

## ADVANCED CYCLING PROGRAM - WEEK 1

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	REST DAY	OUTDOOR/INDOOR	OUTDOOR/INDOOR	REST DAY	OUTDOOR	OUTDOOR
DURATION			1hr 10mins	1hr 15mins		2hrs 30mins - 3hrs	3hrs
INTENSITY			Med/High	High		Low/Med	Low
SESSION DETAILS	Rest days are the opportunity to replace fluids, think carefully about the food you eat and of course, stay off your feet as much as possible.	In future weeks, there will be the option of a Bonus Session on a Tuesday; cross-training early season and an additional bike session a little later into your preparations. This week however it's important to take an extra rest day.	You have the choice of a further bike session rather than a cross-training activity. If your cross-training activity is gym, swimming, Pilates or yoga you could consider maintaining this activity by doing this on the same day as a bike session - today or elsewhere in the week. Otherwise, complete the bonus bike session. Bonus Session - Indoor / Outdoor Time: 50 mins - 1 hr 10 mins Intensity: Med/high	High Gear / Low Cadence Cadence: Self-selected unless otherwise stated Keep an eye on your heart rate or power during the efforts but primarily be guided by cadence. – Find a hill that will take at least 5 mins to climb at 60-65 rpm. – Select a gear that will put you at a maximum cadence of 60-65 rpm – 2 mins seated 60-65 rpm – 1 mins standing, +5 rpm – 1 mins seated 60-65 rpm – 30 secs standing, +5 rpm – 30 secs seated maintain previous cadence – 5 minutes easy spinning – Repeat X4 – 10 min cool down to an easy gear and comfortably high cadence – Smooth pedal strokes through the whole revolution – Keep your core engaged and back straight at all times	This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.	Endurance ride with climbing and tempo intervals Cadence: 85-95 rpm Session Details: – Choose a rolling route which will provide you with some longer hills and some flatter sections for recovery and solid tempo riding – On the hills, alternate between seated and standing. – Keep average cadence as high as you can – aim for 90 rpm over the course of the ride. – On longer, flat sections, hit these hard with high cadence – 10 mins cool down to an easy gear and comfortably high cadence – Smooth pedal strokes through the whole revolution – Keep leg speed high	Long Steady Distance Warm-up: Ease gradually into the ride Cadence: Self-selected – Try to stay in the lower zones on climbs. Use good gear selection to help. – Shelter behind other riders to help keep HR down. – Eat and drink at regular intervals to keep energy levels up.
FOCUS OF THE SESSION			Develops aerobic endurance and builds power at Threshold. Demands excellent pacing and gear selection.	Develops aerobic endurance, strength and ability to produce power at low cadences.		Develops aerobic endurance and pedalling speed. Challenges climbing technique, particularly core-stability and weight-shift.	Develops aerobic endurance and group riding skills.

