

wattbike

TRAINING PLAN

# BASE PLAN



# BASE PLAN TRAINING

## ABOUT BASE PLAN TRAINING

The term 'base training' is common in cycling speak but what does it mean and why do you do it? Base training is the process of gradually developing a platform (or base) for your fitness. Traditionally it refers to long and steady miles in the saddle, but it's not all about mellow rides and coffee stops. To get faster and fitter during this foundation stage, you need to supplement the slow stuff with high-intensity sessions and strength work too, which is all part of the plan.

## ABOUT THIS TRAINING PLAN

This 12-week base plan is designed to give you the platform from which to start one of our event-specific training plans. We use a 'polarised' training model - 80% low-intensity; 20% high-intensity training - a proven and effective method for endurance events.

- Strength
- Threshold training
- Endurance

The plan focuses on three key components of fitness: strength, threshold training and endurance. Once you've built your base, you can start to add in event-specific training.

By training indoors on your Wattbike it's easier to follow specific intervals and to ride at higher intensities than out on the road, all of which should increase the quality of your training.

## ABOUT THE AUTHORS

This plan is designed by Veloptima and InPursuitCoaching who together have more than 40 years of racing, coaching, scientific knowledge and experience. It brings together current tried and tested scientific methods, alongside cycling-specific coaching and training principles.



RECOMMENDED EQUIPMENT:

INDOORS:

750ml bottle  
of water x2

A fan



Heart rate  
monitor

Padded  
cycling shorts

Wattbike

Cycling shoes,  
cleats and  
appropriate  
pedals



## TRAINING TIPS AND ADVICE

### CONSISTENCY AND DECISION MAKING

- **Be adaptable.** Training and life are not always compatible - we get that. Swapping rest days and riding days can help to fit the plan around your life.
- **Consistency is key.** Skipping sessions, or taking a week off, will undoubtedly put pay to your progress. But if kids, work, DIY etc mean you can't complete an entire session don't stress out, just shorten it instead.
- **Don't play catch up.** If you do miss a session completely don't try and squeeze it in - you could risk fatigue and injury. The plan is designed to gradually increase your workload and the focus shifts week by week, so if you need to forgo your training simply draw a line under it and carry on with the plan. If you miss more than three sessions in a row go back to the beginning of that week and start again.



### FATIGUE AND RECOVERY

As you move through this training plan you'll increase the workload on your body, which will undoubtedly make you tired and fatigued. Recognising the signs of fatigue is important so that you can allow your body to recover appropriately. Ways to spot fatigue:

#### Measure your heart rate

Measuring and recording your resting heart rate two-to-three times per week is a good way to monitor your general health. Increases of 10-20 beats per minute compared to usual could indicate illness or fatigue. Take a rest day and measure again the next day. If it's back to normal get back on the bike.

#### Monitor the quality of your sleep

The pros love sleep and so should you - it helps rebuild proteins and replenish muscle glycogen. Get into a routine where you go to bed and wake up at the same time each day, and don't take your phone to bed - the blue light is thought to disrupt sleep.

#### Listen to your body

If you're falling asleep at your desk and your muscles feel sore it's time to take a little break before going back to the plan.

