

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 (T2) with 3 X (3' @ T4 / 3' @ T2) Can be done on ergo	90' RIDE (T2) with 3 X 10' (T3) Cadence >100 RPM 5' (T2) between efforts 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	TARGET 240' TRAINING for the whole weekend, split as you like between Saturday and Sunday (Maximize time in T2/Group Rides ideal)	
2	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 4 X (3' @ T4 / 3' @ T2) Can be done on ergo	90' RIDE (T2) with 3 X 15' (T3) Cadence >100 RPM 5' (T2) between efforts 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	TARGET 300' TRAINING for the whole weekend, split as you like between Saturday and Sunday (Maximize time in T2/Group Rides ideal)	
3	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 4 X (3' @ T4 / 3' @ T2) Can be done on ergo	90' RIDE (T2) with 4 X 15' (T3) Cadence >100 RPM 5' (T2) between efforts 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	TARGET 360' TRAINING for the whole weekend, split as you like between Saturday and Sunday (Maximize time in T2/Group Rides ideal)	
4	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 2 X 3' TIME TRIAL (T5), 6' recovery in between Alternate cadence: <75 RPM (even rep #), >100 RPM (odd rep #)	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 2 X (5' headwind (T4 @75RPM cadence) then 4' tailwind (T3 >100 RPM))	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches	120' RIDE (T2) with 2 X progressive headwind effort (3' T2, then 3' T3, then 3' T4) on big gear / slow cadence (<75RPM). 5' easy in between	120-180' LONG EASY RIDE (Maximize time in T2/Group Ride ideal)
5	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 3 X 3' TIME TRIAL (T5), 6' recovery in between Alternate cadence: <75 RPM (even rep #), >100 RPM (odd rep #)	120' LONG EASY RIDE (Maximize time in T2)	90' RIDE (T2) with 3 X (5' headwind (T4 @75RPM cadence) then 4' tailwind (T3 >100 RPM))	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 progressive headwind effort (3' T2, then 3' T3, then 3' T4) on big gear / slow cadence (<75RPM). 5' easy in between	120-180' LONG EASY RIDE (Maximize time in T2/Group Ride ideal)
6	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 4 X 3' TIME TRIAL (T5), 6' recovery in between Alternate cadence: <75 RPM (even rep #), >100 RPM (odd rep #)	180' LONG EASY RIDE (Maximize time in T2)	90' RIDE (T2) with 4 X (5' headwind (T4 @75RPM cadence) then 4' tailwind (T3 >100 RPM))	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 progressive headwind effort (3' T2, then 3' T3, then 3' T4) on big gear / slow cadence (<75RPM). 5' easy in between	180-240' LONG EASY RIDE (Maximize time in T2/Group Ride ideal)
7	60' RECOVERY RIDE No need for warm up or cool down but include post ride stretches	90' RIDE (T2) with 4 X 3' TIME TRIAL (T5), 6' recovery in between Alternate cadence: <75 RPM (even rep #), >100 RPM (odd rep #)	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	TARGET 240' TRAINING for the whole weekend, split as you like between Saturday and Sunday (Maximize time in T2/Group Rides ideal)	
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) 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' headwind (T4 @75RPM cadence) then 4' tailwind (T3 >100RPM))	60' RECOVERY RIDE or DAY OFF No need for warm up or cool down but include post ride stretches		