## ADVANCED CYCLING PROGRAM - WEEK 2

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	OUTDOOR/INDOOR	REST DAY	OUTDOOR	OUTDOOR
DURATION		1hr - 1hr 30mins	1hr 15mins	55mins		2hrs 30mins - 3hrs	3hrs
INTENSITY			High	Med		Low/High	Low
SESSION DETAILS	<p>That was a hard weekend and it's crucial that you get some rest today.</p> <p>Eat and drink well and stay off your feet when you can. This is a good day for a soak in the bath or a lazy hour in the pool.</p>	<p>Cross training during the winter months can help develop all round fitness and strength. It can also help motivation when the weather is poor.</p> <p>Remember to start all new activities slowly, don't overdo it.</p>	<p>High Gear / Low Cadence Cadence: Self-selected unless otherwise stated</p> <p>Keep an eye on your heart rate or power during the efforts but primarily be guided by cadence.</p> <ul style="list-style-type: none"> <li>- Find a hill that will take at least 5 mins to climb at 60-65 rpm</li> <li>- Select a gear that will put you at a maximum cadence of 60-65 rpm</li> <li>- 2 mins seated 60-65 rpm</li> <li>- 1 mins standing, +5 rpm</li> <li>- 1 mins seated 60-65 rpm</li> <li>- 30 secs standing, +5 rpm</li> <li>- 30 secs seated maintain previous cadence                             <ul style="list-style-type: none"> <li>- 5 mins easy spinning</li> <li>- Repeat X4</li> </ul> </li> <li>- 10 mins cool down to Z1, easy gear and comfortably high cadence                             <ul style="list-style-type: none"> <li>- Smooth pedal strokes through the whole revolution</li> </ul> </li> <li>- Keep your core engaged and back straight at all times</li> </ul>	<p>Leg Speed Cadence: As directed. Specified cadences are targets and you may have to reduce them to maintain form.</p> <p>Indoor Session: Leg Speed</p> <ul style="list-style-type: none"> <li>- Choose an easy gear, small chainring for the whole of the session</li> <li>- Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</li> </ul>	<p>This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>Endurance ride with hard climbing intervals Cadence: 85-95 rpm</p> <p>Session Details:</p> <ul style="list-style-type: none"> <li>- Choose a hilly route which will provide you with both short and longer hills</li> <li>- Keep within HRZ1-3/PZ1-2 except on the climbs                             <ul style="list-style-type: none"> <li>- Work hard, on feel, on the climbs</li> <li>- On the longer hills, alternate between seated and standing.</li> </ul> </li> <li>- On shorter climbs, stand and attack. Use gears to keep this fast and punchy</li> <li>- Keep average cadence high                             <ul style="list-style-type: none"> <li>- aim for 90 rpm over the course of the ride</li> <li>- 10 mins cool down to Z1, easy gear and comfortably high cadence</li> </ul> </li> </ul>	<p>Long Steady Distance Warm-up: Ease gradually into the ride</p> <p>Cadence: Self-selected</p> <ul style="list-style-type: none"> <li>- Try to stay in the lower zones on climbs. Use good gear selection to help.</li> <li>- Shelter behind other riders to help keep HR down.</li> <li>- Eat and drink at regular intervals to keep energy levels up.</li> </ul>
FOCUS OF THE SESSION			Develops aerobic endurance and improves your Threshold; challenges your core stability and pedalling technique.	Develops leg speed and promotes recovery. Challenges core-stability.		Develops aerobic endurance, VO2 max and leg speed. Challenges climbing technique, particularly core-stability and weight-shift.	Develops aerobic endurance and group riding skills.