#### Add stretches to your warm up and cool down

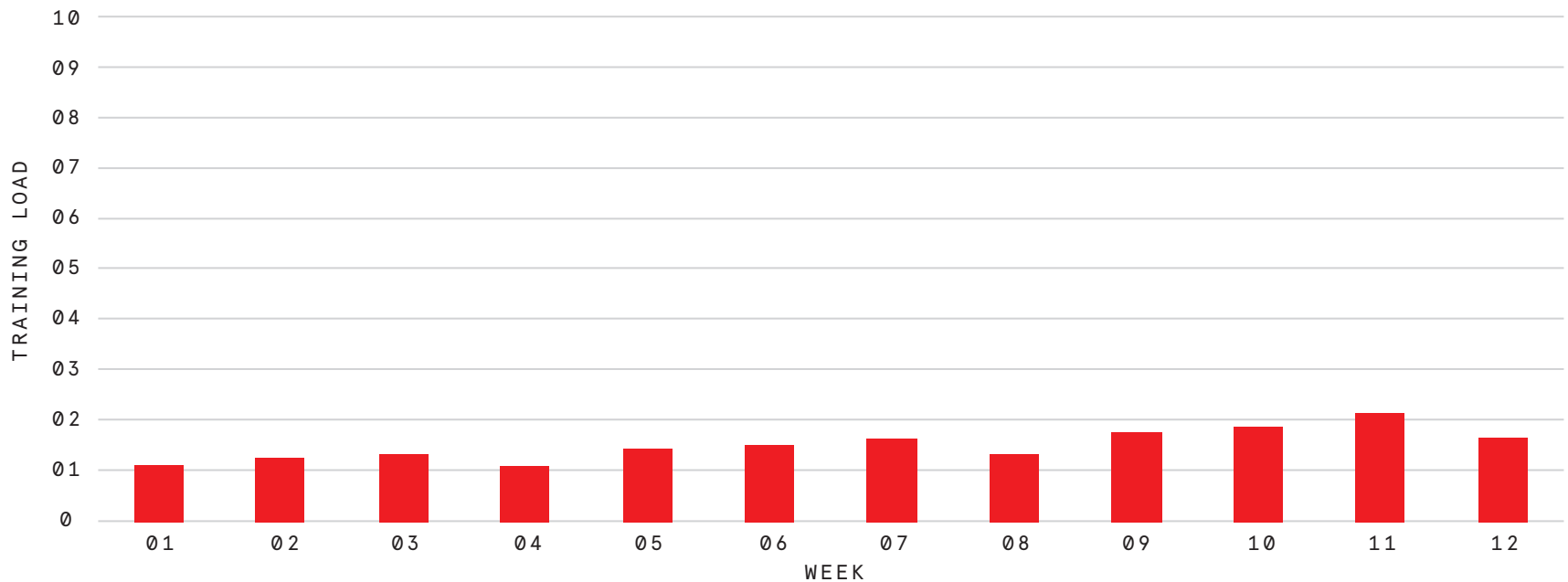
Adding a stretching routine to your warm up and cool down will improve the quality of your workout and speed up your recovery.

## TRAINING LOAD

The duration and intensity of a training session place a stress on your body. This stress is commonly called 'training load'. A shorter, low intensity session has a low training load and a longer, higher intensity session has a high training load.

This graph shows how training load is distributed week by week over the duration of the Base Plan. Some weeks have a high load, where the body is under physiological stress – as the body adapts to this stress your fitness should improve. Other weeks have a lower load, giving your body a chance to recover fully. Periods of lower load also help maximise your adaptation from the previous, higher intensity training sessions.

As the weekly training load increases throughout the Base Plan, so does the physiological stress and as the two increase, so should your cycling fitness.



## TRAINING ZONES

Before you start a training plan it's useful to test, or evaluate, your current level of cycling fitness. Having a baseline will help gauge how effective your training is and can highlight any weaknesses.

For amateur cyclists and those testing at home, the 20-minute functional threshold power (FTP) test, or 'threshold test', is the gold standard. An FTP test requires you to ride as hard as you can for 20-minutes. Measured in watts, it's used to determine your training zones (power and heart rate) and to measure improvement. Over time, as you progress through the Base Plan your FTP should increase.

The 20-minute test on the Wattbike Hub uses your test data to calculate your FTP training zones:

ZONE	DESCRIPTION	POWER (%FTP Power)	HEART RATE (%FTP HR)	PRIMARY PHYSIOLOGICAL ADAPTIONS
1	Active Recovery	<55	<68	Short term maintenance of physiological abilities
2	Endurance	56-75	69-83	Increased fat utilization
3	Tempo	76-90	84-94	Increased muscle glycogen storage and oxidative capacity
4	Lactate Threshold	91-105	95-105	Increased Oxidative capacity
5	VO2max	106-120	>106	Increased maximal cardiac output, increased oxidative capacity, fatigue resistance of fast twitch muscle fibres, increased power.
6	Anaerobic Capacity	121-150	N/A	Increased muscle buffering capacity, increased strength and power.

