

HAUTE ROUTE

12 WEEK TRAINING PLAN

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Congratulations on entering the Haute Route and welcome to your 12 week training plan.

Let's not beat around the bush, the Haute Route is a tough, multi-day event with timed stages and lots of climbing. To be successful at one of the toughest cyclosportives in the world, you will need to combine the following factors:

- 01 Follow a consistent training programme over the next 12 weeks
- 02 Develop sustained aerobic fitness and power output
- 03 Reach an optimum body mass
- 04 Find the appropriate fuelling for both training and event
- 05 Discover the perfect pacing strategy
- 06 Find the most lightweight and reliable equipment

ABOUT THIS TRAINING PLAN

This training plan is challenging and therefore designed for experienced cyclists who ride frequently. It is designed to push you, get you out of your comfort zone and develop your moderate to high rate of sustained power. In other words, your "threshold" or "engine".

The old adage; "everyone is different" holds true - everyone will adapt to the same training plan in a different way and your training will be affected by diet, sleep and how

physically or mentally stressful your job is. So, we've designed this plan as a framework for you to follow. If you're following the plan precisely, you'll need to allocate around 8 hours a week to complete this training plan.

If you miss a session, or complete 80% of a session that's fine. Tweak the plan to fit into your lifestyle, and look forward to the next session.



ABOUT THE AUTHOR

You've heard of The Stig, now we want to introduce you to **The Crank!**

At Wattbike, we are always striving to bring you the best. To help you with your training, we have teamed up with one of the world's leading sport scientists to be able to offer you the most innovative and up to date training plans and advice ever.

Who is The Crank?... We'd love to tell you but this secret squirrel has to remain anonymous in order to bring you this exclusive information.

The Crank quickly realised that racing wasn't going to be his thing and as such turned to coaching, aren't we glad he did! Coaching since the early 90's, The Crank has worked in all cycling

disciplines including road, track and mountain biking helping riders to win national road race and time trial titles, stages at the Tour de France, Olympic titles and World Championships.

Previously working with national cycling federations, world tour riders and his own private clients The Crank has a keen eye for detail, a passion for innovative and groundbreaking methods and expert knowledge in physical preparation and is now working with Wattbike to bring you cutting edge advice and support to help you achieve your goals!

STARTING WITH A PLAN

The first stage of any training plan is to set goals. When identifying your goals, think broadly and not just within physical aspects of the event. Environment, equipment and nutrition can be valuable areas to consider for a tough event like the Haute Route.

The planning framework we are going to use is based upon defining the "Demands of the Event", which means the training meets the specific needs of the Haute Route.



Figure 1 Planning output for the Haute 2016

IDENTIFYING PRIORITIES

Figure 1 shows a list of factors which are important to consider for the Haute Route. Each factor is weighted, which can be seen by size of the cell.

On the right hand side is the actual training – Physical or Technical in nature. The left hand side is a list of the event demands, equipment and clothing requirements.

As you can see by the size of the “physical” cell – it’s the most important, and this is where we will

be spending most of the time on the road and Wattbike. No surprises there.

However, some of the small details need to be looked at and checked off. You don’t want your week disrupted by something as simple as tyres.

The physical training factors are broken down into three sub factors:

FACTOR	DESCRIPTION	TRAINABILITY	TRAINING METHOD
VO2 max	Maximal rate of oxygen uptake and consumed by our muscles	Low	High Intensity
Sustainable power or “Threshold”	Ability to sustain a given intensity, general benchmark is 1 hour or 20 mins “FTP” – functional threshold power	High	Variety of high to moderate intensity training sessions
Gross efficiency	Ratio of work generated as a percentage of the total body energy cost. Cyclists vary from 24% to 18% - The higher the better	Medium	Years of training, volume of training, and “threshold” training