## ADVANCED CYCLING PROGRAM - WEEK 3

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	OUTDOOR/INDOOR	REST DAY	OUTDOOR	OUTDOOR
DURATION		1hrs - 1hr 30mins	1hr 10mins	1hr		3hrs	3hrs
INTENSITY			High	High		Low/high	Low
SESSION DETAILS	<p>That was a hard weekend and it's crucial that you get some rest today.</p> <p>Eat and drink well and stay off your feet when you can. This is a good day for a soak in the bath or a lazy hour in the pool.</p>	<p>Cross training during the winter months can help develop all round fitness and strength. It can also help motivation when the weather is poor.</p> <p>Remember to start all new activities slowly, don't overdo it.</p>	<p>Seated High Cadence Cadence: 85-90 rpm. It's OK for this to drop during recoveries.</p> <p>Efforts should be at top of your pace</p> <ul style="list-style-type: none"> <li>- A flat or gradually ascending route</li> <li>- 8 mins seated effort</li> <li>- 3 mins recovery - easy pedalling, hydrate and re-focus</li> <li>- Repeat 3 more times</li> <li>- 10 mins cool down to an easy gear and comfortably high cadence</li> </ul>	<p>High Gear / Low Cadence Cadence: Self-selected unless otherwise stated</p> <p>Keep an eye on your heart rate or power during the efforts but primarily be guided by cadence.</p> <ul style="list-style-type: none"> <li>- Find a hill that will take at least 6 mins to climb at 60-65 rpm.</li> <li>- Select a gear that will put you at a maximum cadence of 60-65 rpm</li> <li>- 3 mins seated 60-65 rpm</li> <li>- 1 mins standing, +5 rpm</li> <li>- 1 mins seated 60-65 rpm</li> <li>- 30 secs standing, +5 rpm</li> <li>- 30 secs seated maintain previous cadence</li> <li>- 3 minutes easy spinning</li> <li>- Repeat X4</li> <li>- 10 min cool down to an easy gear and comfortably high cadence</li> <li>- Keep your core engaged and back straight at all times</li> </ul>	<p>This is an important session.</p> <p>Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>Endurance with climbing, tempo and sub-Threshold intervals</p> <p>Cadence: 85-95 rpm</p> <ul style="list-style-type: none"> <li>- Choose a rolling route which will provide you with some longer hills and some flatter sections for recovery and solid, tempo riding</li> <li>- On the hills, alternate between seated and standing</li> <li>- On flatter sections, hit these hard with high cadence and fast tempo</li> <li>- 10 min cool down to an easy gear and comfortably high cadence</li> <li>- Smooth pedal strokes through the whole revolution</li> <li>- Keep leg speed high</li> <li>- Keeping average cadences high</li> </ul>	<p>Long Steady Distance Warm-up: Ease gradually into the ride</p> <p>Cadence: Self-selected</p> <ul style="list-style-type: none"> <li>- Try to stay in the lower zones on climbs. Use good gear selection to help.</li> <li>- Shelter behind other riders to help keep HR down.</li> <li>- Eat and drink at regular intervals to keep energy levels up.</li> </ul>
FOCUS OF THE SESSION			Develops aerobic endurance and improves your Threshold; challenges your core stability and pedalling technique.	Develops aerobic endurance, strength and ability to produce power at low cadences.		Develops aerobic endurance, power at Threshold and pedalling speed. Challenges climbing technique, particularly core-stability and weight-shift.	Develops aerobic endurance and group riding skills.

## ADVANCED CYCLING PROGRAM - WEEK 4

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	REST DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		1hr - 1hr 30mins	55mins			1hr 30mins - 2hrs	2hrs 30 mins - 3hrs
INTENSITY			Med			Low	Low
SESSION DETAILS	<p>Maximise your recovery on your rest days.</p> <p>Listen to your body when deciding whether to do the Bonus Session or not. Remember to do the warm-up (WU) prior to main session content. Ensure you're eating and drinking optimally before, during and after rides.</p>	<p>Cross training during the winter months can help develop all round fitness and strength. It can also help motivation when the weather is poor. Remember to start all new activities slowly, don't overdo it.</p>	<p>Leg Speed Cadence: As directed. Specified cadences are targets and you may have to reduce them to maintain form.</p> <p>Indoor Session: Leg Speed – Choose an easy gear, small chain ring for the whole of the session – Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</p>	<p>If you have been short of time during this training block today or tomorrow would be a good time to check your bike over, give it a clean and get your bike kit washed and clean for the weekend.</p>	<p>This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>Easy and relatively short ride Warm-up: Ease yourself into the ride Cadence: 90-95 rpm Session Details: – Ride with others – Choose a flat route which will allow you to stay largely within a moderate pace – Cool down to an easy gear and comfortably high cadence</p>	<p>Long Steady Distance Warm-up: Ease gradually into the ride Cadence: Self-selected – Try to stay in the lower zones on climbs. Use good gearselection to help. – Shelter behind other riders to help keep HR down. – Eat and drink at regular intervals to keep energy levels up.</p>
FOCUS OF THE SESSION			<p>Develops leg speed and promotes recovery. Challenges core-stability. Develops aerobic endurance and group riding skills.</p>				<p>Develops aerobic endurance and group riding skills.</p>

