

	Week							
Day	1	2	3	4: Recovery Week	5	6	7	8
Monday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Option 1 - Tues/Wed	45min - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	45min - 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)	1 Hour - 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)	1 Hour - Zone 2 only - 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 - Try to keep cadence high throughout (>90 RPM)
Option 1 - Tues/Wed	Rest	Strength: Session 2 (see video)	Strength: Session 2 (see video)	Rest	Strength: Session 3 (see video)	Strength: Session 4 (see video)	Strength: Session 4 (see video)	Strength: Session 1 (see video)
Option 2 - Thurs/Fri	1 Hour - Zone 2 and 3 - Self selected cadence	1 Hour - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	Warm up for 20 min in zone 2 and 3. Follow with 2 x 6 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 to high zone 3 range. If you struggle to sit for the entire climb then stand for 50 meters and then sit again. Rest for 4-6min 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 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 to high zone 3 range. If you struggle to sit for the entire climb then stand for 50 meters and then sit again. Rest for 5-6min 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 6 x 2 minutes in a high gear and at a low cadence (45-50 RPM). The intensity will be high Zone 3, possibly even into Zone 4 during these 2 min blocks. Rest for 4 min in zone 2 between each hard effort. Cool down for 20 min in zone 2	1 Hour - Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	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	1 Hour in zone 2 and 3 with 4 x 2 minute accelerations to bring your heart rate 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.
Option 2 - Thurs/Fri	Strength: Session 1 (see video)	Strength: Session 1 (see video)	Strength: Session 1 (see video)	Strength: Session 2 (see video)	Rest	Strength: Session 3 (see video)	Strength: Session 3 (see video)	Rest
Weekend option 1	Rest	Rest	Rest	Rest	Rest	45min - 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 heart rate up, (Use relatively hard gear and lowish cadence (70-80). Rest 2 min between each acceleration.
Weekend option 2	1.5 Hours in Zone 2 and 3 - Try to keep cadence high throughout (>90 RPM)	2 Hours 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)	2.5 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 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)	CTCT