TRAINING PLAN

8 HOURS A WEEK

WEEKS TO GO 12	PURPOSE Learning the sessions and start building a routine and training base							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Endurance	Rest	Endurance		Test set - Benchmark your performance level	Endurance	
EFFORT 1-10		3.0		3		10	2.5	
DURATION HRS		1		1		0.4	4	6.4
ZONES		1 to 3		1 to 3		1 to 4	1 to 2	
TRAINING LOAD		180		180		240	600	1200
<p>Plan your week out.. what equipment do you need?</p> <p>How time, and what's your schedule looking like...</p> <p>Minimum training tools - Heart rate monitor... and a cooling fan for Wattbike sessions!</p>		<p>Endurance 1 hour Z3 - road or Wattbike</p> <p>Constantly squeezing pedals. If on road, flat rolling route. Every 10' do 1 x 10" SA 72-82% Mhr</p>		<p>Endurance 1 hour Z3 road or Wattbike.</p> <p>Constantly squeezing pedals. Flat rolling route. Every 4th min, 1' @60rpm 72-82% Mhr</p>		<p>Wattbike 20' WU 0-15 min - build to 85% Mhr 16- 20 min - Easy + 2 x 10" max sprints. 5 min Z1 <40% Mhr 3 min Test (To test your max min power and max heart rate) 15 min Z1/ Recovery FTP 20 min Test (To test your sustainable power) Cool down 5-10 min</p>	<p>Group ride - enjoy the ride without the need to hit specifics training goals.</p> <p>Objective: endurance volume, and be aware that you don't need to push it.</p> <p>Target Z1-Z3 - 60-82% Mhr for majority of ride.</p>	



WEEKS TO GO 11	PURPOSE Learning new sessions, developing endurance, building a routine, and ticking sessions off							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Wattbike - Climbing intervals intro	Rest	Wattbike - Sustainable power - "under overs"		Endurance - group ride	Quality endurance intervals	
EFFORT 1-10		5		7		5	6	
DURATION HRS		0.75		1.25		3	1.5	6.5
ZONES		1 to 5		1 to 5		1 to 6	1 to 5	
TRAINING LOAD		225		525		900	540	2190
Plan your week out.. what equipment do you need? How time, and what's your schedule looking like...		Power development Wattbike intervals 10' WU @ Z3 hr Efforts - 1 x 15 ' interval (1' On 2' Off) 1' seated - 120% of FTP @80rpm, seated. 2' off very easy! Check 50/50 balance! Lock upper body Last 20' Z2 - 65-72% Mhr		Threshold development Wattbike Intervals 10' WU @Z3 hr 3 x 8' sets as (2';4';2') 2' 90% of FTP @60rpm 4'@ FTP @90-100rpm 2' 90% of FTP @60rpm 4 ' Z1 between sets Remained 30 min - Z2, OOS 5 "surge" every 1'55" 5-10 min Cool down		Group road ride - Hills Goal: Every hill 20sec "burst" at start of hill then ease back to Z4 hr Get endurance mile in, eat 30g CHO every hr. Average intensity <60-70% Mhr or <35-50% MMP	Road ride in small group or solo. Structured endurance efforts. Flat of rolling route 30' Z1/Z2 + 4 x 10" sprints to warm up. Intervals 1 x 20' Z3 @80rpm 3 ' Z1 3 x 5' Z4/Z5 @100rpm (off 3 ' rest) 1x 20' Z3 @80rpm	

WEEKS TO GO 10	PURPOSE Likely accumulated fatigue from last week, this week continue the build up of work... Intense week to push training load before easier week next week							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Rest	Wattbike - Climbing intervals	Constant "tempo"		Endurance - group ride	Endurance - ride with fatigue	
EFFORT 1-10			8	6		6	5	
DURATION HRS			1	1		3	3	8
ZONES			1 to 6	1 to 6		1 to 4	1 to 3	
TRAINING LOAD			480	360		1080	900	2820
Increase in training quality this week... so to start with double rest...get ready		Easy ride... your choice, make it very easy	Power development 10' WU @ Z3 3 x 8' interval (1' On 1' Off) 1' on - seated in climbing position (hands on tops) 4' rest between sets Target FTP for 1' @60rpm Target 75% FTP for 1' check 50/50 balance Lock upper body Last 18' Z2/3 5 min cool down	Road or Wattbike ride... No WU required 1 hour constant Z3 "tempo" pedal at "comfort" cadence. every 7.5" - Sprint hard for 10" then straight back to Z3 pace. Effort should begin at 3 and creep up to 6 If you have time for a longer ride... ease back to Z1/ Z2 for your chosen duration		Group ride Goal: 4 x '3 to 5' hill. Each 10s hard at start, then settle into Z5+ intensity and effort of 8-9. Possible to do this ride with a group as the hills are the key aspect of this session. Easy pace rest of ride, in a group or if solo Z1/Z2	Small group of solo ride Aiming for a constant paced endurance ride to average Z2. On hills, ride at a sustainable pace for the whole ride duration, and as soon as you are on the flat, get back to Z2. Finsih ride with 10 min Z5+ solo or group effort...into 5-10 min cool down. Last hour should feel quite hard Need CHO - 40g per hour and 2-3 bottle of fluid	