## ADVANCED CYCLING PROGRAM - WEEK 5

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	REST DAY	OUTDOOR/INDOOR	OUTDOOR/INDOOR	REST DAY	OUTDOOR	OUTDOOR
DURATION			1hr 20mins	55mins		6hrs (130km)	30 - 60mins
INTENSITY			High	Med		Low/Med	Low
SESSION DETAILS	An easier week last week but you may still have put in close to 5 hours on the bike at the weekend, so here's a rest day.	Cross training during the Winter months can help develop all round fitness and strength. It can also help motivation when the weather is poor. Remember to start all new activities slowly, don't overdo it.	<p>High Gear / Low Cadence with Sprints Cadence: Self-selected unless otherwise stated.</p> <p>All efforts should be aiming for the lowest cadence you can maintain until the final sprints when you should attack 100%</p> <ul style="list-style-type: none"> <li>- Find a hill that will take at least 7 minutes to climb at 50-60 rpm.</li> <li>- Select a gear that will put you at a maximum cadence of 50-60 rpm – aim for 55 rpm.</li> <li>- 3 mins seated 50-60 rpm</li> <li>- 1 min standing, +5 rpm</li> <li>- 1 min seated 55-60 rpm</li> <li>- 30 secs standing, +5 rpm</li> <li>- 30 secs seated maintain previous cadence!</li> <li>- 15 secs STAND AND SPRINT!</li> <li>- 3 mins easy spinning</li> <li>- Repeat X4</li> <li>- 10 mins cool down to an easy gear and comfortably high cadence</li> </ul>	<p>Leg Speed Cadence: As directed. Specified cadences are targets and you may have to reduce them to maintain form.</p> <p>Indoor Session: Leg Speed</p> <ul style="list-style-type: none"> <li>- Choose an easy gear, small chain ring for the whole of the session</li> <li>- Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</li> </ul>	This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.	<p>Endurance Ride Cadence: Try to average 85 rpm over the ride</p> <ul style="list-style-type: none"> <li>- Carefully plan to ensure there are cafe stops en route should you need them</li> <li>- 10 mins cool down to an easy gear and comfortably high cadence</li> <li>- Consistent pacing</li> <li>- Eat and drink regularly</li> <li>- Try to complete the route without any significant stops</li> </ul>	<p>Bonus session</p> <ul style="list-style-type: none"> <li>- Recovery Ride</li> </ul> <p>Warm-up: Take it easy and work up through the gears.</p> <p>Cadence: 90-95 rpm</p> <ul style="list-style-type: none"> <li>- Select a very easy gear and spin quickly, without pressure on the legs</li> <li>- Smooth pedal strokes through the whole revolution</li> <li>- Keep your hands on the tops and the weight off your arms</li> </ul>
FOCUS OF THE SESSION			Develops aerobic endurance, strength and ability to produce power at low cadences; improves your Threshold, VO2 max and anaerobic capacity; challenges your core stability and ability to accelerate quickly.	Develops leg speed and promotes recovery. Challenges core-stability.		A challenging endurance session that extends your mileage. It will develop aerobic endurance and pedalling speed, provide valuable confidence early in the year and helps to identify areas for development.	Promotes recovery. Keeps the feel for the bike during a recovery week.

