

How to Use This Guide

This program is designed to work within the time constraints of your daily life. It should allow you to train efficiently—without being on your bike full-time. Follow the weekly schedule and consult the Workout Details where interval workouts are mentioned (in bold). In the Workout Details, the level of exertion is color-coded to indicate intensity. For example, wherever you see green, you should be at your Lactate Threshold. If you don't know your percent of threshold power or heartrate, use the **Rate of Perceived Exertion (RPE) Ratings chart**.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	1 HR WITH 2X 15-MIN TEMPO INTERVALS	1 HR ENDURANCE RIDE	STRENGTH TRAINING + CORE	1 HR RECOVERY RIDE	2 HR HILLY GROUP RIDE (TEMPO PACE ON HILLS)	REST	3 HR GROUP RIDE
Week 2	1 HR WITH 2X 20-MIN TEMPO INTERVALS	1 HR ENDURANCE RIDE	STRENGTH TRAINING + CORE	1 HR RECOVERY RIDE	3 HR HILLY GROUP RIDE (TEMPO PACE ON HILLS)	REST	4 HR GROUP RIDE AT ENDURANCE PACE
Week 3	1 HR WITH 3X 8-MIN THRESHOLD INTERVALS	90 MIN ENDURANCE RIDE	STRENGTH TRAINING + CORE	REST	3 HR HILLY GROUP RIDE (THRESHOLD PACE ON HILLS)	REST	2 HR GROUP RIDE AT ENDURANCE PACE
Week 4	1 HR WITH 5X 3-MIN VO2MAX INTERVALS	90 MIN ENDURANCE RIDE	STRENGTH TRAINING + CORE	1 HR RECOVERY RIDE	3 HR HILLY GROUP RIDE (PACEPRO INTERVAL ON HILLS)	REST	4 HR GROUP RIDE AT ENDURANCE PACE
Week 5	1 HR WITH 5X 4-MIN VO2MAX INTERVALS	90 MIN ENDURANCE RIDE	STRENGTH TRAINING + CORE	1 HR RECOVERY RIDE	3 HR HILLY GROUP RIDE (PACEPRO INTERVAL ON HILLS)	REST	5 HR GROUP RIDE AT ENDURANCE PACE
Week 6	1 HR WITH 5X 5-MIN VO2MAX INTERVALS	1 HR ENDURANCE RIDE	STRENGTH TRAINING + CORE	REST	3 HR HILLY GROUP RIDE (PACEPRO INTERVAL ON HILLS)	REST	2 HR GROUP RIDE AT ENDURANCE PACE
Week 7	1 HR WITH 8X 30-SEC LACTATE BURNERS	90 MIN ENDURANCE RIDE	PLYO + CORE	90 MIN RECOVERY RIDE	3 HR HILLY GROUP RIDE (UNDEROVER INTERVAL ON HILLS)	REST	4 HR GROUP RIDE AT ENDURANCE PACE
Week 8	1 HR WITH 7X 45-SEC LACTATE BURNERS	90 MIN ENDURANCE RIDE	PLYO + CORE	90 MIN RECOVERY RIDE	4 HR HILLY GROUP RIDE (UNDEROVER INTERVAL ON HILLS)	REST	5 HR GROUP RIDE AT ENDURANCE PACE
Week 9	1 HR WITH 6X 60-SEC LACTATE BURNERS	90 MIN ENDURANCE RIDE	PLYO + CORE	REST	3 HR HILLY GROUP RIDE (UNDEROVER INTERVAL ON HILLS)	REST	4 HR GROUP RIDE AT ENDURANCE PACE
Week 10	90-MIN WITH 1X PYRAMID INTERVAL	1 HR ENDURANCE RIDE	1 HR TEMPO INTERVALS + CITY LIMITS SPRINTS	REST	2 HR FUN GROUP RIDE (RACE UP HILLS + CITY LIMITS SPRINTS)	REST	2 HR GROUP RIDE AT ENDURANCE PACE
Week 11	90-MIN WITH 1X PYRAMID INTERVAL	1 HR ENDURANCE RIDE	1 HR TEMPO INTERVALS + CITY LIMITS SPRINTS	TRAVEL TO TOUR	TRAVEL TO TOUR	REST	START YOUR TOUR!



Name / Purpose	% of Threshold Power	% of Theshold Heartrate	Rate of Percieved Exertion (RPE)	Fast Group Tour Averages
Active Recovery	<55%	<68%	<2	 90-120 km per day
Endurance	56-75%	69-83%	2-3	
Tempo	76-90%	84-94%	3-4	 825 – 2000 meters Daily Elevation
Lactate Threshold	91-105%	95-105%	4-5	
VO2Max	106-120%	>105%	6-7	
Anaerobic Capacity	121-150%	Max effort	8-9	
Neuromuscular Power	Max effort	Max effort	10	