WEEKS TO GO 9	PURPOSE Backing off training load, some short none fatigue sessions to activate							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Activation	Rest	Activation	Strength and technique	Endurance	Re-Test	
EFFORT 1-10		3		3	7	3	10	
DURATION HRS		0.75		0.75	0.45	1.5	0.75	4.2
ZONES		1 to 4		1 to 4	1 to 6	1 to 3	1 to 6	
TRAINING LOAD		135		135	189	270	450	1179
<p>Easy week...not only do you need to retest your legs, but mentally training takes it toll.</p> <p>These easy weeks are often harder to do than the hard weeks... particualry if love working hard.</p>		<p>Easy ride to keep your system ticking over and feel activated</p> <p>If you want structure, do a progressive WU to 90% FTP over 20 mins</p>		<p>Easy ride to keep your system ticking over and feel activated</p> <p>If you want structure, do a progressive WU to 90% FTP over 20 mins</p>	<p>Best results use Wattbike 20' WU Z1/2 Activation efforts 2 x 10' intervals 10" OOS @80rpm >2xFTP 50" OFF <50% FTP.</p> <p>Focus on good rhyme, keeping body movement controlled, and deliberate, deep control breaths when out of saddle</p>	<p>Low intensity ride... Z1/Z2, flat and easy</p>	<p>Wattbike 20' WU 0-15 min - build to 85% Mhr 16- 20 min - Easy + 2 x 10" max sprints. 5 min Z1 <40% Mhr</p> <p>3 min test (To test your max min power and max heart rate) 15 min Z1/ Recovery</p> <p>FTP 20 min test (To test your sustainable power) Cool down 5-10 min</p>	

WEEKS TO GO 8	PURPOSE Start of a 14 day build, focus on sustainable 'threshold' workouts and steady state volume rider							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Quality Endurance	Constant "tempo" + PPO sprints	Rest	Quality Endurance	Endurance - steady state	Quality	
EFFORT 1-10		8	6		8	6	8	
DURATION HRS		1	1.25		1	3	1.5	7.75
ZONES		1 to 6	3		1 to 6	1 to 5	1 to 5	
TRAINING LOAD		480	450		480	1080	720	3210
8 weeks of training left... 2 x 3 week cycles and a taper to go... Week 1 of build...		<p>Wattbike 10 'WU @ Z3 6 x 3' intervals 3' Z1 rest between efforts.</p> <p>Intervals as... 1)115%FTP @90rpm, 10" OOS every 50sec 2)105% FTP @60 rpm</p> <p>Repeat cycle Remianing 20 min of session 50% FTP or Z2 Hr</p>	<p>Road ride No warm up required...</p> <p>Pick a circuit or flat rolling route Constant quality Z3 ride.</p> <p>90-100rpm every 9.5 mins 20 sec hard...no pacing!</p>	<p>Tough three day overload block coming up...</p> <p>Make sure today you don't train, and fuel well on CHO</p>	<p>Wattbike 10 ' WU @ Z3 4 x 4' intervals 4' rest between intervals</p> <p>Intervals No's 1,2,&3, Constant 95% FTP @45-50rpm No 4, 30" 2xFTP@80rpm 30"@100w</p> <p>Ensure upper body is "motionless", legs driving 50/50 balance at low cadences.</p> <p>Finish duration at 50% FTP</p>	<p>Road ride Group or solo ride. The training focus is on the last hour.. first 2 hrs hold back, Z1/2. Into key interval...1 x 20min Z5.</p> <p>Climbing or flat - 90-100rpm</p> <p>Make sure you consume 30-40 g CHO per hour today.</p>	<p>Road ride Structured mixed road intervals. Working on high intensity endurance zones. Group or solo ride. Warm up for 30 min Z1/Z2.</p> <p>Intervals 3 x 8 min Zone 5 - constant pace 90-100 rpm 4 min rest 20 min Z1/Z2 (easy) 2x3 min Intermittent VO2 max efforts Ideally on same short hill 20" ON, 20" off 10 min easy between sets.</p> <p>10 min cool down</p>	



WEEKS TO GO 7	PURPOSE Start of a 14 day build, focus on sustainable' threshold" workouts and steady state volume rider							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Sustained Endurance	Quality Endurance	Rest	Quality Endurance	Endurance - steady state	Endurance	
EFFORT 1-10		6	6		8	6	8	
DURATION HRS		1.25	1		1	3	2	8.25
ZONES		3	1 to 6		1 to 6	1 to 5	1 to 5	
TRAINING LOAD		450	480		480	1080	960	3450
6 weeks of training left... 2 x 3 week cycles and a taper week. Week 2 of build...		<p>Road ride No warm up required...</p> <p>Pick a circuit or flat rolling route Constant quality Z3 ride.</p> <p>90-100rpm every 9.5 mins 20 sec hard...no pacing!</p>	<p>Wattbike 10 ' WU @ Z3 6 x 3' intervals 2' rest between intervals</p> <p>Intervals 1) 3' as (55" 95% FTP@90rpm, 5" OOS 2xFTP@60rpm) 2)3' as (110%FTP @70 rpm)</p> <p>Repeat x 3 Remaining duration at 50% FTP, or Z2 Hr</p>		<p>Wattbike 10 ' WU @ Z3 4 x 4' intervals 4' rest between intervals</p> <p>Intervals 1,2,&3) Constant FTP @45-50rpm 4)30" 2xFTP@80rpm 30"@100w</p> <p>Ensure upper body is "motionless", legs driving 50/50 balance.</p> <p>Finish duration at 50% FTP</p>	<p>Road ride Group or solo ride. The training focus is on the last hour... first 2 hrs hold back, Z1/2.</p> <p>key interval 1 x 25min Zone 5 Climbing or flat.</p> <p>Make sure you consume 30-40g CHO per hour today</p>	<p>Road ride Intense endurance intervals.</p> <p>Aim to complete 40 min in Zone 5 in this ride in sustained hill intervals.</p> <p>If no hills, then construct intervals of 5-8 minutes and repeat.</p> <p>Can be executed solo, or group with short truns/ rotations on front of group</p>	

WEEKS TO GO 6	PURPOSE Backing off training load, some short none fatigue sessions to activate...building back up at the end of the weekend							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Rest	Activation	Activation	Re-Test	Rest	Endurance	
EFFORT 1-10			2	2	7		7	
DURATION HRS			0.75	0.75	0.45		4	5.95
ZONES			1 to 4	1 to 4	1 to 6		1 to 5	
TRAINING LOAD			90	90	189		1680	2049
<p>Easy week...not only do you need to retest your legs, but fatigue is in the brain. If you being to push mentally too often this can lead to underperformance.</p> <p>These easy weeks are harder to do than the hard weeks...</p>			<p>Easy ride to keep your system ticking over and feel activated If you want structure, do a progressive WU to 90% FTP over 20 mins</p>	<p>Easy ride to keep your system ticking over and feel activated If you want structure, do a progressive WU to 90% FTP over 20 mins</p>	<p>Wattbike 20 ' WU @ Z3 0-15 min - build to 85% Mhr 16- 20 min - Easy + 2 x 10" max sprints. 5 min Z1 <40% Mhr</p> <p>3 min test (To test your max min power and max heart rate) 15 min Z1/ Recovery</p> <p>FTP 20 min test (To test your sustainable power) Cool down 5-10 min</p>	<p>Easy ride today if you have time...your choice</p>	<p>Heavy Endurance ride Preferably with hills</p> <p>Hold back in 1st and 2nd hour.</p> <p>Aim for Z4&5 in last 2 hours on hills. Target 60 min in Z4/5 for high quality endurance sesison.</p> <p>Feed 40-50g CHO per hour</p>	