## ADVANCED CYCLING PROGRAM - WEEK 6

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	REST DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		1hr - 1hr 30mins	1hr 15mins			3hrs	1hr 30mins - 2hrs
INTENSITY			High			Med/High	Low
SESSION DETAILS	<p>That was your hardest week yet and you should try to rest today. Eat and drink well and stay off your feet when you can. This is a good day for a soak in the bath or a lazy hour in the pool.</p>	<p>From this week, you will have the choice of a further bike session rather than a cross training activity. If your cross-training activity is gym, swimming, Pilates or yoga you could consider maintaining this activity by doing this on the same day as a bike session – today or elsewhere in the week. Otherwise, complete the bonus bike session.</p> <p>Bonus session - Outdoor/ Indoor Time: 55 mins Intensity: Med</p> <p>Leg Speed – Choose an easy gear, small chain ring for the whole of the session – Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</p>	<p>Seated High Cadence Cadence: 85-90 rpm. It's OK for this to drop during recoveries.</p> <ul style="list-style-type: none"> <li>– A flat or gradually ascending route</li> <li>– 10 mins seated effort</li> <li>– 5 mins recovery – easy pedalling, hydrate and re-focus</li> <li>– Repeat 2 more times</li> <li>– Cool down to an easy gear and comfortably high cadence.</li> </ul>	<p>This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>Endurance with climbing and Threshold intervals Cadence: 85-95 rpm – Choose a rolling route without frequent, hard climbs – For the first hour, ride at a solid endurance pace, – During the second hour, complete 2x 20 mins efforts moderate pace. Recover for 15 mins – For the third hour: – Every 10 mins make a MAXIMAL sprint, holding cadence for 15 seconds – Cool down to an easy gear and comfortably high cadence</p>	<p>Long Steady Distance Warm-up: Ease gradually into the ride Cadence: Self-selected – Try to stay in the lower zones on climbs. Use good gear selection to help. – Shelter behind other riders to help keep HR down. – Eat and drink at regular intervals to keep energy levels up.</p>
FOCUS OF THE SESSION		Develops leg speed and promotes recovery. Challenges core-stability.	Develops aerobic endurance and improves your Threshold; challenges your core stability and pedalling technique.			Develops aerobic endurance, builds power at Threshold.	Develops aerobic endurance and group riding skills.

## ADVANCED CYCLING PROGRAM - WEEK 7

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	REST DAY	OUTDOOR/INDOOR	OUTDOOR/INDOOR	REST DAY	OUTDOOR	OUTDOOR
DURATION			1hr 10mins	55mins		3hrs	2hrs - 3hrs
INTENSITY			Med/High	High		Med/High	Low
SESSION DETAILS	<p>Congratulations; Another hard week in the bank! Today is an all-important rest day.</p>	<p>This week it's important to take an extra rest day, ready for your week.</p>	<p>Seated High Cadence Cadence: 85-90 rpm. It's OK for this to drop during recoveries.</p> <ul style="list-style-type: none"> <li>- A flat or gradually ascending route</li> <li>- 10 mins seated effort</li> <li>- 5 mins recovery – easy pedalling, hydrate and re-focus</li> <li>- Repeat 2 more times</li> <li>- Cool down to an easy gear and comfortably high cadence.</li> </ul>	<p>Bonus session - Leg Speed Cadence: As directed. Specified cadences are targets and you may have to reduce them to maintain form.</p> <p>Indoor Session: Leg Speed</p> <ul style="list-style-type: none"> <li>- Choose an easy gear, small chain ring for the whole of the session</li> <li>- Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</li> </ul>	<p>This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>Endurance with tempo, sub-Threshold and VO2 Max intervals Cadence: Self-selected between climbs. 70-80 rpm on climbs.</p> <ul style="list-style-type: none"> <li>- Choose a rolling route without frequent, hard climbs</li> <li>- For the first hour, ride at a solid endurance pace</li> <li>- During the second hour, complete 2x 20 mins efforts at moderate pace Recover for 15 mins at</li> <li>- During the third hour: - 10 mins alternating each minute between slower pace and a harder pace</li> <li>- 15 mins easy - Repeat</li> <li>- Cool down to an easy gear and comfortably high cadence</li> </ul>	<p>Long Steady Distance Warm-up: Ease gradually into the ride Cadence: Self-selected</p> <ul style="list-style-type: none"> <li>- Try to stay in the lower zones on climbs. Use good gear selection to help.</li> <li>- Shelter behind other riders to help keep HR down.</li> <li>- Eat and drink at regular intervals to keep energy levels up.</li> </ul>
FOCUS OF THE SESSION			<p>Develops aerobic endurance and improves your Threshold; challenges your core stability and pedalling technique.</p>	<p>Develops leg speed and promotes recovery. Challenges core-stability.</p>		<p>Develops aerobic endurance, builds power at Threshold.</p>	<p>Develops aerobic endurance and group riding skills.</p>

## ADVANCED CYCLING PROGRAM - WEEK 8

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	REST DAY	OUTDOOR/INDOOR	REST DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION			1hr 10mins			2hrs	2hrs 30mins - 3hrs
INTENSITY			Med			Low	Low
SESSION DETAILS	<p>Congratulations; Another hard week in the bank! Today is an all-important rest day.</p>	<p>Don't be tempted to squeeze an additional session in, it's by recovering from hard training that you become stronger.</p>	<p>Leg Speed Cadence: As directed. Specified cadences are targets and you may have to reduce them to maintain form. Indoor Session: Leg Speed – Choose an easy gear, small chain ring for the whole of the session – Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</p>	<p>If you have been short of time during this training block, today or tomorrow would be a good time to check your bike over, give it a clean and get your bike kit washed and clean for the weekend.</p>	<p>This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>Easy and relatively short ride Warm-up: Ease yourself into the ride Cadence: 90-95 rpm – Ride with others – Choose a flat route which will allow you to stay largely within a moderate zone – Cool down to an easy gear and comfortably high cadence</p>	<p>Long Steady Distance Warm-up: Ease gradually into the ride Cadence: Self-selected – Try to stay in the lower zones on climbs. Use good gear selection to help. – Shelter behind other riders to help keep HR down. – Eat and drink at regular intervals to keep energy levels up.</p>
FOCUS OF THE SESSION			<p>Develops leg speed and promotes recovery. Challenges core-stability. Develops aerobic endurance and group riding skills.</p>			<p>Easy pedalling and gentle recovery</p>	<p>Develops aerobic endurance and group riding skills.</p>



## ADVANCED CYCLING PROGRAM - WEEK 9

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS TRAINING	OUTDOOR/INDOOR	REST DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		1hr 30mins	1hr 20mins			6hrs 30mins - 7hrs 30mins	30 - 60mins
INTENSITY			High			Low/Med	Low
SESSION DETAILS	Rest days are the opportunity to replace fluids, think carefully about the food you eat and of course, stay off your feet as much as possible.	You have the choice of a further bike session rather than a cross training activity.  Bonus Session - Indoor / Outdoor Time: 50 mins - 1 hr 10 mins Intensity: Med/high Cadence: Self-selected	Intense Hill Repeats Cadence: Self-selected – Choose a hill that will take at least 4 mins to climb at speed – From a standing start, hit the hill hard alternating between seated and standing as required – this session is all about going as far as you can in 4 mins – At 4 mins, SPRINT for 5 seconds – Make a note of how far you got! – 4 mins easy spinning – Repeat 5 more times – Spin home or at least 10 mins cool-down	See how you're feeling, either take a full rest day or fit in your cross training activity for the week.	This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.	Endurance Ride Cadence: Try to average 85 rpm over the ride – Carefully plan to ensure there are cafe stops en route should you need them – 10 minute cool down to an easy gear and comfortably high cadence – Consistent pacing – Eat and drink regularly – Try to complete the route without any significant stops	Recovery Ride Warm-up: Work gradually through the gears Cadence: 85-105 rpm – Select a very easy gear and spin quickly, without pressure on the legs – On the road or rollers, pass food, a rain jacket, gel or bottle from one hand to the other frequently to build your confidence – If on rollers, turbo or Wattbike, vary cadence frequently
FOCUS OF THE SESSION		Develops aerobic endurance and builds power at Threshold. Demands excellent pacing and gear selection.	Develops VO2 max, anaerobic tolerance and lactate clearance. Challenges climbing technique, acceleration and pacing.			A challenging endurance session that extends your mileage.	Promotes recovery.

**ADVANCED CYCLING PROGRAM - WEEK 10**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	OUTDOOR/INDOOR	REST DAY	OUTDOOR	OUTDOOR
DURATION		1hr - 1hr 30mins	1hr 20mins	55mins		4hrs	2hr - 3hrs
INTENSITY			High	Med		Low/Med	Low
SESSION DETAILS	<p>Congratulations; Another hard week in the bank! Today is an all-important rest day.</p>	<p>Cross training during the winter months can help develop all round fitness and strength. It can also help motivation when the weather is poor. Look here for ideas and advice of what you can do. There is no bonus bike session this week as the time on the bike is intense and you need the variety – or simply rest!</p>	<p>Intense Hill Repeats Cadence: Self-selected</p> <ul style="list-style-type: none"> <li>– Choose a hill that will take at least 4 mins to climb at speed</li> <li>– From a standing start, hit the hill hard alternating between seated and standing as required –this session is all about going as far as you can in 4 mins</li> <li>– At 4 mins, SPRINT for 5 seconds</li> <li>– Make a note of how far you got!</li> <li>– 4 mins easy spinning</li> <li>– Repeat 5 more times</li> <li>– Spin home or at least 10 mins cool-down if on turbo or Wattbike</li> </ul> <p>As an alternative you may perform Indoor Session: 5-minute Ramped Intervals</p>	<p>Leg Speed Warm-up: WU T1 Cadence: As directed. Specified cadences are targets and you may have to reduce them to maintain form.</p> <p>Indoor Session: Leg Speed</p> <ul style="list-style-type: none"> <li>– Choose an easy gear, small chainring for the whole of the session</li> <li>– Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</li> </ul>	<p>This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>Endurance Ride with flat tempo intervals, under/overs and sprints Cadence: Self-selected between climbs. 70-80 rpm on climbs.</p> <ul style="list-style-type: none"> <li>– Choose a rolling route with frequent hard climbs</li> <li>– For the first hour, ride at a solid endurance pace</li> <li>– During the second hour, complete 2 x 20 mins efforts at moderate pace. Recover.</li> <li>For the third hour: <ul style="list-style-type: none"> <li>– 10 mins alternating each min between low end and high end</li> <li>– 15 mins easy</li> <li>– Repeat</li> </ul> </li> <li>In the final hour, complete the following every 15 mins (4 x efforts in total): <ul style="list-style-type: none"> <li>– 15 secs MAXIMUM EFFORTS</li> <li>– 30 secs easy spin, before returning to moderate pace</li> <li>– Cool down to HRZ1, easy gear, 90 rpm</li> </ul> </li> </ul>	<p>Recovery Warm-up: WU R Cadence: Self-selected</p> <ul style="list-style-type: none"> <li>– A very sociable/easy pace</li> <li>– A café stop if you fancy it</li> </ul> <p>– Ride on feel but it's important that this is not a hard ride. Move to the back of the group if the pace picks up too much</p>
FOCUS OF THE SESSION			<p>Develops VO2 max, anaerobic tolerance and lactate clearance. Challenges climbing technique, acceleration and pacing.</p>	<p>Develops aerobic endurance and builds power at Threshold. Demands excellent pacing and gear selection.</p>		<p>Resisting fatigue at intensities similar to those you will experience in an event. Making efforts in the final kilometres to improve your finishing time and recovering from high intensity efforts.</p>	<p>Keeping it very easy after a hard Saturday session.</p>

