8 x 4 minutes zone 5 with 2.5 minutes rest between repeats. Warm down 30 minutes zone 2.	1 Hour 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	1 Hour 30min 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	Strength session 1 (see video)	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 30min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	2 hour - 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 30min - 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 - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	3 Hours 30min in Zone 3 - Try to keep cadence high throughout (>90 RPM) (HILLY COURSE)	1 Hour 15min 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	3 Hours in Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	3 Hours 30min 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)	2 Hours 30min in Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	4 Hours in Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM) (HILLY COURSE)	1 Hours 15min in Zone 2-3 - Try to keep cadence high throughout (>90 RPM) (FLAT COURSE)	CTCT