WEEKS TO GO 5	PURPOSE Building load through an increase in sessions this week...another 2 week block of work							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Quality Endurance	Sustained Endurance	Quality Endurance	Rest	Quality Endurance	Endurance	
EFFORT 1-10		8	4	9		9	6	
DURATION HRS		0.75	1.25	0.75		1	4.5	8.25
ZONES		1 to 6	3	1 to 6		5	1 to 4	
TRAINING LOAD		360	300	405		540	1620	3225
5 weeks to go... 1st week of 2 week build.		<p>Wattbike 10 ' progressive WU to FTP 4 x 4' intervals 4' rest between intervals</p> <p>Intervals 1&3) Constant FTP @45-50rpm</p> <p>2&4) 30" 150%FTP @80rpm 30"<100w</p> <p>Ensure upper body is "motionless", legs driving 50/50 balance.</p> <p>Finish duration at 50% FTP or Z2 hr</p>	<p>Road ride No warm up required...</p> <p>Pick a circuit or flat rolling route Constant quality Z3 ride.</p> <p>90-100rpm every 9.5 mins 20 sec hard...no pacing!</p>	<p>Wattbike 10 ' WU @ Z3 6 x 3' intervals 2' rest between intervals</p> <p>Intervals 1) 3' as (55" 95%FTP @90rpm, 5" OOS 2xFTP @60rpm)</p> <p>2) 3' as (110%FTP @70 rpm) Repeat x 3 Remaining duration at 50% FTP, or Z2 Hr</p> <p>Consume 40-50g of CHO within 15 in of this ride.</p>		<p>Road session Maxium effort over 45 minutes.</p> <p>This will give your system a very heavy and powerful training stimulus.</p> <p>WU for 20 min @Z2/3</p> <p>3 options... 1) flat route, constant effort, aim for 102-105%FTP or 2) under over - Sprint 10", 50" 85%FTP repeat 3) Rolling hilly road circuit - 45 min as hard as possible.</p> <p>Main target: Very hard effort!</p>	<p>Group ride Preferably with hills Hold back in 1st & 2nd hours</p> <p>Generally aim for Z3/4 on hills.</p> <p>Target 40 min in Z4 for quality endurance duration.</p> <p>Feed 40-60g CHO per hour</p>	



WEEKS TO GO 4	PURPOSE 2nd week of 2 week block...easy week next week							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Rest	Sustained Endurance	Quality Endurance	Rest	Sustained Endurance	Endurance	
EFFORT 1-10			4	7		8	7	
DURATION HRS			1.25	1		3	3	8.25
ZONES			3	1 to 6		1 to 3	1 to 4	
TRAINING LOAD			300	420		1440	1260	3420
<p>4 weeks to go... Week 2 of build... final push/overload.</p> <p>Expect fatigue, sore legs... but don't worry! Gains will come when you freshen up</p>	Two easy days to recover from weekend training		<p>Road ride No warm up required...</p> <p>Pick a circuit or flat rolling route Constant quality Z3 ride.</p> <p>90-100rpm</p> <p>If legs still tired from weekend, back off and ride Z1/Z2</p>	<p>Wattbike 10 ' WU @ Z3 4 x 8' threshold intervals 4' rest between intervals.</p> <p>Intervals 1,2,3 constant Z5</p> <p>Interval 4, Intermittent sprints, 10s on 50s off, 20s on 1m50s off and repeat.</p> <p>10 min cool down</p>		<p>Road ride Flat to rolling route so you have to keep pressure on legs all the time.</p> <p>Preference for a small group or solo ride.</p> <p>Zones 1-3 - predominantly aiming for zone 2.</p> <p>Every 15 mins add a 15 sec SA 50 rpm Feed 30-40 g CHO per hour</p>	<p>Road ride Hills with tired legs!</p> <p>Hilly ride - easy on flat, Hard of hills/ Ideal group ride. Set your own pace on hills, but work Z4-Z5.</p> <p>Push hard, and don't worry if you blow...</p> <p>Target: 40-45 min Z5 climbing Feed 40-60 g CHO per hour</p>	

