

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE with 3 X 5' seated hill climb (T4) with 10' recovery in between Can be done on ergo	90' RIDE (T2) with 6 X (2' @ T3 / 4' @ T2) Can be done on ergo	120' LONG EASY RIDE (Maximize time in T2)	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	GROUP RIDE OR CLUB RACE Target 120' in total and 15-20' in T4 total (2-3 efforts)	180' LONG EASY RIDE (Maximize time in T2)
2	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE with 4 X 5' seated hill climb (T4) with 8' recovery in between Can be done on ergo	90' RIDE (T2) with 7 X (3' @ T3 / 3' @ T2) Can be done on ergo	180' LONG EASY RIDE (Maximize time in T2)	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	GROUP RIDE OR CLUB RACE Target 120' in total and 20-25' in T4 total (2-3 efforts)	240' LONG EASY RIDE (Maximize time in T2)
3	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE with 5 X 5' seated hill climb (T4) with 6' recovery in between Can be done on ergo	90' RIDE (T2) with 8 X (4' @ T3 / 2' @ T2) Can be done on ergo	180' LONG EASY RIDE (Maximize time in T2)	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	240' LONG EASY RIDE (Maximize time in T2)	300' LONG EASY RIDE (Maximize time in T2)
4	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE with 4 X 1' T6 uphill (every 10'), Alternate standing and seated with cadence <75RPM	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	90' RIDE with 5 X 1' T6 uphill (every 8'), Alternate standing and seated with cadence <75RPM	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	GROUP RIDE OR CLUB RACE Target 180' in total and 25-30' in T4 total (2-3 efforts)	240' LONG EASY RIDE (Maximize time in T2 but add 4-5 hills in the last 2 hours)
5	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE with 6 X 1' T6 uphill (every 7'), Alternate standing and seated with cadence <75RPM	120' LONG EASY RIDE (Maximize time in T2)	90' RIDE (T2) with 7 X (3' @ T4 / 3' @ T2) Can be done on ergo	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	120' RIDE (T2) with 3 X 3' (T5) uphill (6' recovery between), Alternate standing and seated with cadence <75RPM	GROUP RIDE OR CLUB RACE Target 180' in total and 25-30' in T4 total (2-3 efforts)
6	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 3 X 3' (T5) uphill (6' recovery between), Alternate standing and seated with cadence <75RPM	180' LONG EASY RIDE (Maximize time in T2)	90' RIDE (T2) with 40' TEMPO (T3) Can be done on ergo	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	GROUP RIDE OR CLUB RACE Target 180' in total and 25-30' in T4 total (2-3 efforts)	300' LONG EASY RIDE (Maximize time in T2 but add 4-5 hills in the last 2 hours)
7	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 4 X 3' (T5) uphill (6' recovery between), Alternate standing and seated with cadence <75RPM	120' LONG EASY RIDE (Maximize time in T2)	90' RIDE (T2) with 50' TEMPO (T3) Can be done on ergo	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	120' RIDE (T2) with 3 X 3' (T5) uphill (6' recovery between), Alternate standing and seated with cadence <75RPM	120' LONG EASY RIDE (Maximize time in T2)
8	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	60' RIDE (T2) with 1 X 3' (T5) uphill, standing No cadence restriction	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	60' RIDE (T2) with 1 X 5' seated hill climb (T4) Can be done on ergo	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches		