

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
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