# 01

## BLOCK 1 FOCUS: STRENGTH

### WEEK 1

	MON	TUE	WED	THU	FRI	SAT	SUN
Wattbike Summary	1 hour short maximal intervals		50 mins medium threshold intervals			1 hour 15 mins medium max aerobic intervals	
Wattbike Instructions	15 mins zone 1 warm up, 10 secs zone 5 effort, 20 secs zone 1 recovery x8, 10 mins zone 1 then repeat a further two times (3 times in total), 15 mins zone 1 cool down	Rest Day	10 mins zone 2 warm up, 2 mins zone 4, 3 mins zone 2 x5, 5 mins zone 4, 10 mins zone 2 cool down	Rest Day	Rest Day	10 mins zone 1 warm up, 1 min zone 5, 4 mins zone 2 x5, 5 mins zone 1 then repeat, 10 mins zone 1 cool down	Rest Day

## WEEK 2

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour short maximal intervals			50 mins medium threshold intervals		1 hour 15 mins medium max aerobic intervals
<b>Wattbike Instructions</b>	Rest Day	15 mins zone 1 warm up, 15 secs zone 5 effort, 15 secs zone 1 recovery x8, 10 mins zone 1 then repeat a further two times (3 times in total), 15 mins zone 1 cool down	Rest Day	Rest Day	10 mins zone 2 warm up, 3 mins zone 4, 2 mins zone 2 x5, 5 mins zone 4, 10 mins zone 2 cool down	Rest Day	10 mins zone 1 warm up, 90 secs zone 5, 3 mins 30 secs zone 2 x5, 5 mins zone 1 then repeat, 10 mins zone 1 cool down



# 03

## WEEK 3

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour short maximal intervals			50 mins medium threshold intervals		1 hour 15 mins medium max aerobic intervals
<b>Wattbike Instructions</b>	Rest Day	15 mins zone 1 warm up, 20 secs zone 5 effort, 10 secs zone 1 recovery x8, 10 mins zone 1 then repeat a further two times (3 times in total), 15 mins zone 1 cool down	Rest Day	Rest Day	10 mins zone 2 warm up, 4 mins zone 4, 1 min zone 2 x5, 5 mins zone 4, 10 mins zone 2 cool down	Rest Day	10 mins zone 1 warm up, 2 mins zone 5, 3 mins zone 2 x5, 5 mins zone 1 then repeat, 10 mins zone 1 cool down

# 04

## RECOVERY WEEK

### WEEK 4

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour short maximal intervals			50 mins medium threshold intervals		1 hour 15 mins medium max aerobic intervals
<b>Wattbike Instructions</b>	Rest Day	15 mins zone 1 warm up, 10 secs zone 5 effort, 20 secs zone 1 recovery x8, 6 mins zone 1 then repeat a further two times (3 times in total), 15 mins zone 1 cool down	Rest Day	Rest Day	10 mins zone 2 warm up, 2 mins zone 4, 3 mins zone 2 x5, 5 mins zone 4, 10 mins zone 2 cool down	Rest Day	10 mins zone 1 warm up, 1 min zone 5, 4 mins zone 2 x5, 5 mins zone 1 then repeat, 10 mins zone 1 cool down



# 05

## BLOCK 2 FOCUS: THRESHOLD TRAINING

### WEEK 5

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour short maximal intervals		1 hour short pyramid intervals		1 hour 5 mins threshold low cadence intervals	1 hour ramping intervals
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 1 warm up, 20 secs zone 5, 40 secs zone 1 x10, 5 mins zone 1 then repeat a further two times (3 times in total), 10 mins zone 1 cool down	Rest Day	15 mins zone 2 warm up, 10 secs zone 5, 50 secs zone 1, 20 secs zone 5, 40 secs zone 1, 30 secs zone 5, 30 secs zone 1, 40 secs zone 5, 20 secs zone 1, 30 secs zone 5, 30 secs zone 1, 20 secs zone 5, 40 secs zone 1, 10 secs zone 5, 50 secs zone 1, 5 min zone 2 then repeat a further two times (3 times in total), 10 mins zone 2 cool down	Rest Day	15 mins zone 2 warm up, 5 mins zone 4 (<85rpm), 5 mins zone 1 x4, 10 mins zone 2 cool down	15 mins zone 1 warm up, 1 min zone 4, 1 min zone 5, 4 mins zone 1 x5, 15 mins zone 1 cool down

