

Fitness **FITTER PLAN**

Block 1 Building up the workload

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 YOUR WEEK'S TRAINING GOAL To settle into a predictable, repeatable timetable of rides	60min Z2 at 90-95rpm.	90min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 95rpm. Next do 2 sets of 6 x 1min Z5 at 100rpm with 2min Z1-2 after each and with an extra 5min Z1-2 between sets. Finish with some continuous Z2 at 90-95rpm.	REST DAY 	75min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 95rpm. Next do 3 x 10min alternating 30sec Z5 at 110rpm with 30sec Z1-2 and with an extra 5min Z1-2 after each block.	60min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 90rpm. Next do 20min Z4 and 90-95rpm. Finish with 10min Z1-2 to cool down.	REST DAY 	2hr Z2 at 90-95rpm.
2 YOUR WEEK'S TRAINING GOAL To maintain a solid effort on Wednesday and Saturday — don't dawdle!	REST DAY 	90min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 95rpm. Next do 2 sets of 8 x 1min Z5 at 100rpm with 2min Z1-2 after each and with an extra 5min Z1-2 between sets. Complete the ride with some continuous Z2 at 90-95rpm.	60min Z2 at 90-95rpm.	REST DAY 	75min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 95rpm. Next do 4 x 4min at the top of Z4 with 2min Z1-2 after each. Complete the ride with some continuous Z2 at 90-95rpm.	60min Z2 at 90-95rpm.	2hr Z2 at 90-95rpm.
3 YOUR WEEK'S TRAINING GOAL To increase the number of intervals without losing consistency	REST DAY 	90min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 95rpm. Next do 2 sets of 10 x 1min Z5 at 100rpm with 2min Z1-2 after each and with an extra 5min Z1-2 between sets. Complete the ride with some continuous Z2 at 90-95rpm.	60min Z2 at 90-95rpm.	REST DAY 	75min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 95rpm. Next do 2 x 15min alternating 30sec Z5 at 110rpm with 30sec Z1-2 and with an extra 5min Z1-2 after each block.	60min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 90rpm. Next do 25min Z4 and 90-95rpm. Finish with 5min Z1-2 to cool down.	2hr Z2 at 90-95rpm.
4 YOUR WEEK'S TRAINING GOAL To focus on sleep, healthy eating and avoiding stress	REST DAY 	60min Z2 at 90-95rpm.	75min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 95rpm. Next do 5 x 4min at the top of Z4 with 2min Z1-2 after each. Complete the ride with some continuous Z2 at 90-95rpm.	REST DAY 	90min as 10min Z1-2, then 10min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 95rpm. Next do 2 sets of 6 x 1min Z5 at 100rpm with 2min Z1-2 after each and with an extra 5min Z1-2 between sets. Complete the ride with some continuous Z2 at 90-95rpm.	REST DAY 	Race OR 2hr Z2 at 90-95rpm.

TRY THIS
 The secret to pacing these intervals is to take the recoveries nice and easy. Shift to the small ring and turn the legs over — no more.

TRY THIS
 Treat each effort as a tiny time trial, up and down the same stretch of road. Challenge yourself to cover the same distance each time.

TRY THIS
 Pace today's Z4 block as if you were going to ride 45 minutes flat-out, but only do the first 25. Above all, do not start too hard!

TRY THIS
 The ideal use for this sort of training is some fast racing, 10 and 25-mile time trials, a short crit or road race would be the best test metric.