Rate of Perceived Exertion (RPE) Ratings

1	Little to no exertion. Essentially at rest.	6	Hard exertion. You're breathing hard, but can still take small gulps of air and water. You can only say a few words at a time.
2	Fairly light exertion. How you feel when you're warming up, cooling down, or stretching. You can converse with no effort.	7	Hard to intense exertion. Breathing is labored and you begin to feel like you can't sustain the intensity.
3	Light exertion. Moving your body in slow, easy ways—like strolling before a run. You can converse with almost no effort.	8	Very hard exertion. Breathing is labored to your limit, and you can't say more than a few words without gasping for air.
4	Moderately easy exertion. Breathing and heart rate are slightly elevated, your body begins to feel warm, and you may start working up a sweat. You can still maintain a conversation without much effort.	9	Extreme exertion. Your lungs feel taxed, and the intensity is not sustainable for more than a minute—if you push any more, you're at your absolute maximum. Conversing is impossible.
5	Moderately hard exertion. Breathing is harder, your heart is pumping faster, and you're warm. You can converse with some effort.	10	Maximum exertion. You've pushed to your limit, and it's not sustainable for more than 10 seconds. Pain is everywhere. Speaking is unthinkable.



11 weeks
Time to Prepare

Workout Details

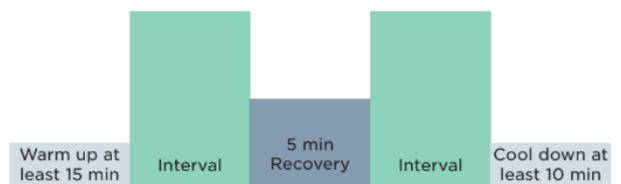
Tempo Interval Workout

Intensity as per below. Durations + repetitions as per training plan.



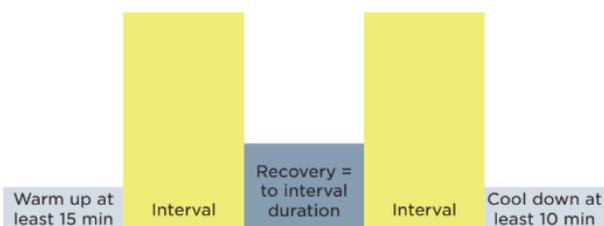
Threshold Interval Workout

Intensity as per below. Durations + repetitions as per training plan.



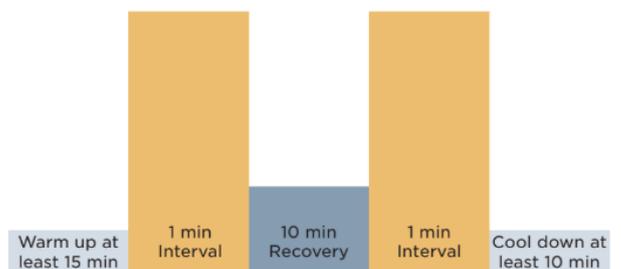
VO2Max Interval Workout

Intensity as per below. Durations + repetitions as per training plan.



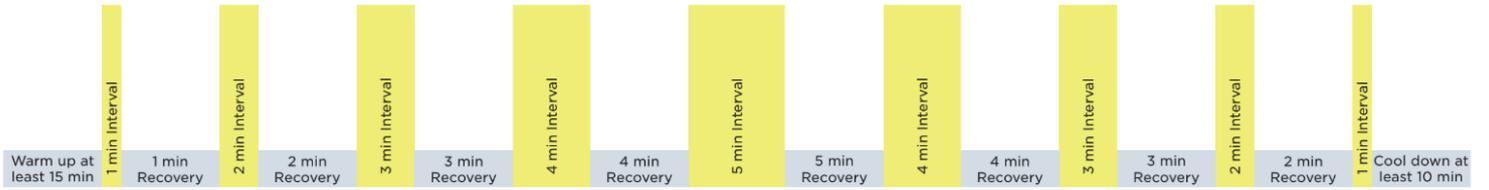
Lactate Burner Workout

Intensity as per below. Durations + repetitions as per training plan.



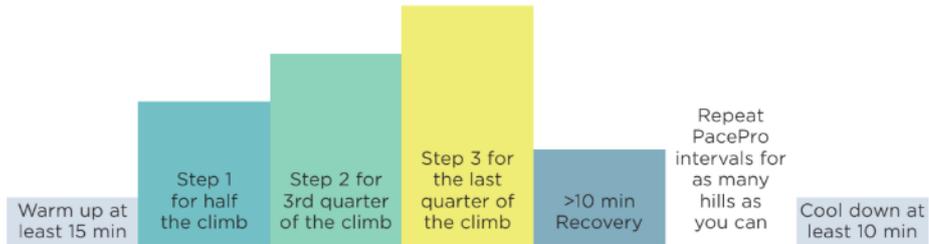
Pyramid Interval Workout

Intensity as per below. Durations + repetitions as per training plan.



PacePro Interval Workouts

Intensity as per below. Durations + repetitions as per training plan.



UnderOver Interval Workouts

Intensity as per below. Durations + repetitions as per training plan.



City Limits Sprints Workouts

Intensity as per below. Durations + repetitions as per training plan.

