

Block 2 Pushing the boundaries

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5</p> <p>YOUR WEEK'S TRAINING GOAL To focus on the 'feel' of each effort to improve your pace judgment</p>	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 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 5min 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 10min Z1-2 to cool down. TRY THIS Ideally, use the same route for this ride as in Week Three. Having a performance to compare against should give you extra incentive.	2hr at 90-95rpm as 45min Z2, 60min Z3a, 15min Z2.
<p>6</p> <p>YOUR WEEK'S TRAINING GOAL Maintain an even effort despite changing terrain on Sunday</p>	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 9 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. TRY THIS Tues and Fri simply try to match your times from the last block in these sessions — save chasing those faster efforts for the final block.	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 5 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 at 90-95rpm as 30min Z2, 75min Z3a, 15min Z2.
<p>7</p> <p>YOUR WEEK'S TRAINING GOAL To maintain the best possible performance despite any fatigue</p>	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 30min alternating 30sec Z5 at 110rpm with 30sec Z1-2. Take 5min Z1-2, then complete the ride with some continuous Z2 at 90-95rpm.	60min as 10min Z1-2, then 5min Z2, then 5min build to Z4 followed by 5min Z2 all with a cadence around 90rpm. Next do 30min Z4 and 90-95rpm. Finish with 5min Z1-2 to cool down. TRY THIS Take care not to let things drop away too far after the Z3a block. Z2 will feel rather harder than at the start. If necessary, pick a slightly bigger gear to keep you rolling.	2hr at 90-95rpm as 15min Z2, 90min Z3a, 15min Z2.
<p>8</p> <p>YOUR WEEK'S TRAINING GOAL To ease back so your body can adapt to the recent load</p>	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 6 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 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.	REST DAY	Race OR 2hr Z2 at 90-95rpm. TRY THIS If you're time trialling, consider using the first 30 minutes of Friday's session as a warm-up before your race.