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Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1 Bike 7:00	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1
		Bike 1:00	Bike 1:30	Bike 1:15			Bike 1:15
	Day Off	Small Gear	Dist Power	Tempo	Day Off	Bike 2:00	Tempo
	Day Off	Sprints	Goal Volume	Bike	Day Off	Endurance	Bike
	Complete day off from training : not a day off from being an athlete. Make sure to eat well and stay hydrated all day. Set aside 5-10min at some point in the day to do some light stretching and self massage. <i>Option : If you raced on Sunday, a nice 30min spin today might speed recovery. At least 5-10min of light stretching</i>	WU: 15+min with 3-4min of tempo in the last few minutes to loosen up. The work is : 6 x 10-12sec all out Sprints in the 39x17 or 15 Seated small gear, RPM based Sprints. Done from a "walking pace" of ~8-10mph. Start in ~39x17 or 39x15 EXPLOSIVE and quick, no longer than 10sec. Full recovery, 2-3min as needed. Goal is to stay within 10% of peak watts. CD: as needed	: 1:00 to 2:00 easy Z1-Z2 endurance pace today : nice and comfortable. Pace guidelines : most of the ride should be easy, endurance type riding. Target HR/PE is Zone 2 for an average. With shorter segments of Z3+ on longer/steeper climbs. Cadence should be comfortable near your self selected range for all but the steepest climbs. Start the nutrition early : target 200+ calories per hour in the form of liquid and/or solids. If a work set is	Total workout duration: 1:00 to 1:45 WU: 20-30min easy : enough to get on some clear roads for some steady state efforts. Work set: 1 x 20min @ low to mid Zone 3. This is a paced effort : HR will be 80-90% of LTHR and 70-80% of Max HR. Cadence is 90+ throughout the work set. CD: spin home 20-45min easy. Z1-Z2. replenish and rehydrate	Complete day off from training : not a day off from being an athlete. Make sure to eat well and stay hydrated all day. Set aside 5-10min at some point in the day to do some light stretching and self massage. <i>At least 5-10min of light stretching otherwise</i>	Your basic endurance ride. Pacing is near Z2 to low Z3 in most terrain. HR/PE might touch Z4 on hills. Watch for major power spikes. Cadence is self selected. A good time to work out for longer events: goal should be 200-300cal per hour. Sat is a "flex" day for these first 4 weeks : you have the option to ride the road, mtb	Total workout duration: 1:00 to 1:45 WU: 20-30min easy : enough to get on some clear roads for some steady state efforts. Work set: 1 x 20min @ low to mid Zone 3. This is a paced effort : HR will be 80-90% of LTHR and 70-80% of Max HR. Cadence is 90+ throughout the work set. CD: spin home 20-45min easy. Z1-Z2. replenish and rehydrate

	<i>otherwise</i>		prescribed, it is best to do these later in the workout, when a bit of "pre-fatigue" is in the legs. This helps to keep the pace honest and also teaches you to go harder when most people will fade.	asap Goal: steady state aerobic pace <i>Could also be the BCS Group Ride</i>		or cross bike : could be a group ride or solo endurance day. Volume should be 1:30 to 3:00 based on fitness level and years of training. Make sure you are well recovered for the Sunday session.	asap Goal: steady state aerobic pace <i>This should be done on the cross bike : mix up the efforts a bit : shoot for 20-30min of "work" just below cross race pace : focus on skills at race speed.</i>
Week 2	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1
Bike 7:00		Bike 1:15	Bike 1:30	Bike 1:15		Bike 2:00	Bike 1:25
	Day Off	Small Gear Sprints	Dist Power	Tempo Bike	Day Off	Endurance	Tempo Bike
	Day Off	WU: 15+min with 3-4min of tempo in the last few minutes to loosen up. The work is : 10 x 10-12sec all out Sprints in the 39x17 or 15 Seated small gear, RPM based Sprints. Done from a "walking pace" of ~8-	: 1:00 to 2:00 easy Z1-Z2 endurance pace today : nice and comfortable. Pace guidelines : most of the ride should be easy, endurance type riding. Target HR/PE is Zone 2 for an average. With shorter	Total workout duration: 1:00 to 1:45 WU: 20-30min easy : enough to get on some clear roads for some steady state efforts. Work set: 2 x 15min @ low to	Complete day off from training : not a day off from being an athlete. Make sure to eat well and stay hydrated all day. Set aside 5-10min at some point in	Your basic endurance ride. Pacing is near Z2 to low Z3 in most terrain. HR/PE might touch Z4 on hills. Watch for major power spikes. Cadence	Total workout duration: 1:00 to 1:45 WU: 20-30min easy : enough to get on some clear roads for some steady state efforts. Work set: 2 x 20min @ low to

<p>the day to do some light stretching and self massage. <i>Option : If you raced on Sunday, a nice 30min spin today might speed recovery. At least 5-10min of light stretching otherwise</i></p>	<p>10mph. Start in ~39x17 or 39x15 EXPLOSIVE and quick, no longer than 10sec. Full recovery, 2-3min as needed. Goal is to stay within 10% of peak watts. CD: as needed</p>	<p>segments of Z3+ on longer/steeper climbs. Cadence should be comfortable near your self selected range for all but the steepest climbs. Start the nutrition early : target 200+ calories per hour in the form of liquid and/or solids. If a work set is prescribed, it is best to do these later in the workout, when a bit of "pre-fatigue" is in the legs. This helps to keep the pace honest and also teaches you to go harder when most people will fade.</p>	<p>mid Zone 3. 5min easy recovery between each. This is a paced effort : HR will be 80-90% of LTHR and 70-80% of Max HR. Cadence is 90+ throughout the work set. CD: spin home 20-45min easy. Z1-Z2. replenish and rehydrate asap Goal: steady state aerobic pace <i>Could also be the BCS Group Ride</i></p>	<p>the day to do some light stretching and self massage. <i>At least 5-10min of light stretching otherwise</i></p>	<p>is self selected. A good time to work out nutrition for longer events: goal should be 200-300cal per hour. Sat is a "flex" day for these first 4 weeks : you have the option to ride the road, mtb or cross bike : could be a group ride or solo endurance day. Volume should be 1:30 to 3:00 based on fitness level and years of training. Make sure you are well recovered for the Sunday session.</p>	<p>mid Zone 3. This is a semi-paced effort : HR will be 80-90% of LTHR and 70-80% of Max HR. Cadence is 90+ throughout the work set. CD: spin home 20-45min easy. Z1-Z2. replenish and rehydrate asap Goal: steady state aerobic pace <i>This should be done on the cross bike : mix up the efforts a bit : shoot for 40-45min of "work" just below cross race pace : focus on skills at race speed.</i></p>
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