# 06

## WEEK 6

	MON	TUE	WED	THU	FRI	SAT	SUN	
<b>Wattbike Summary</b>		1 hour short maximal intervals		1 hour 2 mins short pyramid intervals		1 hour threshold low cadence intervals	1 hour ramping intervals	
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 1 warm up, 30 secs zone 5, 30 secs zone 1 x10, 5 mins zone 1 then repeat a further two times (3 times in total), 10 mins zone 1 cool down	Rest Day	15 mins zone 2 warm up, 10 secs zone 5, 50 secs zone 1, 20 secs zone 5, 40 secs zone 1, 30 secs zone 5, 30 secs zone 1, 40 secs zone 5, 20 secs zone 1, 50 secs zone 5, 10 secs zone 1, 40 secs zone 5, 20 secs zone 1, 30 secs zone 5, 30 secs zone 1, 20 secs zone 5, 40 secs zone 1, 10 secs zone 5, 50 secs zone 1, 5 mins zone 2 then repeat a further two times (3 times in total), 10 mins zone 2 cool down	Rest Day	Rest Day	10 mins zone 2 warm up, 6 mins zone 4 (<85rpm), 4 mins zone 1 x4, 10 mins zone 2 cool down	15 mins zone 1 warm up, 1 mins zone 4, 1 min zone 5, 4 mins zone 1 x5, 15 mins zone 1 cool down



	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour short maximal intervals		1 hour 2 mins short pyramid intervals		1 hour threshold low cadence intervals	1 hour ramping intervals
<b>Wattbike Instructions</b>	Rest Day	<p>10 mins zone 1 warm up,</p> <p>40 secs zone 5,</p> <p>20 secs zone 1 x10,</p> <p>5 mins zone 1 then repeat a further two times (3 times in total),</p> <p>10 mins zone 1 cool down</p>	Rest Day	<p>10 mins zone 2 warm up,</p> <p>10 secs zone 5, 50 secs zone 1, 20 secs zone 5, 40 secs zone 1, 30 secs zone 5, 30 secs zone 1, 40 secs zone 5, 20 secs zone 1, 50 secs zone 5, 10 secs zone 1, 40 secs zone 5, 20 secs zone 1, 30 secs zone 5, 30 secs zone 1, 20 secs zone 5, 40 secs zone 1, 10 secs zone 5, 50 secs zone 1,</p> <p>5 mins zone 2 then repeat a further two times (3 times in total),</p> <p>10 mins zone 2 cool down</p>	Rest Day	<p>10 mins zone 2 warm up,</p> <p>7 mins zone 4 (&lt;85rpm),</p> <p>3 mins zone 1 x4,</p> <p>10 mins zone 2 cool down</p>	<p>15 mins zone 1 warm up,</p> <p>1 min zone 4,</p> <p>1 min zone 5,</p> <p>4 mins zone 1 x5,</p> <p>15 mins zone 1 cool down</p>

# RECOVERY WEEK

## WEEK 8

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour short maximal intervals		1 hour short pyramid intervals		1 hour 5 mins threshold low cadence intervals	1 hour ramping intervals
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 1 warm up, 20 secs zone 5, 40 secs zone 1 x10, 5 min zone 1 then repeat a further two times (3 times in total), 10 mins zone 1 cool down	Rest Day	15 mins zone 2 warm up, 10 secs zone 5, 50 secs zone 1, 20 secs zone 5, 40 secs zone 1, 30 secs zone 5, 30 secs zone 1, 40 secs zone 5, 20 secs zone 1, 30 secs zone 5, 30 secs zone 1, 20 secs zone 5, 40 secs zone 1, 10 secs zone 5, 50 secs zone 1, 5 mins zone 2 then repeat a further two times (3 times in total), 15 mins zone 2 cool down	Rest Day	10 mins zone 2 warm up, 5 mins zone 4 (<85rpm) 5 mins zone 1 x4, 10 mins zone 2 cool down	15 mins zone 1 warm up, 1 min zone 4, 1 min zone 5, 4 mins zone 1 x5, 15 mins zone 1 cool down