**ADVANCED CYCLING PROGRAM - WEEK 11**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	OUTDOOR/INDOOR	REST DAY	OUTDOOR	OUTDOOR
DURATION		1hrs - 1hr 30mins	1hr 15mins	55mins		3hrs+	1hr 30 mins - 2 hrs 30mins
INTENSITY			High	Med		Med/High	Low
SESSION DETAILS	<p>There was some real intensity in your sessions last week; today is a welcome rest day.</p>	<p>You have the choice of a further bike session rather than a cross training activity.</p> <p>If your cross-training activity is gym, swimming, Pilates or yoga you could consider maintaining this activity by doing this on the same day as a bike session -today or elsewhere in the week. Otherwise, complete the bonus bike session.</p> <p>Bonus Session - Indoor Time: 1 hr 10 mins Intensity: Med/high</p>	<p>Intense Hill Repeats Cadence: Self-selected</p> <ul style="list-style-type: none"> <li>– Choose a hill that will take at least 4 mins to climb at speed</li> <li>– From a standing start, hit thehill hard alternating between seated and standing as required</li> <li>–this session is all about going as far as you can in 4 mins</li> <li>– At 4 mins, SPRINT for 5 secs</li> <li>– Make a note of how far you got!</li> <li>– 3 mins easy spinning</li> <li>– Repeat 5 more times</li> <li>– Spin home or at least 10 mins cool-down if on turbo or Wattbike</li> </ul>	<p>Leg Speed Cadence: As directed. Specified cadences are targets and you may have to reduce them to maintain form.</p> <p>Indoor Session: Leg Speed</p> <ul style="list-style-type: none"> <li>– Choose an easy gear, small chain ring for the whole of the session</li> <li>– Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</li> </ul>	<p>This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.</p>	<p>Endurance ride with tempo, sub-Threshold and VO2 Max intervals. Cadence: Self-selected between climbs. 70-80 rpm on climbs.</p> <ul style="list-style-type: none"> <li>– Choose a rolling route without frequent, hard climbs</li> <li>– For the first hour, ride at a solid endurance pace</li> <li>– During the second hour, complete 2x 20 mins hard efforts</li> <li>Recover for 5 mins</li> <li>– During the third hour: <ul style="list-style-type: none"> <li>– 10 minutes alternating each minute between low end and high end</li> <li>– 15 minutes easy</li> <li>– Repeat</li> <li>– Cool down to an easy gear, 90 rpm</li> </ul> </li> </ul>	<p>Recovery Cadence: Take it easy and gradually move up the gears to meet the pace of the group</p> <ul style="list-style-type: none"> <li>– A very sociable/easy pace</li> <li>– A café stop if you fancy it</li> <li>– Ride on feel but it's important that this is not a hard ride.</li> </ul> <p>Move to the back of the group if the pace picks up too much.</p>
FOCUS OF THE SESSION		<p>Develops power at Threshold and tolerance to longer intervals.</p>	<p>Develops VO2 max, anaerobic tolerance and lactate clearance. Challenges climbing technique, acceleration and pacing.</p>	<p>Develops leg speed and promotes recovery. Challenges core-stability.</p>		<p>Develops aerobic endurance, builds power at Threshold.</p>	<p>To promote recovery.</p>

## ADVANCED CYCLING PROGRAM - WEEK 12

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	REST DAY	OUTDOOR/INDOOR	REST DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION			50mins - 1hr 10mins			1hr 30mins - 2hrs	2hrs - 3hrs
INTENSITY			Med/High			Low	Low
SESSION DETAILS	There was some real intensity in your sessions last week; today is a welcome rest day.	Don't be tempted to squeeze and additional session in, it's by recovering from hard training that you become stronger.	<p>Leg Speed Cadence: As directed. Specified cadences are targets and you may have to reduce them to maintain form.</p> <p>Indoor Session: Leg Speed – Choose an easy gear, small chain ring for the whole of the session – Engage your core and resist bobbing in the saddle. If you start to bob, reduce the cadence until you are stable.</p>	If you have been short of time during this training block, today or tomorrow would be a good time to check your bike over, give it a clean and get your bike kit washed and clean for the weekend.	This is an important session. Don't skip recovery because this is when you get stronger. You need your strength for the weekend.	<p>Recovery Warm-up: Ease yourself gently into today's session Cadence: 90-95 rpm – Ride with others if you can but keep it easy – Choose a flat route which will allow you to stay largely within Zone 1 – Cool down</p>	<p>Recovery Cadence: Self-selected – A very sociable/easy pace – A café stop if you fancy it – Ride on feel but it's important that this is not a hard ride. Move to the back of the group if the pace picks up too much.</p>
FOCUS OF THE SESSION			Develops aerobic endurance and builds power at Threshold. Demands excellent pacing and gear selection.			To promote recovery and keep your feel for the bike.	To promote recovery.