WEEKS TO GO 3	PURPOSE Backing off training load, some short none fatigue sessions to activate...							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Activation	Rest	Activation	Easy	Rest	Long Low Intensity Endurance	
EFFORT 1-10		3		2	2		5	
DURATION HRS		0.75		0.75	1.25		5	8
ZONES		1 to 4		1 to 4	1 to 2		1 to 4	
TRAINING LOAD		135		90	180		1500	1905
<p>Easy week... not only do you need to retest your legs, but fatigue is in the brain. If you being to push mentally too often this can lead to underperformance.</p> <p>These easy weeks are harder to do than the hard weeks...</p>		<p>Easy ride to keep your system ticking over and feel activated</p> <p>If you want structure, do a progressive WU to 90% FTP over 20 mins</p>		<p>Easy ride to keep your system ticking over and feel activated</p> <p>If you want structure, do a progressive WU to 90% FTP over 20 mins</p>	<p>Group or solo ride Easy pace, if you feel good hold back and keep effort, Hr, power in lower zones</p>	<p>Easy ride today if you have time... your choice</p>	<p>Long hilly road ride Hold back early in ride to Z3 on hills to protect yourself. Fueling key, 30-40 g per hour CHO</p> <p>Practice what you plan to do during the Haute: including equipment, clothing, tyres and fueling strategy you plan to use.</p> <p>Are there any gaps? - now is the time to fill them</p>	



WEEKS TO GO 2	PURPOSE Backing off training load, some short none fatigue sessions to activate...							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Activation	Sustained Endurance	Activation	Rest	Long Low Intensity Endurance	Rest	
EFFORT 1-10		2	4			7	2	
DURATION HRS		0.75	1.25			5	1	8
ZONES		1 to 4	3			1 to 4	1 to 4	
TRAINING LOAD		90	300			2100	120	2610
<p>Quality week...before yo start to taper back the overall training load.</p> <p>This is the final week to put some work in...after this, additonal training is unlikely to make much difference</p>		<p>Easy ride to keep your system ticking over and feel activated</p> <p>If you want structure, do a progressive WU to 90% FTP over 20 mins</p>	<p>Road or Wattbike No warm up required...</p> <p>Pick a circuit or flat rolling route</p> <p>Constant quality Z3 ride with 10' @80 rpm, 10'@95rpm and repeat.</p> <p>"simulate" climbing with low cadence. Every 15 min include 10s sprint, and return to Z3</p>			<p>Long road ride Hold back early in ride to Z3 on hills to pace yourself, and prevent blowing. Fueling key, 30-40g per hour CHO</p> <p>Practice what you plan to do during the Haute: including equipment, clothing, tyres and fueling strategy you plan to use.</p> <p>Are there any gaps? - now is the time to fill them</p>	<p>Recovery... coffee shop ride</p>	

WEEKS TO GO 1	PURPOSE Taper your overall work load...maintain some quality and reduce the hard endurance load to freshen legs and mind...							TOTALS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PURPOSE	Rest	Sustained Endurance	Quality Endurance	Rest	Activation	Endurance - steady state	Easy Endurance	
EFFORT 1-10		2	7		2	4	2	
DURATION HRS		1	1		0.75	1.5	1.5	5.75
ZONES		1 to 4	1 to 6		1 to 4	1 to 2	1 to 3	
TRAINING LOAD		120	420		90	360	180	1170
<p>Reducing intensity. This week there is no long ride this week.</p> <p>The short efforts will maintain aerobic power. These short efforts will be more than sufficient to maintain fitness, and support form building into next week.</p> <p>Important that you enter next week fresh and not fatigued</p>		<p>Easy ride to keep your system ticking over and feel activated</p> <p>If you want structure, do a progressive WU to 90% FTP over 20 mins</p>	<p>Wattbike</p> <p>20 ' WU @ Z3 1 x 8' Z4 @ 90 rpm 4' rest 1 x 8' Z5 @ 80 rpm</p> <p>10 min cool down</p>		<p>Easy ride to keep your system ticking over and feel activated</p> <p>If you want structure, do a progressive WU to 90% FTP over 20 mins</p>	<p>Road ride Easy miles.</p> <p>Watch intensity, and avoid getting sucked into making hard efforts if you are on a group ride..</p> <p>Final practice of your equipment, fueling, clothing requirements.</p>	<p>Short easy endurance ride to maintain you fitness without any stress.</p> <p>Include 1 x 2 min hill effort at Z5 to activate.</p> <p>If you feel good, make sure you watch hr, power and keep load low for this ride</p>	

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