**BLOCK 3**  
**FOCUS:**  
**ENDURANCE/FAT UTILISATION**

**WEEK 9**

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour short over/ under threshold efforts	1 hour zone 2/4 efforts	1 hour 10 mins medium max aerobic intervals		1 hour short max effort intervals	1 hour recovery ride
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 1 warm up, 30 secs zone 4, 30 secs zone 5 x5, 10 mins zone 1 recovery then repeat a further two times (3 times in total), 15 mins zone 1 cool down	15 mins zone 2 warm up, 22.5 mins zone 4 threshold effort, 15 mins zone 2 cool down	10 mins zone 1 warm up, 1 min zone 5 effort, 4 mins zone 1 x10, 10 mins zone 1 cool down	Rest Day	15 mins zone 2 warm up, 20 secs zone 5, 10 secs zone 1 x8, 2 mins zone 1 recovery then repeat a further four times (5 times in total), 15 mins zone 2 cool down	1 hour zone 1 active recovery session

# 10

## WEEK 10

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour short over/under threshold efforts	50 mins threshold effort	1 hour 10 mins medium max aerobic intervals		45 mins short max effort intervals	1 hour 15 mins recovery ride
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 1 warm up, 1 min zone 4, 30 secs zone 5 x5, 10 mins zone 1 recovery then repeat a further two times (3 times in total), 7 mins zone 1 cool down	10 mins zone 2 warm up, 30 mins zone 4 threshold effort, 10 mins zone 2 cool down	10 mins zone 1 warm up, 90 secs zone 5 effort, 3 mins 30 secs zone 1 x10, 10 mins zone 1 cool down	Rest Day	15 mins zone 2 warm up, 20 secs zone 5, 10 secs zone 1 x8, 2 mins zone 1 recovery then repeat a further four times (5 times in total), 15 mins zone 2 cool down	1 hour 15 mins zone 1 active recovery session

# 11

## WEEK 11

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 10 mins short over/under threshold efforts	50 mins zone 2/4 effort	1 hour 10 mins medium max aerobic intervals		1 hour short max effort intervals	1 hour 15 mins recovery ride
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 1 warm up, 1 min zone 4, 1 min zone 5 x5, 10 mins zone 1 recovery then repeat a further two times (3 times in total), 10 mins zone 1 cool down	10 mins zone 2 warm up, 25 mins zone 4 threshold effort, 10 mins zone 2 cool down	10 mins zone 1 warm up, 2 mins zone 5 effort, 3 mins zone 1 x10, 10 mins zone 1 cool down	Rest Day	15 mins zone 2 warm up, 20 secs zone 5, 10 secs zone 1 x8, 2 mins zone 1 recovery then repeat a further four times (5 times in total), 15 mins zone 2 cool down	1 hour 15 mins zone 1 active recovery session

# 12

## RECOVERY WEEK

### WEEK 12

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 5 mins short over/under threshold efforts	1 hour zone 2/4 efforts	1 hour 10 mins medium max aerobic intervals		1 hour short max effort intervals	1 hour recovery ride
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 1 warm up, 30 secs zone 4, 30 secs zone 5 x5, 10 mins zone 1 recovery then repeat a further two times (3 times in total), 10 mins zone 1 cool down	15 mins zone 2 warm up, 22.5 mins zone 4 threshold effort, 15 mins zone 2 cool down	10 mins zone 1 warm up, 1 min zone 5 effort, 4 mins zone 1 x10, 10 mins zone 1 cool down	Rest Day	15 mins zone 2 warm up, 20 secs zone 5, 10 secs zone 1 x8, 2 mins zone 1 recovery then repeat a further four times (5 times in total), 15 mins zone 2 cool down	1 hour zone 1 active recovery session



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